

AFL quick link to rulebook

AFL Adult Flag Football League 5-ON-5 FLAG FOOTBALL LEAGUE (Updated June 2024 – AUG 15th)

Rulebook

1. The Field: All games will be played on a sixty (60) yard long by thirty (30) yard wide field with five (5) yard end zones.

2. Game Clock: Game length is two (2) twenty (20) minute halves with the clock stopping only on timeouts and unnecessary delays. The game clock will run the entire first half and the first 18 minutes of the second half unless a time out is called. If the game is within fourteen (14) points or less with two (2) minutes remaining in the game, the playing time shall be regulation clock (stop clock). The clock will be stopped for incomplete passes, players going out of bounds, scores, change of possession and penalties.

This includes a 6 sec coverage sack.

3. Coin Toss: All games will begin with a coin toss with a representative from each team. The winner of the coin toss can elect offense or defense. The loser of the coin toss gets to pick their direction in the first half. Whichever team started with the ball will be on defense to start the 2nd half. Teams switch directions in the 2nd half.

4. Time Outs: Each team will receive three (3) time outs per half. Time outs are forty-five (45) seconds in length and do not carry over to the second half. (1) time out for overtime, no carry over from the previous half. If the time out is used just to stop the clock, the opposing team may still use the 45 seconds if they choose to do so.

5. Scoring:

Touchdown = 6 points

5 Yard Extra Point Conversion = 1 point

10 Yard Extra Point Conversion = 2 points

Safety = 2 Points

Defense returns any conversion attempt to the opposite end zone = 2 points

6. Possession: There are no kickoffs. Teams will begin with possession at the five (5) yard line. Teams have three (3) downs to cross the twenty-five (25) yard line for a first down, and three (3) downs to score a touchdown.

7. Passing League Only: There is no running from behind the line of scrimmage. The ball must be caught beyond the line of scrimmage in order to be advanced. All players are eligible to catch a pass. Receivers only need to have one foot in bounds when making a catch. Offensive team will have six (6) seconds to throw a forward pass. If the ball is not released at that time it will be a five (5) yard penalty and loss of down.

8. Hiking the Ball: Players must snap the ball between their legs in a traditional “shotgun” snap. Bad snaps are the only fumble that will be live. If the defense recovers, the play is dead at the spot of recovery and a change of possession will occur.

9. Formation: You may line up in any formation that includes a center and 2 others on the line. You may line up in a “trips” formation and motion prior to the ball being snapped.

10. Motion: Players in motion are legal as long as only one player is in motion at a time, and they are not moving forward towards the line of scrimmage at the time of the snap.

11. Double Passes: Are illegal. A lateral followed by a forward pass, if the first pass (lateral) is backwards and behind the line of scrimmage. The “second” pass still must be thrown before the original 6 seconds are up. Any backwards pass that hits the ground will be ruled dead at the spot.

12. Laterals: Only one lateral per play will be allowed. If a second lateral is attempted on the same play, the play will be dead at the spot of the 2nd attempted lateral.

13. Fumbles: There are no live fumbles with the exception of a bad snap. A bad snap is a live ball that may be recovered by the defense but cannot be advanced. If recovered by the offense, the 6 second count does not reset and the offensive player will still need to throw a forward pass to advance the ball. If a player has possession of the ball and fumbles, the play will be dead at the spot the ball hits the ground.

Exception: No forward fumbles. If the ball is fumbled forward the dead ball spot will be where the runner lost possession. The defense will not be allowed to strip the ball.

Players must go for the flags.

14. Last Man Rule: If there is no one between the ball carrier and the end zone and the last defensive player holds, tackles or pushes the ball carrier out of bounds, the player will be awarded a touchdown. This will be at the discretion of the official.

15. Rushing the Quarterback: Any defensive player is allowed to rush the QB as long as they are lined up behind the marker/ref that is located ten (10) yards beyond the line of scrimmage at the snap. No bull rushing, or contact will be allowed. Defensive players must pick a side and not run through a blocker.

