

Youth Flag Football Format Comparison

ALL FORMATS

Side-by-side reference for all five USA Flag formats

RULE / FEATURE	5v5 STANDARD	5v5 AIR-IT-OUT	6v6	7v7 BOYS	7v7 GIRLS
Players per side	5	5	6	7	7
Typical field	30×70 yds	30×70 yds	30-40×70-80	40×80 yds	40×80 yds
End zones	10 yds	10 yds	10 yds	10 yds	10 yds
Downs to midfield	4	4	4 (varies)	4	4
Downs to score	3	3	3-4 (varies)	3-4	3-4
Rushing allowed	Yes (restricted)	No	Yes (restricted)	Yes (varies)	Yes (varies)
QB can run	After handoff	No	After handoff	Varies	Varies
All players eligible	Yes	Yes	Yes	Center may not be	Center may not be
1-pt PAT distance	5-yard line	5-yard line	5-yard line	5-yard line	5-yard line
2-pt PAT distance	10-yard line	10-yard line	10-yard line	10-12 yard line	10-12 yard line
No-run zones	5 yds from mid & EZ	All plays are passes	Yes	Yes	Yes
Typical age groups	5–14	8–14	6–14	11–18	11–18
Rush count	Varies by age	N/A	Varies	Varies	Varies
Blitz allowed	Limited per half	Limited per half	Varies	Varies	Varies

Note: Specific rules vary by league. Always check your local league's rulebook. The above reflects common configurations used by NFL FLAG, USA Football, and similar organizations.