



IN-OUT Chart

Expectations/Instructions

All teams are required to keep track of all minutes played by all participants. This is done through the “IN-OUT Chart.” This is the duty of the assistant coach during the game.

This may seem complicated or difficult to do, but it is important for coaches as they attempt to evenly distribute playing time. This is not for the parents, but for the coaches alone.

INSTRUCTIONS:

- (1) Write the names of the players & their numbers
- (2) For your starting line-up you use the 1st quarter and write in the “IN” column the time displayed on the clock at the start of the game (7:00 or 6:00).
- (3) When a starter gets subbed out, jot down in the “OUT” column the time showing (3:27, for instance).
- (4) You would then enter 3:27 (in this example) for the player who just subbed in for him in the “IN” column of the 1st quarter...and so on.

*At the end of each quarter/half-time (or as you go if you're quick), the assistant coach can go back and calculate the minutes played in each segment, and then add them up for each quarter – and, eventually, in the “TOTAL Mins” box enter the total minutes played.

*Coaches can use this throughout the game to help know how long each player has played. He/she can also use strategy to save players for the end of the game and do so in an accurate way to equally divide playing time.

*At the end of the game there will inevitably be some discrepancies. If this is the case, coaches can remember this and try to make it up in the next game.

IT RESTS ON THE HONESTY OF THE COACH TO CARRY THIS OUT ACCURATELY AND CONSISTENTLY THROUGHOUT THE SEASON.

Minutes Breakdown to comply with VDBL Playing Time Rules

Grade Level:	5 - 6th	7th	8th
Rule:	Equal minutes	Equal minutes	Minimum 7:00 mins
Quarter Length:	6:00 quarters	7:00 quarters	7:00 quarters
Game Length:	24 minutes	28 minutes	28 minutes
Total # of "playable" minutes:	120 minutes	140 minutes	140 minutes
Equal minutes for 10 players:	12:00 (12 mins.)	14:00(14 mins.)	n/a
Equal minutes for 9 players:	13:20 (13 mins., 20 secs.)	15:33 (15 mins., 33 secs.)	n/a
Equal minutes for 8 players:	15:00 (15 mins.)	17:30 (17 mins., 30 secs.)	n/a
Equal minutes for 7 players:	17:09 (17 mins., 9 secs.)	20:00 (20 mins.)	n/a
Equal minutes for 6 players:	20:00 (20 mins.)	23:20 (23 mins., 20 secs.)	n/a
Equal minutes for 5 players:	24:00 (24 mins.)	28:00 (28 mins.)	n/a

*Minutes are to be kept by a representative from each team (preferably an assistant coach). "In-Out" sheets are not required to be turned in, but may be requested by a League Supervisor at any time for review or for collection. **For grades 5 - 7**, all minutes are to be equally distributed for all players (please refer to above sheet). Coaches are allowed to substitute at their own discretion, but must attempt to end the game with all players having played the same number of minutes (there is a "reasonable allowable margin of error"). However, if a League Official deems a team may have exceeded this "reasonable allowable margin of error," he must confer with the League Director who will make a final determination regarding *forfeiture* of a game (i.e. exceeding a "reasonable allowable margin of error" is *grounds* for forfeit).