16. No Contact: No Blocking, No Bumping Receivers

18. No Offensive "Picks" or Downfield Blocking: Offensive players are not allowed to intentionally run into or interfere with defensive players to get their own players open. Downfield blocking is illegal. When the ball is caught, all other players on offense should either stop or follow behind the runner for a possible lateral. Keep in mind, they are not to impede the defense from reaching the ball carrier.

19. Down by Contact: If a ball carrier falls to the ground without being contacted by a defensive player, he may get up and run, unless tagged by the opposing team while down. If in doubt, the officials will likely call him down by contact.

Offensive Penalties:

False Start = 5-yard penalty (Replay)

Delay of Game = 5-yard penalty (30 seconds between plays)

6-Second Sack = 5-yard penalty and LOD

Holding = 5-yard penalty (Replay)

Impeding the Rusher = 5-yard penalty (LOD)

Offensive Pass Interference = 5-yard penalty from the LOS & LOD

Downfield Blocking = 5-yard penalty from spot of foul and LOD

Flag Guarding = 5-yard penalty from spot of foul and LOD

Illegal forward pass = 5-yard penalty and LOD

Note: Both feet of the QB must cross the line of scrimmage prior to the ball being released for this to be a penalty.

Forward Pass Caught Behind the Line of Scrimmage = Incomplete

Note: Both Feet of WR must be beyond the LOS when the WR 1st touches the ball

Too Many Players on The Field = 5-yard penalty and LOD

Unsportsmanlike Conduct = 15-yard penalty

Defensive Penalties:

Illegal Rush= 5-yard Penalty and Replay

Illegal Contact= 5yd penalty & Replay of down

Holding after the catch= 5-yard penalty at the end of the run-The down counts

Exception: The drive cannot end on a defensive penalty, 10-yard penalty from the LOS, replay 4th down

Holding before the catch = 5-yard penalty (LOS) and Replay (If accepted)

Contact (Pushing, Tackling, Wrapping up a runner, Rough play Etc.) = 10 yds Auto 1st down

Bull Rush = 10-yard penalty from the LOS and Replay

Pass Interference = Spot foul and automatic first down.

If penalty happens in end zone, 1st and goal at 1 yard line – 3 plays to score
Roughing the Passer (contact with QB, not going for flag) = 10-yard penalty and automatic 1st down

Unsportsmanlike Conduct = 15-yard penalty and automatic 1st down

Striping the Ball = 5-yard penalty and Replay (End of the run unless against the QB (LOS)

Offside = 5-yard penalty and Replay

Note: If defensive team elects to take an offside penalty in the last 2 minutes of a game, the offensive team can elect to take a 15 second run off as well

Too Many Players on The Field = 5-yard penalty and LOD

NOTE:

LOD = Loss of Down

LOS = Line of Scrimmage

Replay= Replay the previous down

21. Overtime: If the score is tied at the end of regulation; overtime will take place.

Both teams will get two (2) plays to score from the ten (10) yard line and the opportunity to go for a one (1) or two (2) point conversion. If the score remains tied, then the teams end in a tie. A “pick-6” will end the game for the intercepting team. Exception: Playoffs will continue to repeat overtime until a winner is determined.

22. Uniforms/Equipment:

a) All players on each team must have jerseys or t-shirts of the same or similar color.

Numbers are required to keep accurate stats. If any player on a team does not have a numbered shirt or jersey that team will be penalized 3 points per player.

b) Jerseys or t-shirts must be tucked in, no exceptions. The flags and flag belt must be on top of any clothing. Note: this is a problem If the placement and wearing of the flags are in such a manner as they inhibit the opposing team from pulling your flags in any way.

c) If a quarterback is wearing a towel, that will be treated the same as a flag. If the defensive player pulls the towel and the quarterback still has the ball, the play will be dead and marked at that spot.

d) rubber cleats are recommended, but metal spikes of all kinds are prohibited.

e) Flags and flag belts will be provided at the field. Each team will be responsible for providing their own football when they are on offense.

