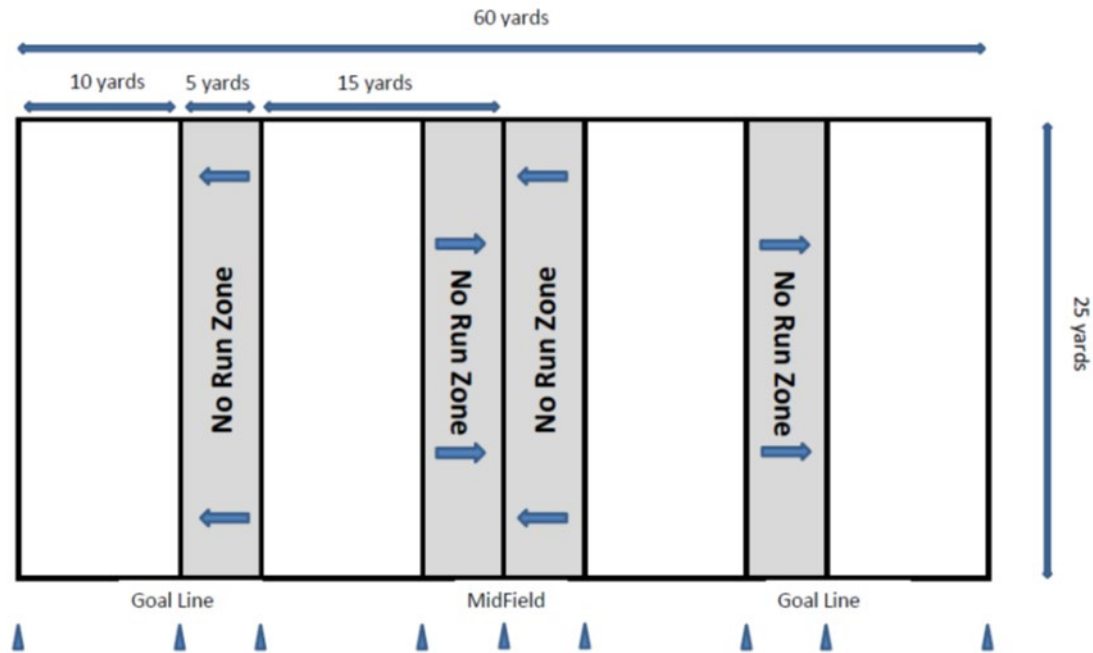




FLAG FOOTBALL SOSC RULES SUMMARY

FIELD SIZE

- The field size is 60 yards by 25 yards.
- A 5-yard perimeter around the field must be free of obstructions.
- Field may be marked by chalk, paint or cones.
- No Run Zones: 5-yard zone before mid-field and 5-yard zone before end zone.
- Field must be flat and free of holes.



ROSTER SIZE

- Minimum roster size: 5 players; maximum roster size: 12 players.

EQUIPMENT REQUIREMENTS

- Intermediate (youth) size football.
- Mouthpiece must be worn at all times.
- One-piece three-flag belt.
- Shirts must be tucked in and shorts must not have pockets.
- Rubber cleats or flat-soled athletic shoes may be worn (no metal cleats).

GAME TIME & LENGTH

- The duration of the game shall be two 20- minute halves (running time) until the last minute of each half at which the clock will stop on all dead ball whistles. Halftime will be five minutes.
- Each team receives one 60-second time-out per half.
- In the case of extreme heat, the Games Director may signal to the referee to introduce a water break (maximum of three minutes) at a natural break in play, approximately halfway through each half.

OFFICIAL SOSC FLAG FOOTBALL RULES CAN BE FOUND [HERE](#).