



Flag football has many styles of play and types of teams.

We have included a sample list below showing the many types of flag football teams and styles of play. The Go Flag Football Playbook describes each of these teams and the requirements to play each style. These types of teams can be played as all male, all female, or co-ed.

4-on-4

Four-on-four flag football is played on a smaller field with a unique set of rules and regulations. It is a fast-paced game and fun to watch and play. It involves a lot of passing and fast athletes. It is a popular type of play because each team only requires four players.

5-on-5

Five-on-five flag football is growing in popularity with youth and adult players. Played on a regulation flag football field, five-on-five uses similar rules and regulations. This style provides teams the ability to execute a combination of pass and run plays, increasing the excitement for youth players.

7-on-7

The most common form of flag football, seven-on-seven can be found on almost every college campus in the nation and it is the popular form for leagues. With seven players, teams are able to assign blockers, receivers, and running backs. Female and co-ed groups are increasingly forming seven-on-seven teams.

8-on-8

Eight-on-eight style is also very popular with leagues, especially with coed teams. This team type allows for both passing and running plays. All players are typically allowed to block and receiver. Players typically enjoy eight-on-eight as more team members can participate.

9-on-9

Nine-on-nine style of play adds several dimensions to the game. Some leagues only allow the linemen to be blockers and not receivers. Some leagues allow all players to be eligible for running or receiving passes. This style typically has more physical contact than styles with fewer players.

11-on-11

Seen mostly for professional levels of flag football, eleven-on-eleven typically involves considerable physical contact and has rules and regulations geared more towards typical football.

GoFlagFootball.com has been providing championship playbooks for over four years. Purchase our playbooks with the confidence that you will receive quality products that will help your team win! Our goal is to educate new players about the sport of flag football, increase the skills of established players, and expand relationships throughout the flag football community.

GoFlagFootball.com is made up of players as well, so we understand the fine points of flag football. We have been playing for over 17 years and look forward to offering our expertise to enhancing this sport for others. We continually research and refine our playbooks by putting them to the test. Most of all, we hope to encourage new and experienced players to strap on a flag and go have some fun.

*Flag Football...
This is our thing!*