

5v5 Flag Football Positions

Cheat sheet · every player is an eligible receiver · no linemen

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OFFENSE

Position	The job	Put here
Quarterback	Takes the snap, reads the rush, throws on time	Caldest decision-maker
Center	Snaps, releases short - the checkdown is open	Wants touches, not fast yet
Receiver x2	Full-speed routes even as a decoy	Your fastest players
RB / Slot	Motion, handoffs, swings, picks up the rusher	Shifty, good hands

DEFENSE (1 rusher + 2-2 shell)

Position	The job	Put here
Rusher	Starts 7 yds off, comes every snap	The kid who loves the chase
Short defender x2	Cover the receivers underneath	Quick feet, listens well
Deep safety x2	Nobody gets behind you - ever	Fastest kid + best judge

GAME-DAY LINEUP CARD (rotate by halves)

Spot	1st half	2nd half
QB		
Center		
Receiver 1		
Receiver 2		
RB / Slot		
Rusher		
Short D 1		
Short D 2		
Deep S 1		
Deep S 2		

Rotate roles by halves, not plays. Rule that saves touchdowns: nobody stands behind the deepest defender.