

| | Indoor Soccer | Beach Volleyball | Flag Football |
|--------------------------|------------------------------------|--------------------------------------|---|
| Ball Size | Same as Sanctioned Soccer | Same as Sanctioned Indoor Volleyball | Same as Sanctioned Tackle Football |
| Number of Players | 6 Players as Opposed to 11 Players | 2 Players as Opposed to 6 Players | 8 Players as Opposed to 11 Players |
| Playing Surface | Gymnasium with Side Walls | Sand Court | Same as Sanctioned Tackle Football |
| Playing Rules | Similar to Sanctioned Soccer | Rally Scoring; 3 Hits to Cross | Player is Stopped by Grabbing Flag; No Body-To-Body Contact |
| Scoring Rules | Same as Sanctioned Soccer | Rally Scoring | Same as Sanctioned Tackle Football |