

## Flag Football Basics

### The Field:

- » Fields are normally approximately 60 yards long by 25 yards wide.
- » End zones can be marked with four cones (some sets included).

### The Flag Belts:

- » Each flag belt contains two flags.
- » Jerseys or shirts must be tucked in so the flags are exposed.
- » Belts should be snug but not tight.
- » Flags should be positioned at the side of the body at the beginning of each play.

## Play

There are many ways to play flag football. Here are just a few ways you may want to run your game...

### Number of Players:

- » Games can be played with 4 or 5 players on a team.
- » Rotation of players can be adopted if both sides agree.
- » The same number of players for both teams should be on the field at the same time.

### Starting the Game:

- » Flip a coin to determine who will kick-off or receive the ball.
- » If the ball bounces out of the end zone, the line of scrimmage is approximately at the 5 yard line.

### Starting a Down:

- » The ball is hiked from the center to the quarterback.
- » The quarterback then must either hand off the ball or pass the ball forward.
- » The quarterback can not run with the ball past the line of scrimmage (unless both teams agree otherwise).
- » Rushing the quarterback is allowed as long as 7 seconds elapse from the hiking of the football counting out loud so the quarterback can hear the rush is going to commence.

### First Downs:

- » Two completed passes in a row constitutes a first down. As with normal football, 4 downs provide a change in possession. Or the ball is moved 10 yards (or less) in 4 possessions.

### Play is Dead:

- » If a player's flag is removed, play is dead. Note: If a flag inadvertently comes off during play, a tag between back of shoulders and waist will be considered an acceptable substitute.

### Scoring:

- » Crossing the goal line is worth 6 points.
- » Based on not having a field goal post, it is suggested that a two point conversion play is adopted. This is one play, started from about 15 yards from the goal line must be thrown and caught in the end zone. Successful completion is worth 2 points.
- » A touch back is worth 2 points.

### Length of Game:

- » Normally two 40 minute halves constitute a game
- » Use whatever time you have available

### Useful Websites:

The U.S. Flag and Touch Football League: [www.usftl.com](http://www.usftl.com)  
 The Youth NFL: [www.nflyouthfootball.com](http://www.nflyouthfootball.com)  
 Flag Football Organization: [www.flagfootball.org/rules.htm](http://www.flagfootball.org/rules.htm)



## 10-MAN FLAG FOOTBALL SET