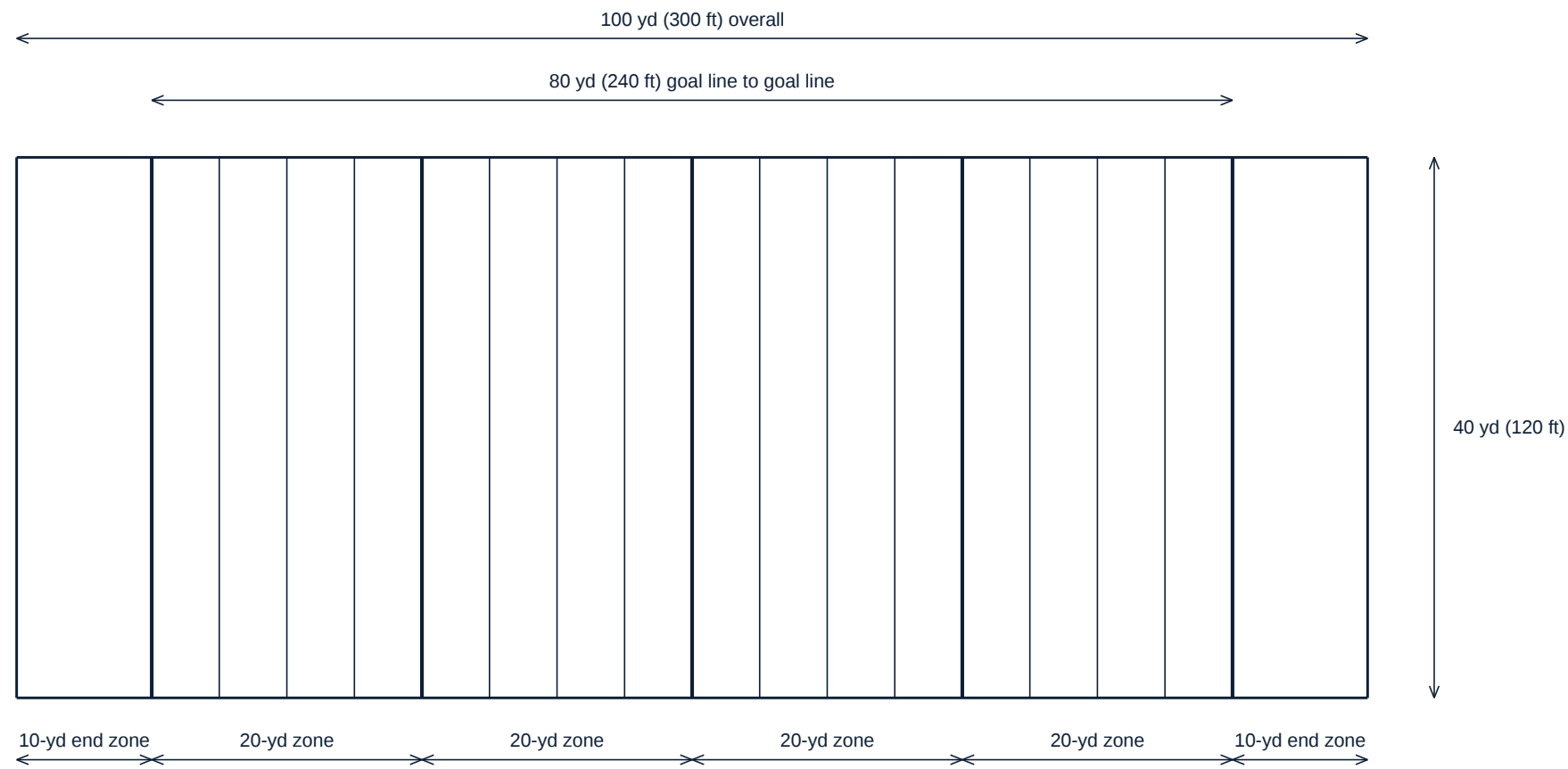


# 7v7 Flag Football Field Dimensions

100 x 40 yd including end zones -- NFHS / FHSAA / NIRSA



Zone-to-gain lines every 20 yd; first down when the ball crosses the next one. No hash marks.  
Lines 4 in wide; end zones 10 yd deep; 40 yd (120 ft) wide  
No-run zones differ between NFHS, FHSAA and NIRSA -- check your league's rule book