

5v5 play sheet · 4 per page

One dot = one yard. Players: Q, C and three of X Y Z H R. The red line is the 7-yard rush line used in NFL FLAG style rules; ignore it if your league has no rusher. 1
inch

Q

X

Offense

▼

Defense

→

Pass route

→

Ball carrier

→

Fake

→

Handoff

1

QB read order

Play name / #

Formation

15

10

5

5

LINE OF SCRIMMAGE

RUSH LINE 7 YD

First read:

Then:

Notes:

Play name / #

Formation

15

10

5

5

LINE OF SCRIMMAGE

RUSH LINE 7 YD

First read:

Then:

Notes:

Play name / #

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Formation

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LINE OF SCRIMMAGE

RUSH LINE 7 YD

First read:

Then:

Notes:

5v5 play sheet · 6 per page

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LINE OF SCRIMMAGE

RUSH LINE 7 YD

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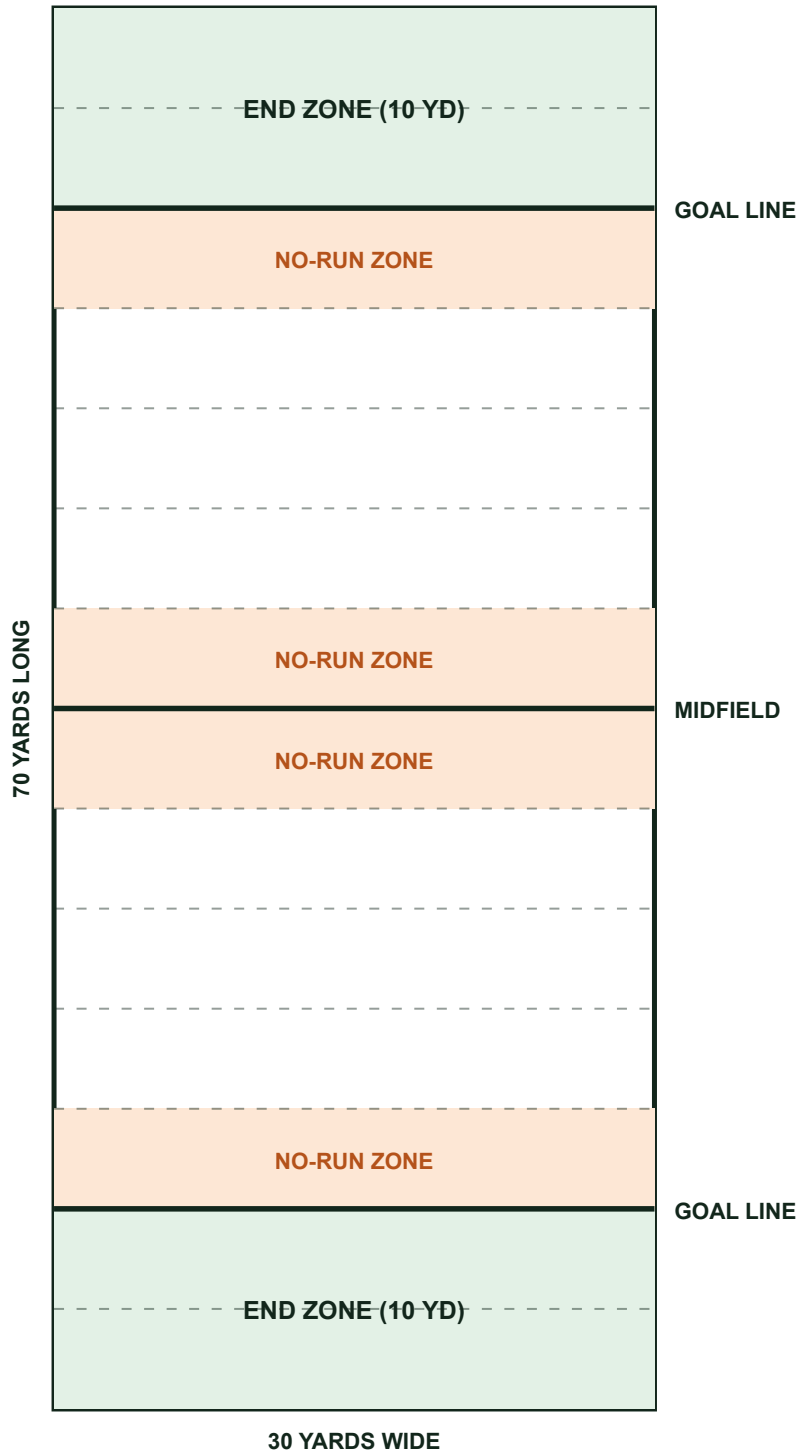
5

5

LINE OF SCRIMMAGE

RUSH LINE 7 YD

5 on 5 flag football field (NFL FLAG style)



NFL FLAG lists a field 30 yards wide and 70 yards long with a 10-yard end zone at each end. Some leagues use a smaller field, such as 25 by 64 yards with 7-yard end zones. Check your league.

THE LINES THAT MATTER

- **Midfield** is the line to gain. Cross it for a new set of downs.
- **No-run zones** are the 5 yards before midfield and the 5 yards before each goal line (shaded). A play snapped inside one has to end in a forward pass.
- **The goal line:** get the ball across it for a touchdown.

AT PRACTICE

- Mark the goal lines, midfield and the no-run zones with cones.
- Put one cone 7 yards off the ball for the rusher.
- Use this page to plan where drills go, or to show players where they are on the field.

Rules summary: flagcoachplays.com/flag-football-rules/