



Youth Flag Football Format Comparison Chart: 5v5, 6v6, 7v7, 8v8

Format	Players	Field	First downs	Rushing	Rush line	Blocking	PAT 1 / 2	Game length	Ages	Who uses it
5v5 (NFL FLAG rules)	5	25 x 70 yd, 10-yd end zones (or 25 x 64)	Start at own 5. 4 downs to cross midfield, then 3 to score	QB cannot run. Others can after a handoff, pitch or lateral. No-run zones before midfield and goal	7 yd, up to 2 rushers. 7-second pass clock	None. No screening	5 yd pass only / 10 yd run or pass	2 x 24 min (tournaments 2 x 12)	5 to 17	NFL FLAG leagues and tournaments
6v6 (FNL rules)	6	Varies by league	Start at own 5. 3 plays to cross midfield, then 3 to score	QB cannot run from the snap. Handoffs, laterals and pitches legal. No-run zones	10 yd, any number. 7-second pass clock	None. No picks	5 yd pass only / 12 yd run or pass	4 x 10 min, running clock	Grade divisions, K and up	FNL leagues
7v7 girls high school (NFHS)	7	100 x 40 to 120 x 53.3 yd, state picks	Zone to gain: next 20 or 40 yd line	QB allowed to run, no no-run zones. States may modify	No rush line. Rush from the line any time	Screen blocking legal, no contact	3 yd / 10 yd, run or pass	4 x 12 min	High school girls	State associations using NFHS rules
7v7 (rec rules)	7	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Rec departments, clubs, tournaments
8v8	8	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Varies by league	Some city rec leagues and YMCAs

Sources: NFL FLAG Official Playing Rules (rev. 03/24/2025); FNL Official Rules (7/2/2026); NFHS 2026-27 flag football rules and the IHSA NFHS best practices. State associations may modify NFHS rules; check the state adopted rulebook.

