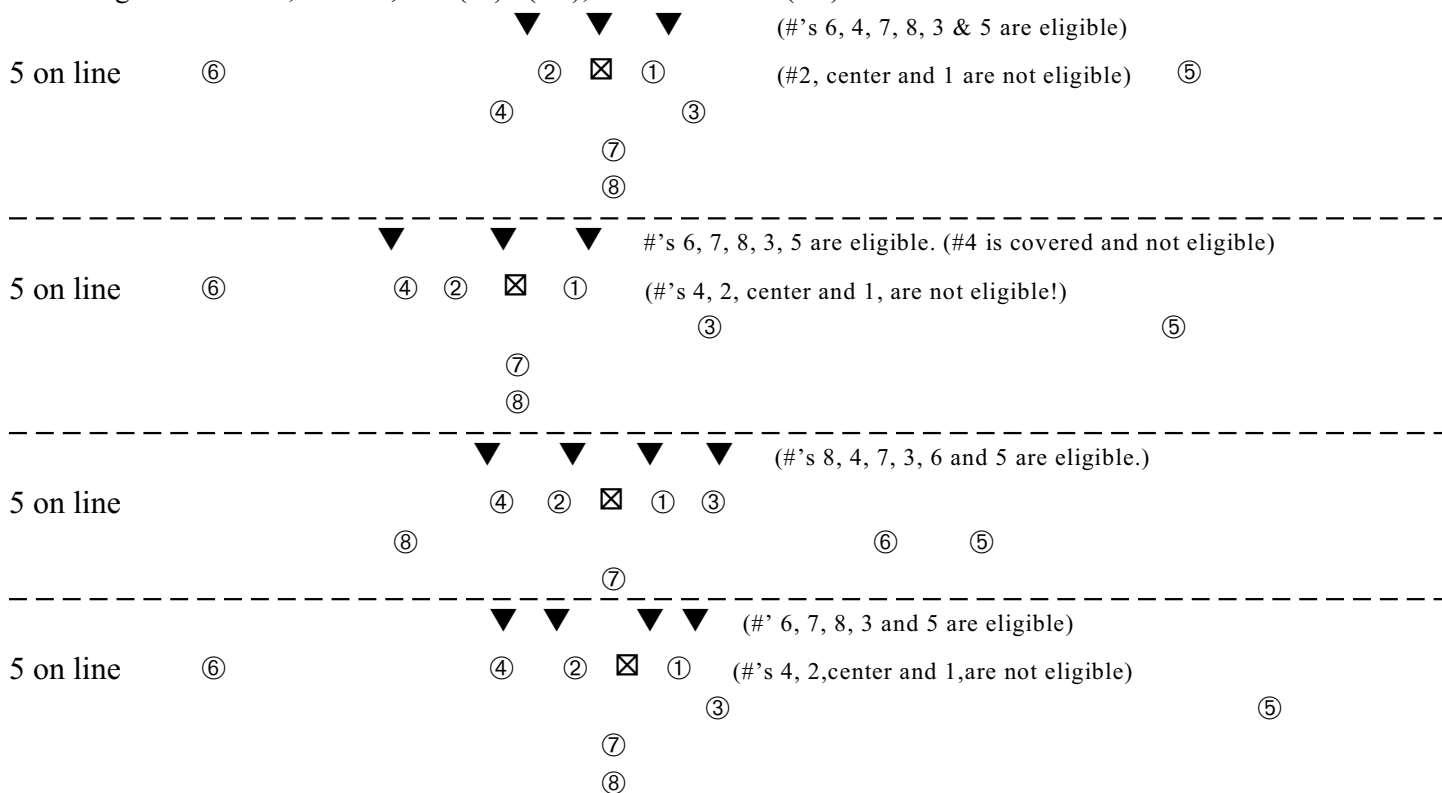


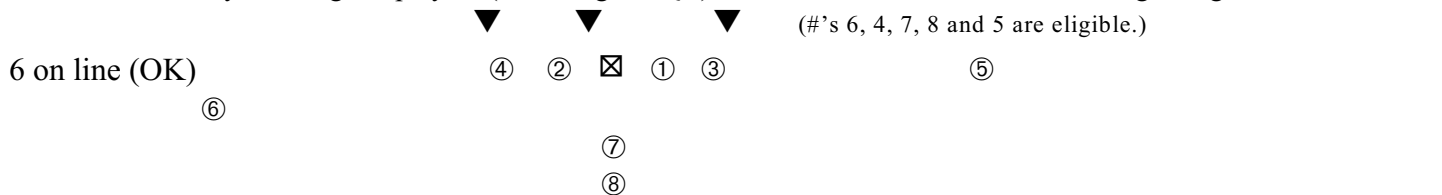
Eligible Receivers for PAL Flag Football

On the Offensive line, the Guard/Center/Guard alignment must be maintained at all times. These players are NOT eligible! Using the diagram below, the eligible receivers are: (l-r) 6, 4, 7, 8, 3, 5 (#7 is the QB, #8 a RB).

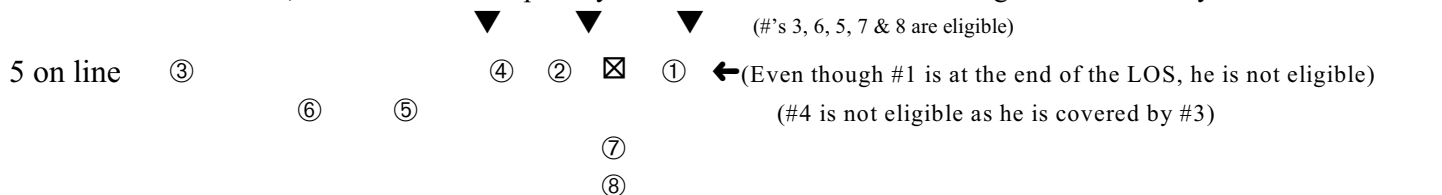
The ineligible receivers, **in bold**, are: (l-r) 2(Gd), the center and 1(Gd). ▼ = Defensive Line.



In this alignment, #5 is on the line of scrimmage. This is called **covering**. #5 has covered #3 so #3 is no longer eligible. There are now only five eligible players (including the QB) because #3 is covered and is no longer eligible.



In this alignment, the team has 5 men (3, 4, 2, center & 1) on the line of scrimmage. They also have five (5) eligible receivers. There are many variations to this. Ultimately, five men have to be on the line of scrimmage, more is OK, but limits the # of receivers, less would incur a penalty. The interior linemen are not eligible because they are covered.



No unbalanced line allowed. Teams must have a guard, center, guard alignment (these players are NOT eligible) on the interior of their line. They must shift other players up to the line in various ways to have 5 men on the line of scrimmage.

Defensive Line:

No direct rush over the Center; the defensive player must make a move to either side of the center. **(No Bull Rush)** Outside Defensive Lineman **must not be wider than** the outside offensive lineman’s outside shoulder. Other Defensive players may rush as long as they line up ON the Defensive line within the rush zone Typically tackle/TE to tackle/TE depending on who is on the line. If the other two offensive players (other than the guard/center/guard) are outside receivers, the line is limited to the guard/center/guard alignment. The defense must line up within the zone to rush. Three men must line up on the line for defense, they do not have to rush. **Only** defensive players in the zone may rush. No blitz allowed from outside this group. Once the ball moves outside the 10 yard rush zone - other defenders may cross the LOS.