



IWFFA

International Women's
Flag Football Association

Let's Talk Flag Football

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Conversion - When to go for one or two extra points

The Extra Point Conversion is usually an afterthought. It can be the difference of a game.

The question of whether to go for one or two points has long been a hot topic of debate. The NFL coaches have a cheat sheet. The answer to the question, as most answers in football is..... it depends. Flag football is a situational game. Whether you should go for one or two points really depends on the score and the time in the game with the score being the more important of the two.

If you go for one point you actually have less square footage to work with so the openings for the receivers, known as gaps, are smaller. The throw will be harder. If you have a really good running game, big blockers, a great short yardage team you may prefer the one point. However, the other team may be aware of this situation and crowd the line of scrimmage. Of course, then you could fake the run (play action) and throw. That is what I love about flag football, the strategy, the chess game. Also, something to remember, in our IWFFA rules, a kick from the 3 yd. line through the goal posts counts, a successful kick from the 10 yd. line gives a team two extra conversion points. So, if you have kickers on your team... put them to use.

Now If you are up by one, and what I mean by being up by one: a touch down and one extra point, then I would go for one point on the next conversion attempt so the other team can only tie. For example, if you are up 13 to 6, go for the one point. If the other team scores (now they have 12 points), they will have to go for a two point conversion to tie giving them a score of 14. Later in the game this becomes more important.

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However, if it is early in the game and both teams are scoring easily, then you may want to reconsider and be sure to get the point (go for 1 point). It is situational and just keep in mind the score you have, is the score the other team may possibly get on their next possession and the time remaining in the game.

Two quick examples from two separate games my own team played:

First, we were winning the entire game and it was under two minutes left in the game when the other team scored. We were up by one and the other team decided to go for two. We held them and won the game. It isn't wrong to go for the win, and I usually favor the more conservative approach but again, there is no right or wrong here.

Second, another game we were winning and with five minutes left, the other team scored and we were up by one. Getting the ball back we ran the ball and chewed up the clock (little clock management strategy here). With under two minutes left we scored a touchdown. We went for one so that the best they could do was tie. That was a very important extra point. We got it and we did throw and we did win.

When to go for one or two points? Well that is really up to you and often depends on if it is a high scoring game, the time remaining, and if you like to gamble. As it often is in flag football there is no right or wrong. But start understanding your team, how they play in stressful situations, if you have a "sure play" to bring it home, or you don't know if your team can make the point/s. Because that one or two extra point conversion, and your decision which to go for can be the difference of a win or loss.

**IWFFA Rules Page 11
EXTRA POINT CONVERSION:**

After a touch down, the scoring team is allowed to attempt for extra point(s) They are given one scrimmage down, un-timed if inside two minute warning. Penalties that occur will be applied

If defensive pass interference in the end zone, ball will be spotted at 1 yd line.

Should defensive team "intercept" the ball during conversion play, ball will be dead (attempt for extra pts are no good).

Offensive Penalties are assessed on the following Kick-Off.

All Defensive penalties, on unsuccessful try, if accepted, will be half the distance to goal. Replay of down.

All Defensive penalties on successful try will be assessed on the following kick off.

Scoring team will have a choice to either:

- **Run / Pass / Kick** from 10-yd line for **2 points**
- **Run / Pass / Kick** from 3-yard line for **1 point**