

FLEX LNG LTD.

FORM 6-K

(Report of Foreign Issuer Pursuant to Rule 13a-16 or 15d-16)

Filed 04/23/24 for the Period Ending 04/22/24

Telephone	47 23 11 40 00
CIK	0001772253
Symbol	FLNG
SIC Code	4400 - Water transportation
Industry	Oil & Gas Transportation Services
Sector	Energy
Fiscal Year	12/31

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 6-K

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO
RULE 13A-16 OR 15D-16 UNDER THE SECURITIES
EXCHANGE ACT OF 1934

For the month of April 2024

Commission File Number: 001-38904

FLEX LNG Ltd.
(Translation of registrant's name into English)

**Par-La-Ville Place
14 Par-La-Ville Road
Hamilton
Bermuda**
(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F Form 40-F

INFORMATION CONTAINED IN THIS FORM 6-K REPORT

Attached hereto as [Exhibit 99.1](#) and [Exhibit 99.2](#) are the mandatory notification of trades with respect to shares by persons discharging managerial responsibilities. This notification has been publicly disclosed in accordance with Article 19 of the Market Abuse Regulation section 5-12 of the Norwegian Securities Trading Act.

This Report on Form 6-K is hereby incorporated by reference into the Company's Registration Statement on Form F-3 (File No. 333-268367) that was declared effective December 7, 2022 and the Company's Registration Statement on Form F-3 (registration No. 333-259962) that was declared effective October 14, 2021.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

FLEX LNG Ltd.
(Registrant)

By: /s/ Oystein Kalleklev

Name: Oystein Kalleklev

Title: Chief Executive Officer of Flex LNG Management AS
(Principal Executive Officer of FLEX LNG Ltd.)

Date: April 23, 2024

Exhibit 99.1

Flex LNG - Mandatory notification of trade by PDMR

Hamilton, Bermuda
April 17, 2024

Flex LNG Ltd. (the "Company") has received trade notifications from the following persons discharging managerial responsibilities ("PDMR"):

Øystein Kalleklev, CEO of Flex LNG Management AS, has in the period April 15th and April 16th, 2024 exercised 87,500 options and subsequently sold 87,500 shares on New York Stock Exchange for an average price of USD 25.17 per share. Following the sale, Mr. Kalleklev owns 50,000 common shares and has 100,000 share options in the Company.

Knut Traaholt, CFO of Flex LNG Management AS, has in the period April 15th and April 16th, 2024 exercised 42,000 options and subsequently sold 42,000 shares on New York Stock Exchange for an average price of USD 25.17 per share. Following the sale, Mr. Traaholt has 48,000 share options in the Company.

Please find further details in the attached forms.

This notification has been publicly disclosed in accordance with Article 19 of the Market Abuse Regulation section 5-12 of the Norwegian Securities Trading Act.

For questions, please contact:

Knut Traaholt, Chief Financial Officer of Flex LNG Management AS

Email: IR@flexlng.com

About Flex LNG

Flex LNG is a shipping company focused on the growing market for Liquefied Natural Gas (LNG). Our fleet consists of thirteen LNG carriers on the water and all of our vessels are state-of-the-art ships with the latest generation two-stroke propulsion (MEGI and X-DF). These modern ships offer significant improvements in fuel efficiency and thus also carbon footprint compared to the older steam and four-stroke propelled ships. We have built up a significant contract backlog, having 11 of our 13 vessels on long term fixed rate charter contracts and one vessel on variable hire time charter. Flex LNG is listed both on the New York Stock Exchange as well as Oslo Stock Exchange under the ticker FLNG.

Exhibit 99.2

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Knut Traaholt				
2 Reason for the notification						
a)	Position/status	Chief Financial Officer (CFO)				
b)	Initial notification/Amendment	Initial notification				
3	Details of issuer					
a)	Name	Flex LNG Ltd				
b)	LEI	21380084THHU3MPC3647				
4 Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted						
a)	Description of the financial instrument, type of instrument Identification code	Share options linked to shares with ISIN BMG359472021				
b)	Nature of the transaction	Exercise of options				
c)	Price(s) and volume(s)	<table border="1"><thead><tr><th>Price(s)</th><th>Volume(s)</th></tr></thead><tbody><tr><td>USD 6.825</td><td>42,000</td></tr></tbody></table>	Price(s)	Volume(s)	USD 6.825	42,000
Price(s)	Volume(s)					
USD 6.825	42,000					
d)	Aggregated information — Aggregated volume — Price	A total of 42,000 options with a total exercise price of USD 286,650.				
e)	Date of the transaction	2024-04-15				
f)	Place of the transaction	XOFF - Outside of a trading venue				

