



## **HS FLAG FOOTBALL RULES MODIFICATIONS**

- 5 vs 5 (instead of 7 vs 7)
- No blocking on the line (you may screen downfield).
- Rush is from 5 yards.
- No limit to rushing.
- 4 downs to get to midline for first down, 4 downs to score.
- You can run anywhere on the field except 5 yards from the goal line (small space to run in-this is a safety precaution) They will be reminded to only throw (Cannot hand off, pitch or run the ball)