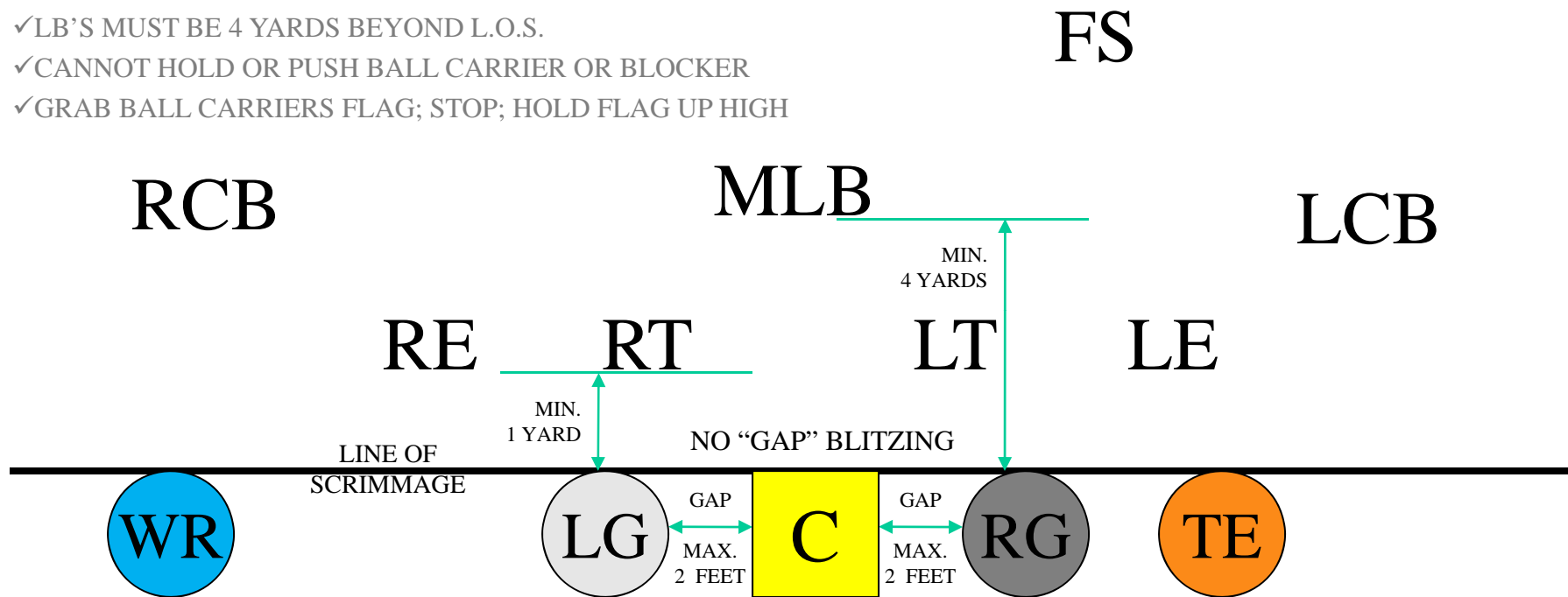


BASIC INFORMATION 8-Man Flag Football

- ✓NO SHOOTING THE GAP (BLITZING)
- ✓D-LINEMEN MUST BE 1 YARD BEYOND L.O.S.
- ✓LB'S MUST BE 4 YARDS BEYOND L.O.S.
- ✓CANNOT HOLD OR PUSH BALL CARRIER OR BLOCKER
- ✓GRAB BALL CARRIERS FLAG; STOP; HOLD FLAG UP HIGH



- ✓DIRECT SNAP FROM C TO QB (1)
- ✓CENTER MUST SNAP BETWEEN HIS LEGS
- ✓ALL OTHER LINEMEN IN 2-POINT STANCE
- ✓EVERY PLAYER IS ELIGIBLE FOR A PASS
- ✓NO HANDS BLOCKING – ARMS/SHOULDERS
- ✓“LEAD THE WAY” BLOCKING
- ✓NO FLAG PROTECTION (PUSHING AWAY)
- ✓BALL CARRIER CAN RUN IN ANY DIRECTION
- ✓BALL CARRIER CANNOT SPIN OR HURDLE
- ✓NO STIFF- ARMING

- ✓MOUTHGUARDS ARE REQUIRED
- ✓(4) 10 MIN. QTRS – RUNNING TIME
- ✓30 SECOND PLAY CLOCK
- ✓2 TIMEOUTS PER TEAM / EACH HALF
- ✓FIELD: 30 YDS WIDE BY 50+ YDS LONG
- ✓15 YARD ZONES AT EACH END (1ST DN)
- ✓NO KICKOFFS OR PUNTS
- ✓BALL BEGINS AT 15 YARD LINE
- ✓FOUR DOWNS TO GAIN 1ST OR SCORE
- ✓OR TURNOVER ON DOWNS