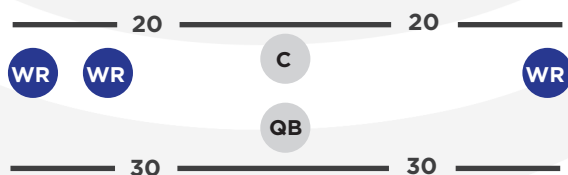
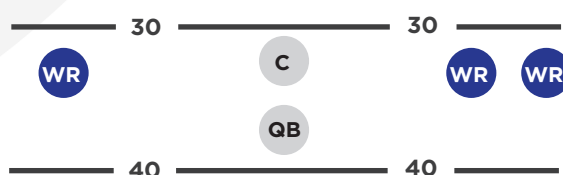


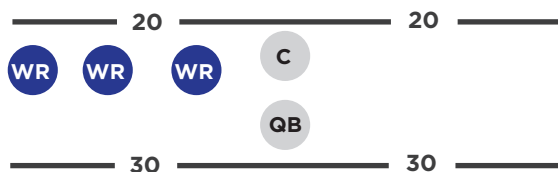
Flag Football Passing Formations



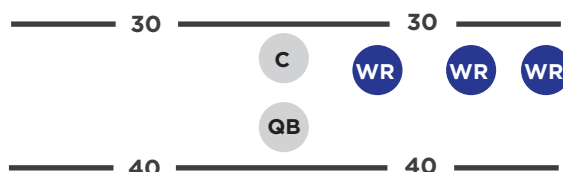
Spread Left. Puts three wide receivers on the line of scrimmage – two to the left and one to the right.



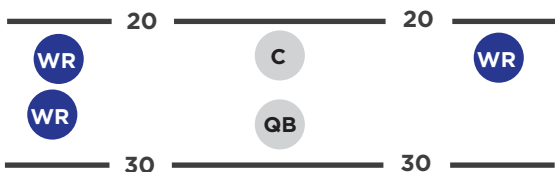
Spread Right. Puts three wide receivers on the line of scrimmage – two to the right and one to the left.



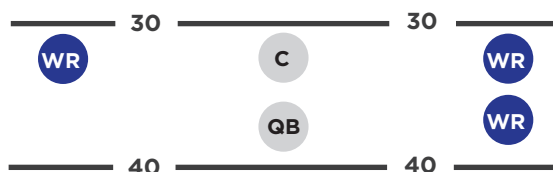
Trips Left. All three wide receivers line up to the left of the center.



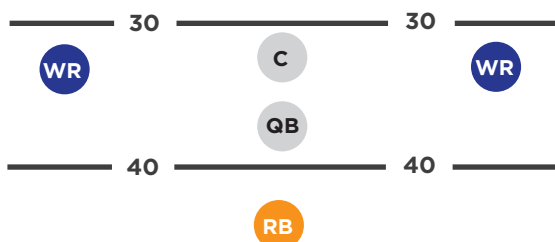
Trips Right. All three wide receivers line up to the right of the center.



Stack Left. One receiver lines up behind another on the left side while the third receiver splits out alone to the right side.

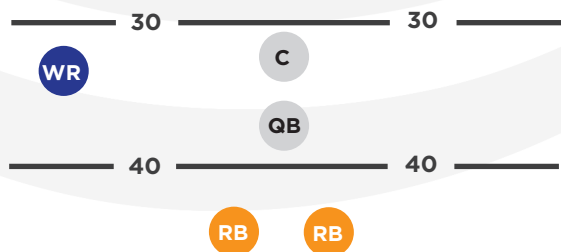


Stack Right. One receiver lines up behind another on the right side while the third receiver splits out alone to the left side.

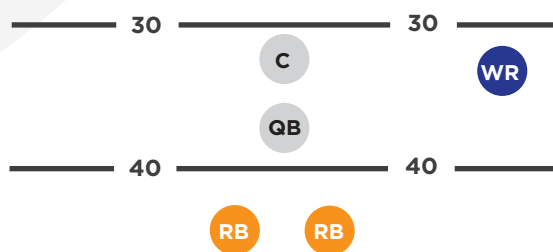


I Formation. One receiver is split out to each side and the running back lines up behind the quarterback.

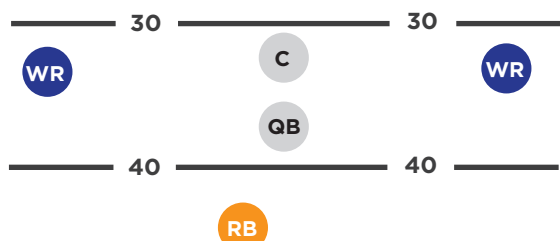
Flag Football Running Formations



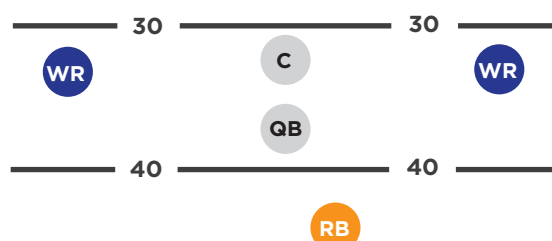
Split Left. Two running backs behind the quarterback. One receiver split out to the left.



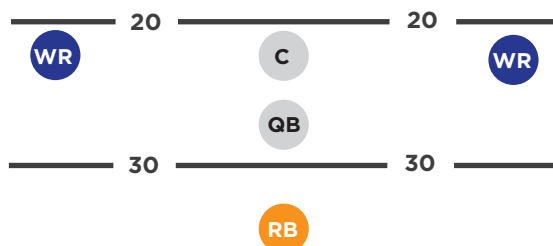
Split Right. Two running backs behind the quarterback. One receiver split out to the right.



Strong Left. One running back to the left of the quarterback. Two receivers, one receiver split out to each side.



Strong Right. One running back to the right of the quarterback. Two receivers, one receiver split out to each side.



I Formation. One receiver is split out to each side and the running back lines up directly behind the quarterback.