Exhibit 99.2

1	Details of the person discharging managerial responsibilities/person closely associated					
a)	Name	Øystein Kalleklev				
2	Reason for the notification					
a)	Position/status	Chief Executive Officer (CEO)				
b)	Initial notification/Amendment	Initial notification				
3	Details of issuer					
a)	Name	Flex LNG Ltd				
b)	LEI	21380084THHU3MPC3647				
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a)	Description of the financial instrument, type of instrument Identification code	Share options linked to shares with ISIN BMG359472021				
b)	Nature of the transaction	Exercise of options				
c)	Price(s) and volume(s)	<table border="1"><thead><tr><th>Price(s)</th><th>Volume(s)</th></tr></thead><tbody><tr><td>USD 6.825</td><td>87,500</td></tr></tbody></table>	Price(s)	Volume(s)	USD 6.825	87,500
Price(s)	Volume(s)					
USD 6.825	87,500					
d)	Aggregated information — Aggregated volume — Price	A total of 87,500 options with a total exercise price of USD 597,187.5.				
e)	Date of the transaction	2024-04-15				
f)	Place of the transaction	XOFF - Outside of a trading venue				

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1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Øystein Kalleklev
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4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021
b)	Nature of the transaction	Sale

Exhibit 99.2

c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.2197	1 668	ARCX
		25.2382	370	BAML
		25.29	1 091	BARX
		25.32	1 606	BATS
		25.25	493	BATY
		25.275	3	BNPC
		25.26	10 503	CDED
		25.13	68	CGXS
		25.18	132	EDGA
		25.27	3 034	EDGX
		25.26	712	EPRL
		25.38	941	HRTX
		25.175	68	ICBX
		25.22	1 619	IEXG
		25.29	2 973	INCR
		25.12	62	INCR
		25.45	68	ITGI
		25.21	322	JPMX
		25.43	68	JSJX
		25.25	405	LEVL
		25.23	2 809	MEMX
		25.27	541	MSPL
		25.2	135	ONEC
		25.29	1 081	SGMT
		25.29	2 121	UBSA
		25.35	338	VFMI
		25.13	71	XASE
		25.31	135	XCHI
		25.22	459	XCIS
		25.23	3 007	XNAS
		25.29	5 901	XNYS
		25.2	1	XPSX
d)	Aggregated information			
	— Aggregated volume			
		Total volume: 43,750 shares		
	— Price			
		Total price: USD 1,105,492.50		
e)	Date of the transaction	2024-04-15		

Exhibit 99.2

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Knut Traaholt
2	Reason for the notification	
a)	Position/status	Chief Financial Officer (CFO)
b)	Initial notification/Amendment	Initial notification
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a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021
b)	Nature of the transaction	Sale

Exhibit 99.2

c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.2197	801	ARCX
		25.2382	177	BAML
		25.290	523	BARX
		25.320	771	BATS
		25.250	237	BATY
		25.275	2	BNPC
		25.260	5 041	CDED
		25.130	32	CGXS
		25.180	64	EDGA
		25.270	1 456	EDGX
		25.260	342	EPRL
		25.380	451	HRTX
		25.175	32	ICBX
		25.220	777	IEXG
		25.29	1 427	INCR
		25.12	30	INCR
		25.45	32	ITGI
		25.21	154	JPMX
		25.43	32	JSJX
		25.31	454	KNLI
		25.25	195	LEVL
		25.23	1 349	MEMX
		25.27	259	MSPL
		25.20	65	ONEC
		25.29	519	SGMT
		25.29	1 018	UBSA
		25.35	162	VFMI
		25.13	34	XASE
		25.31	65	XCHI
		25.22	221	XCIS
		25.23	1 444	XNAS
		25.29	2 833	XNYS
d)	Aggregated information — Aggregated volume — Price	Total volume: 21,000 shares Total price: USD 530,636.40		
e)	Date of the transaction	2024-04-15		

Exhibit 99.2

1	Details of the person discharging managerial responsibilities/person closely associated	
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a)	Position/status	Chief Executive Officer (CEO)
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a)	Description of the financial instrument, type of instrument Identification code	Nature of instrument: shares Instrument identification code (ISIN): BMG359472021
b)	Nature of the transaction	Sale

Exhibit 99.2

c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.0782	1 669	ARCX
		25.04	675	ASPN
		25.1156	409	BAML
		25.0751	746	BARX
		25.0707	1 290	BATS
		25.01	135	BNPC
		25.1325	945	CDED
		25.02	135	EDGA
		25.0719	2 468	EDGX
		25.0889	1 461	EPRL
		25.01	135	HRTX
		25.02	338	IATS
		25.09120	196	ICBX
		25.1387	4 656	IEXG
		25.0968	5 965	INCR
		25.1507	473	ITGI
		25.0575	540	JPMX
		25.15	135	JSJX
		25.0106	143	KNLI
		25.0377	2 219	LEVL
		25.0649	2 039	MEMX
		25.0496	945	MSPL
		25.0787	5 297	SGMT
		25.0233	405	TRCX
		25.0677	4 778	UBSA
		25.08	338	VFMI
		25	68	XASE
		25.0473	2 448	XNAS
		25.0653	2 658	XNYS

