



Position Rotation Example

Each inning, the players will shift down one position on the list. Maintain the list throughout the season, adding or subtracting “Bench” spots as needed, to ensure equal opportunities at each position.

| Position | Inning 1 | Inning 2 | Inning 3 | Inning 4 |
|---------------------|-----------|-----------|-----------|-----------|
| Pitcher | Player 1 | Player 15 | Player 14 | Player 13 |
| Bench | Player 2 | Player 1 | Player 15 | Player 14 |
| Catcher | Player 3 | Player 2 | Player 1 | Player 15 |
| Bench | Player 4 | Player 3 | Player 2 | Player 1 |
| First Base | Player 5 | Player 4 | Player 3 | Player 2 |
| Bench | Player 6 | Player 5 | Player 4 | Player 3 |
| Second Base | Player 7 | Player 6 | Player 5 | Player 4 |
| Short Stop | Player 8 | Player 7 | Player 6 | Player 5 |
| Bench | Player 9 | Player 8 | Player 7 | Player 6 |
| Third Base | Player 10 | Player 9 | Player 8 | Player 7 |
| Bench | Player 11 | Player 10 | Player 9 | Player 8 |
| Left Field | Player 12 | Player 11 | Player 10 | Player 9 |
| Center Field | Player 13 | Player 12 | Player 11 | Player 10 |
| Bench | Player 14 | Player 13 | Player 12 | Player 11 |
| Right Field | Player 15 | Player 14 | Player 13 | Player 12 |

Example uses 15 players on a team



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| Position | Inning 1 | Inning 2 | Inning 3 | Inning 4 |
|--------------|----------|----------|----------|----------|
| Pitcher | | | | |
| Bench | | | | |
| Catcher | | | | |
| Bench | | | | |
| First Base | | | | |
| Bench | | | | |
| Second Base | | | | |
| Short Stop | | | | |
| Bench | | | | |
| Third Base | | | | |
| Bench | | | | |
| Left Field | | | | |
| Center Field | | | | |
| Bench | | | | |
| Right Field | | | | |