

Flag Football Depth Chart

5v5 and 7v7 · offense and defense · two strings · playing-time tally

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Team _____ Game _____ Date _____

5V5 OFFENSE

Position	Starter	2nd string	Series played (tally)
QB			
C (center)			
WR 1			
WR 2			
WR 3 / RB			

5V5 DEFENSE

Position	Starter	2nd string	Series played (tally)
Rusher			
Short left			
Short right			
Safety left			
Safety right			

7V7 EXTRA SPOTS

Position	Starter	2nd string	Series played (tally)
RB			
WR 4			
Rusher 2 / spy			
Deep middle			

SNAPPER LINE

Snapper 1 _____

Snapper 2 _____

Both snappers have snapped under a live rush in practice this week.



scan to start

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Rotate by series, not by quarter. Swap receivers and short defenders first; change QB and center between drives.