



# VMFL ROSTER FORM

## Starting Line-Up

### OFFENSE

POS	NO	NAME
QB		
RB		
FB		
WR		
WR		
SB/TE		
SB/TE		
C		
G		
G		
T		
T		

### DEFFENSE

POS	NO	NAME
DE		
DE		
DT		
DT		
LB		
LB		
LB		
CB		
CB		
DB		
DB		
S		

**Note:** Suggested division of roster so that player participation rule can be easily follow  
 Roster of 36 max = 12 Subs, 6 Offense + 6 Defense + 24 Individual Starters

## Sub Roster Players

### OFFENSE

POS	NO	NAME
1		
2		
3		
4		
5		
6		

### DEFFENSE

POS	NO	NAME
7		
8		
9		
10		
11		
12		