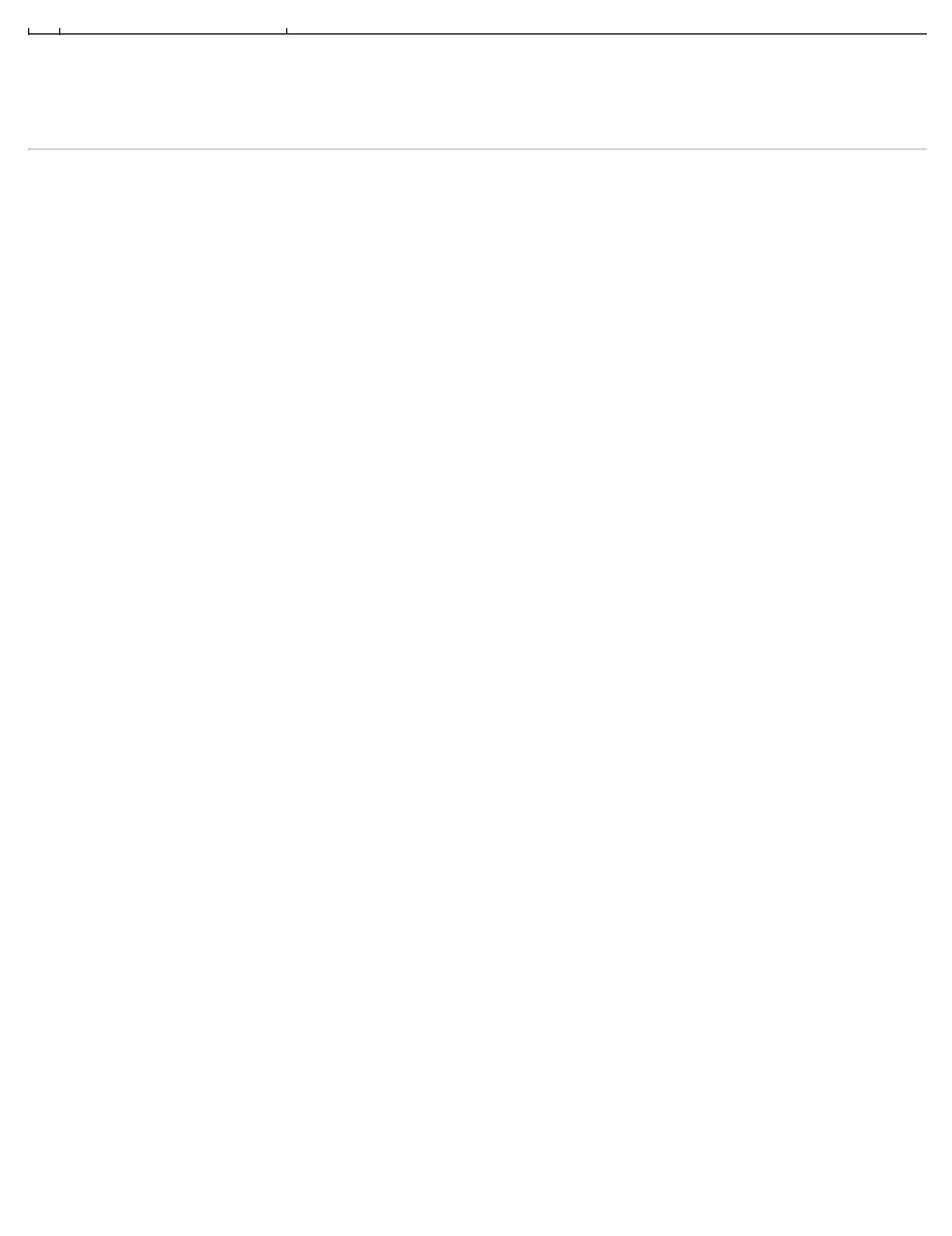


Exhibit 99.2

d)	Aggregated information — Aggregated volume — Price	Total volume: 43,750 shares Total price: USD 1,097,245.63
e)	Date of the transaction	2024-04-16

Exhibit 99.2

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Knut Traaholt
2	Reason for the notification	
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b)	Nature of the transaction	Sale

