

# People	Time Available (minutes / max)												
	30	35	40	45	50	55	60	65	70	75	80	85	90
3	10	12	13	13	13	13	13	13	13	13	13	13	13
4	8	9	10	11	13	13	13	13	13	13	13	13	13
5	6	7	8	9	10	11	12	13	13	13	13	13	13
6	5	6	7	8	8	9	10	11	12	13	13	13	13
7	4	5	6	6	7	8	9	9	10	11	11	12	13
8	4	4	5	6	6	7	8	8	9	9	10	11	11
9	3	4	4	5	6	6	7	7	8	8	9	9	10
10	3	4	4	5	5	6	6	7	7	8	8	9	9
11	3	3	4	4	5	5	5	6	6	7	7	8	8
12	3	3	3	4	4	5	5	5	6	6	7	7	8
13	2	3	3	3	4	4	5	5	5	6	6	7	7
14	2	3	3	3	4	4	4	5	5	5	6	6	6
# People	Index												
	30	35	40	45	50	55	60	65	70	75	80	85	90
3	4	2	1	1	1	1	1	1	1	1	1	1	1
4	6	5	4	3	1	1	1	1	1	1	1	1	1
5	8	7	6	5	4	3	2	1	1	1	1	1	1
6	#N/A	8	7	6	6	5	4	3	2	1	1	1	1
7	#N/A	#N/A	8	8	7	6	5	5	4	3	3	2	1
8	#N/A	#N/A	#N/A	8	8	7	6	6	5	5	4	3	3
9	#N/A	#N/A	#N/A	#N/A	8	8	7	7	6	6	5	5	4
10	#N/A	#N/A	#N/A	#N/A	#N/A	8	8	7	7	6	6	5	5
11	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	8	8	7	7	6	6
12	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	8	8	7	7	6
13	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	8	8	7	7
14	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	8	8	8
Time Index	13	12	11	10	9	8	7	6	0	0	0	0	0
Go Round	3	3	3	2	2	1	1	1					
Share	6.5	5.5	4.5	4.5	4	4	3	3					
Feedback	2.5	2.5	2.5	2.5	2	2	2	1.5					
Overhead	1	1	1	1	1	1	1	0.5					

## ASCA Time Matrix

# People	Minutes Available												
	30	35	40	45	50	55	60	65	70	75	80	85	90
3	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 5.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5
4	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5
5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 5.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5
6		GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 5.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5	GR 3 / Sh 6.5 / FB 2.5
7			GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5
8				GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5	GR 3 / Sh 4.5 / FB 2.5
9					GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4.5 / FB 2.5

<b>10</b>					GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 1 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2	GR 2 / Sh 4 / FB 2
<b>11</b>						GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2	GR 1 / Sh 4 / FB 2	GR 1 / Sh 4 / FB 2
<b>12</b>							GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 3 / FB 2	GR 1 / Sh 4 / FB 2
<b>13</b>								GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 2	GR 1 / Sh 3 / FB 2
<b>14</b>									GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5	GR 1 / Sh 3 / FB 1.5

**GR = Go Around time**

**Sh = Share time**

**FB = Feed back time**

**Example: 7 people and 75 minutes available** Each person gets 3 minutes for the Go Around, 4.5 minutes for Shares, and 2.5 minutes total for receiving Feedback and stating how s/he feels.

Note that each time allocation also includes 0.5 -1 minute "Overhead".

Overhead = time for explanations, interventions, waiting for someone to share, etc.