

# Introduction to Flag Football

## Know the Basics

This sheet covers the 5-on-5 game of Flag Football that adheres to the Football Canada Rulebook (as of 2022).

# CHEAT SHEET



**NON-CONTACT GAME**

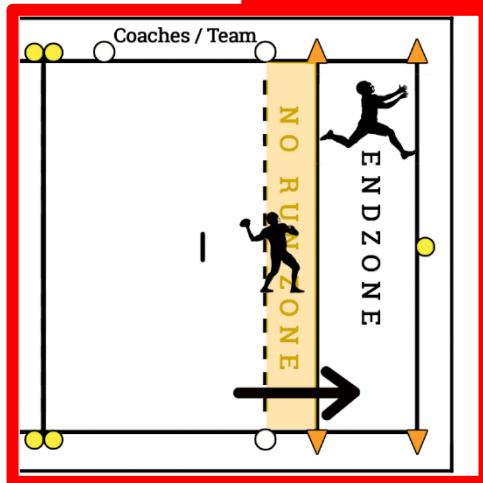
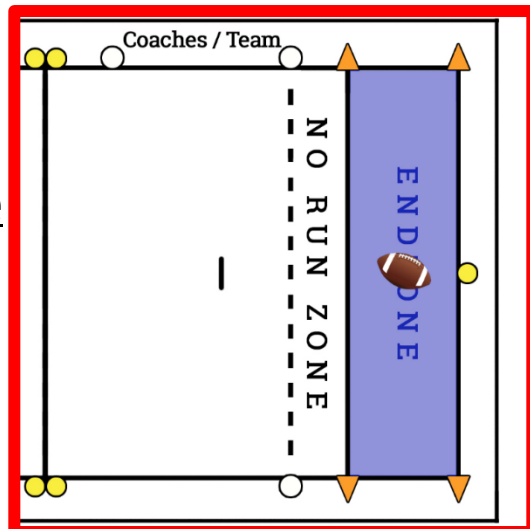
First things first, Flag Football is a NON-Contact game. While some people may rub shoulders or have their feet intertwined, no player is intentionally allowed to make contact with another player for the purposes of gaining a better position or flagging them.

## SCORING

**Touchdown = 6 pts**  
**1-Point Convert from 5 yds out**  
**2-Point Convert from 12 yds out**

### Objective

To get the ball into the opponent teams End Zone

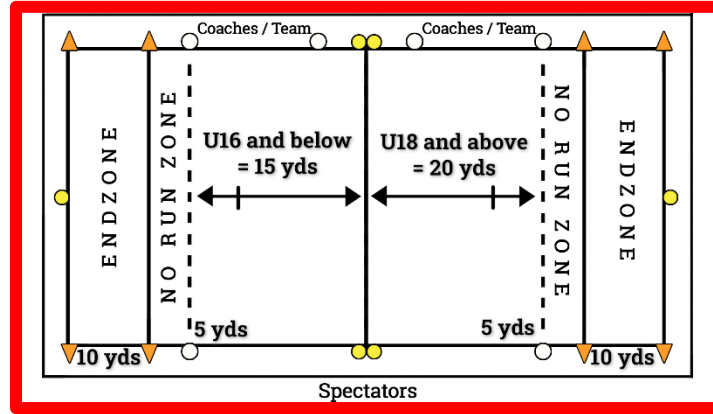


### No Run Zones

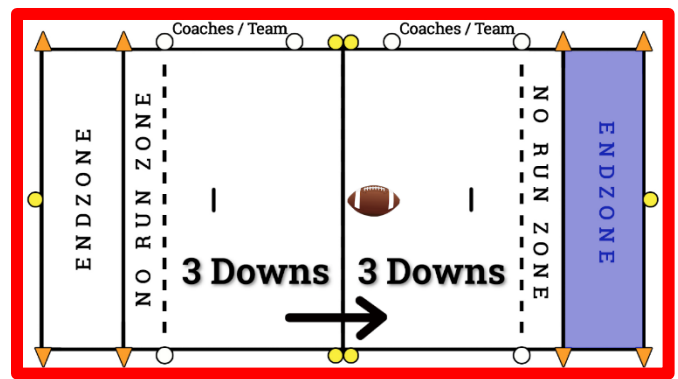
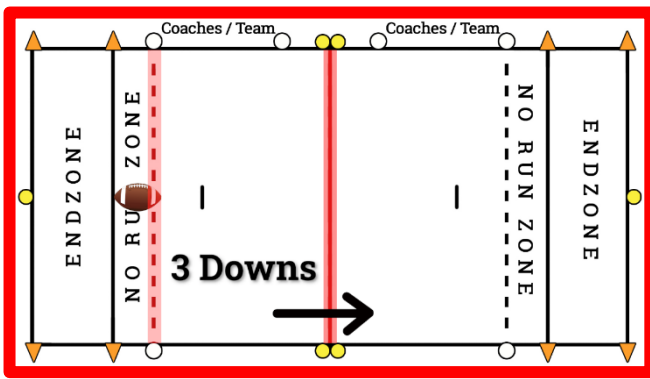
Within 5-yards of the opponent's end zone, you must pass



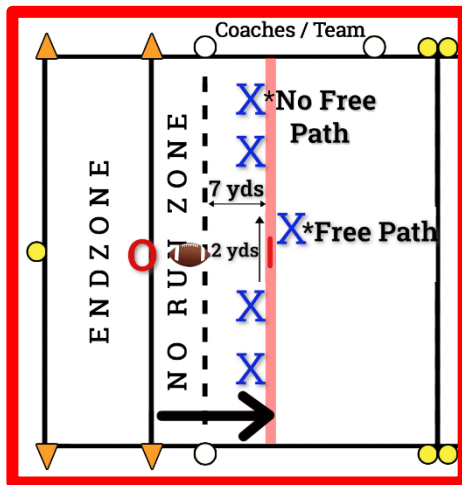
# FIELD SIZE



**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
- QB has 7-seconds to throw (unless they do a handoff or fake handoff)
- Handoffs have to be to the side or behind the QB
- Forward passes must cross the Line of Scrimmage

## Most Common Penalties

• **Illegal Contact / Holding** – When a defender grabs onto a ball carriers' shirt or shorts and pulls. If the pull was strong enough to change the runner's direction (which way they were running) or momentum (did it slow the runner down?), then an illegal contact / holding shall be called

• **Flag Guarding** – When the offense uses any part of their body to knock away a defender's hand from grabbing the flag. This is usually done in a 'stiff-arm' move, but any type of 'swat' or ducking of the upper body to guard the flags and create an unfair situation for the defense