



First-Time Flag Football Coach Quick Reference Card

Basic rules

- A pulled or fallen flag ends the play at that spot.
- No tackling, holding or pushing. Pull the flag, not the player.
- No flag guarding: no stiff arm, no covering the flags.
- No stripping the ball from the ball carrier.
- One forward pass per play, from behind the line. Everyone can catch it.
- Mouthguards on, and no pockets on shorts.

Game day checklist

- ☐ Flag belts for every player
- ☐ Two balls
- ☐ Roster with jersey numbers
- ☐ Mouthguards
- ☐ Water
- ☐ Play calls or wristbands
- ☐ First aid kit
- ☐ Stat sheet and a parent to keep it

A 60-minute practice plan

- 0 to 10 min: flag tag warmup
- 10 to 20 min: one skill (handoff, catch or flag pull)
- 20 to 35 min: install one play at walking speed
- 35 to 55 min: scrimmage with your plays
- 55 to 60 min: fun finish and next game reminder

Common penalties

Flag guarding: 5 yd and loss of down (NFL FLAG, FNL)

Defensive offside: 5 yd and automatic first down

False start or illegal motion: 5 yd and loss of down

Illegal rush: 5 yd and automatic first down

Defensive pass interference: Auto first down at the spot (NFL FLAG); 5 yd and first down (FNL)

Blocking or screening: 5 yd and loss of down (NFL FLAG, FNL)

High school yardage varies by state. Check your league's rulebook.