Exhibit 99.2

c)	Price(s) and volume(s)	Price(s) in USD	Volume(s)	Place of transaction
		25.0782	804	ARCX
		25.04	325	ASPN
		25.1156	197	BAML
		25.0751	359	BARX
		25.0707	621	BATS
		25.01	65	BNPC
		25.1325	455	CDED
		25.02	65	EDGA
		25.0719	1 188	EDGX
		25.0889	704	EPRL
		25.01	65	HRTX
		25.02	162	IATS
		25.0912	94	ICBX
		25.1387	2 242	IEXG
		25.0968	2 872	INCR
		25.1507	227	ITGI
		25.0575	260	JPMX
		25.15	65	JSJX
		25.0106	69	KNLI
		25.03770	1 068	LEVL
		25.0649	982	MEMX
		25.0496	455	MSPL
		25.0787	2 550	SGMT
		25.0233	195	TRCX
		25.0677	2 300	UBSA
		25.08	162	VFMI
		25	32	XASE
		25.0473	1 178	XNAS
		25.0653	1 280	XNYS

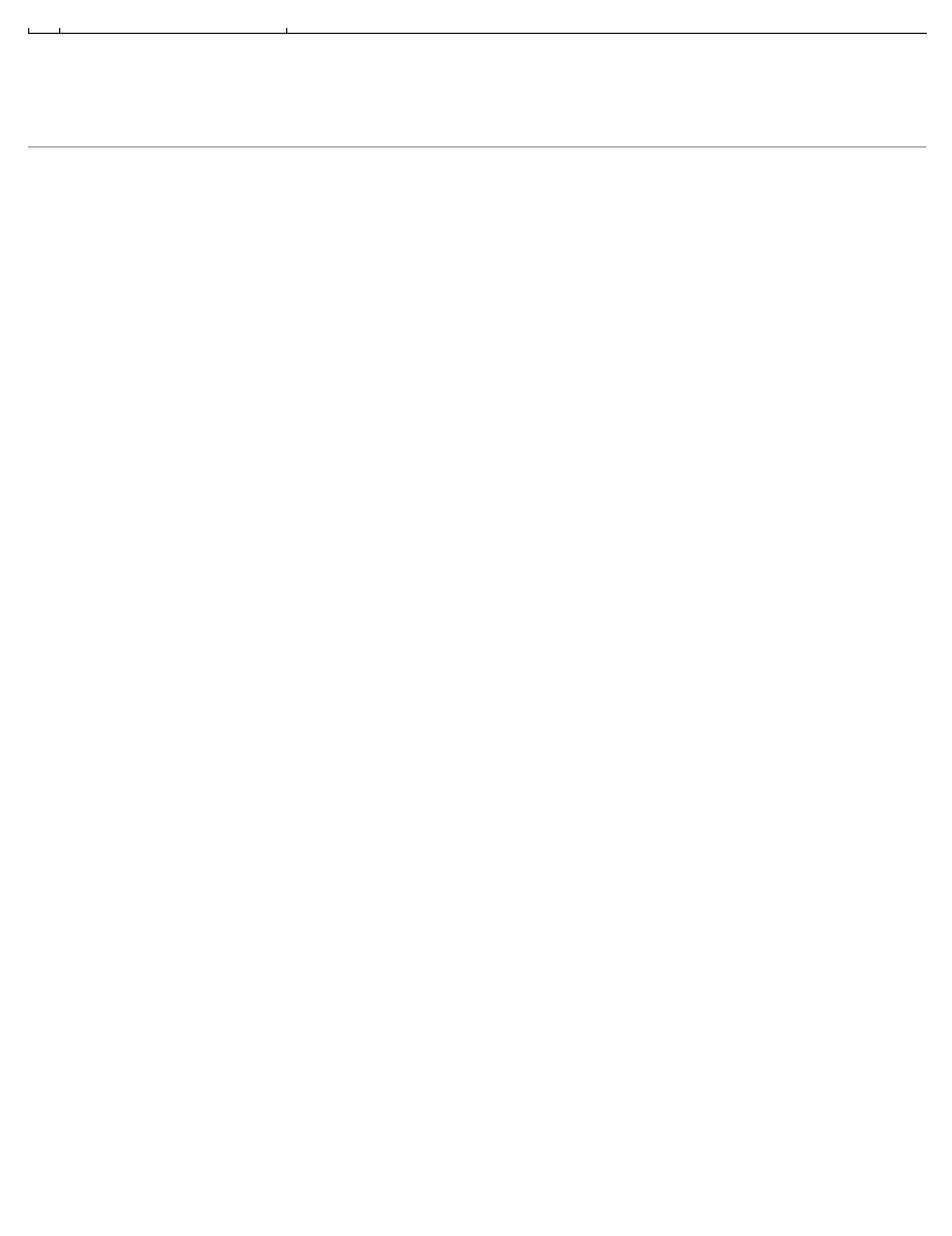


Exhibit 99.2

d)	<p>Aggregated information</p> <p>—</p> <p>Aggregated volume</p> <p>—</p> <p>Price</p>	<p>Total volume: 21,000 shares</p> <p>Total price: USD 526,677.90</p>
e)	Date of the transaction	2024-04-16