22: Player Conduct:

a) All players, coaches, and managers shall adhere to the C.I.F. Players Code of Conduct and AFL Rules as participants in the league.

b) Players may be ejected at any time before, during, or after the game.

c) Any player, coach, or manager who is ejected from a game may be suspended for at least one (1) additional game at the discretion of the League Director. The suspension will take place during the following scheduled game(s). If a suspended player plays in a game, that team will be charged with a forfeit loss.

d) Any player, coach, or manager who is ejected twice in one (1) season will be suspended for the remainder of the season, including playoffs.

e) Ejected or suspended players, coaches, or managers will not be allowed at the game fields or surrounding areas including the parking lot while serving his/her suspension. Violation of this rule will result in a forfeit loss.

f) Any manager or acting manager who refuses to assist the referee and scorekeeper in identifying questioned players will be suspended and the game will be forfeited.

g) Any player, coach, or manager who is ejected any time AFTER the conclusion of a game will likely be suspended for the next two (2) games. Discretion of staff will be used.

h) Any player, coach, or manager who verbally or physically abuses or threatens to push, shove, or strike an official, player, or staff member may be permanently banned from participation in AFL. In addition, any player, coach, or manager who is guilty of such abuse may be subject to criminal prosecution according to the State of California Penal Code.

i) Any player, coach, or manager ejected from a game for any reason must leave the site and surrounding areas including the parking lot within five (5) minutes. If an ejected player does not leave in five (5) minutes, their team will be imposed a forfeit.

j) In case of spectator harassment, the scorekeeper or official will adhere to the following:

First Warning: Manger will be asked to take care of the problem spectator.

Second Warning: Spectator will be asked to leave the site and surrounding areas including the parking lot. If the spectator refuses to heed the official's request, the manager will be subject to ejection from the game if the official determines that the spectator is associated with one of the teams. If neither the spectator nor the manager leaves the site and surrounding areas including the parking lot within sixty (60) seconds after the official's request the game will be declared a forfeit.

k) On a disputed call or decision by an official, the players may not address, make any gesture to, or communicate any undesirable remarks to, or toward, any official.

Exception: A team manager or captain may use one of their remaining time-outs to courteously address an official for clarification or a question regarding the decision.

NOTE: Players may be ejected from the game for an infraction of this rule and will not be allowed to participate in their teams next scheduled game, as a minimum penalty.

Suspensions may be increased depending on the degree of the infraction by the League Coordinator.

23: S.C.M.A.F. Blood Rule

Any player, coach, or official who is bleeding, has an open wound, or has blood on his/her body or clothing, is prohibited from further participation in the game until appropriate treatment has been administered.

If first aid is required for a player, the player must be immediately removed from the game, unless

treatment can be administered in a reasonable amount of time.

A player, coach, or official will not be allowed to participate unless:

1. All bleeding has stopped
2. Any exposed cut/scrape which has bled is completely covered

3. Bloody clothing is removed

It is recommended that teams have spare clothing available at the game site to be used if necessary.

Sec. 11 PLAYOFFS

1. Scorekeeper will check ID's (Driver's License, State Identification Card, Passport or Military I.D.) for all players listed on your roster. Players must provide current picture ID before entering the game. Captains MUST request this before the game starts.

2. The top 12 teams at the end of the season will qualify for playoffs/ championship night. Single elimination, it will take 3 or 4 wins to win the championship.

Sec. 12 AWARDS

1. Each league playoff champion shall receive eight (8) individual awards. Additional awards may be purchased but will be at the team's expense.

2. Awards will be distributed or ready for pick-up approximately five (5) to six (6) weeks after the start of the next season.

3. Championship award forms will be available at the field after the championship game. The deadline to submit the championship award form and purchase extra jerseys will be listed on the form