

Bend FC Flag Football Rules (Ages 6–8)

Game Format

- **Teams:** 5 vs. 5
- **Session Length:** 20–25 minutes of practice followed by a 35–40 minute game
- **Game Format:** Final format may be adjusted by Bend FC staff based on attendance and field setup

Basic Rules

- **Starting Possession:** Each drive begins at the 5- or 10-yard line (no kickoffs).
- **Downs:** Teams have four downs to cross midfield and four additional downs to score.
- **Contact:** Non-contact format – defenders must pull flags to end a play (no tackling).
- **Passing & Running:** Forward passes are permitted behind the line of scrimmage. Quarterback runs are allowed.
- **Scoring:**
 - Touchdown = 6 points
 - Safety = 2 points
 - No extra point attempts

Field Dimensions

- **Standard Size:** 40 yards long (including 10-yard end zones) x 25 yards wide
- **Midfield Line:** 20-yard line (first down marker)
- **Modified Size:** Field may be reduced to approximately 30 x 20 yards depending on weekly participation and age-appropriate play

Bend FC Staff may adjust rules or create restrictions to allow for flow of play as they see fit.

Time: Bend FC Flag Football is about learning the basics of flag football. The format will be 20-25 min of practice and 35-40 min game.