

Santa Barbara Friday Night Lights / Player Participation & Playing Time Guide

FNL is committed to balanced playing time for every athlete. Our substitution rules ensure that every child participates and enjoys the game. Substitutions occur only at quarter breaks unless an injury occurs.

9-Player Roster

- 1st Quarter: 3 players play offense only, 3 different players play defense only, and 3 players play the entire
- Quarters 2–4: 3 different players sit each quarter.

8-Player Roster

- 2 different players sit each quarter.
- Every player plays at least 3 of the 4 quarters.

7-Player Roster

- Games are played 6 vs 6.
- If the opposing team has 8 or 9 players, the opposing coach may designate one player on the 7-player team who must sit one quarter.
- The 7-player coach chooses which quarter that player sits.

Late Arriving Players Rule

Any player who arrives after the game has started must sit the next full quarter before entering the game.

Players may only enter at the start of a new quarter. Coaches should then resume the normal substitution rotation while maintaining balanced playing time.

Examples

Situation What Happens

Team starts with 6 players (7th arrives at halftime) Late player sits the 3rd quarter. In the 4th quarter one of the original 6 rotates out.

Team starts with 7 players (8th arrives late) Late player sits the next full quarter, then joins the normal 8-player rotation.

Team starts with 8 players (9th arrives late) Late player sits the next full quarter, then joins the normal 9-player rotation.