

NON-CONTACT GAME

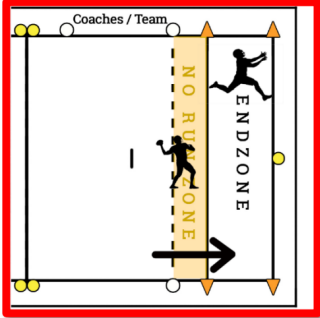
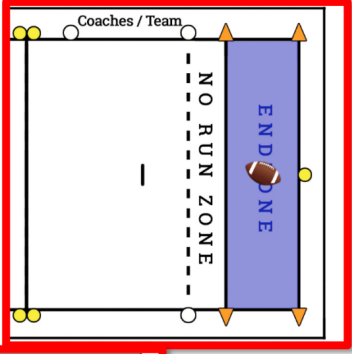
First things first, Flag Football is a *NON-Contact* game. While some people may rub shoulders or have their feet intertwined, no player is intentionally allowed to make contact with another player for the purposes of gaining a better position or flagging them.

SCORING

Touchdown = 6 pts
1-Point Convert from 5 yds out
2-Point Convert from 10 yds out

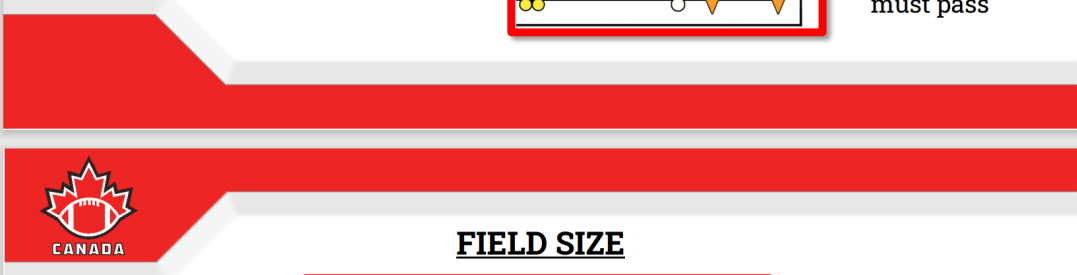
Objective

To get the ball into the opponent teams End Zone

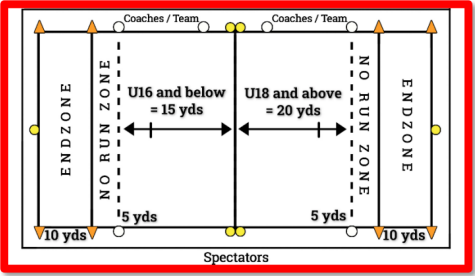


No Run Zones

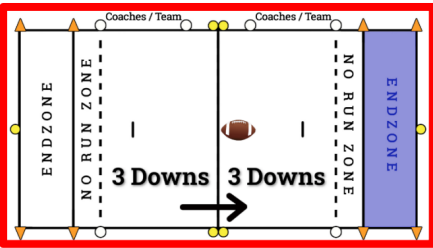
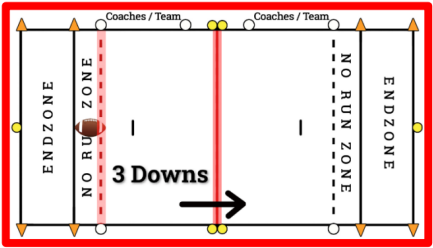
Within 5-yards of the opponent's end zone, you must pass



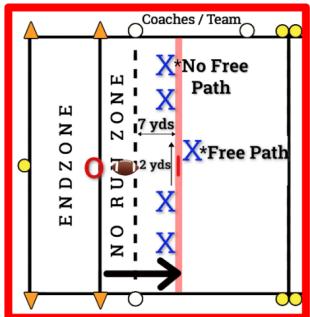
FIELD SIZE



DOWN – 3 plays to get to half, 3 more to get a touchdown



RUSHING



Things to Remember

- QB Can't run the ball across the Line of Scrimmage, regardless if there is a rush
- QB has 7-seconds to throw (unless they do a handoff or fake handoff)