



Advantage Flag Football League

MISSION STATEMENT

“To provide the most well organized, entertaining & educational sports programs for our community participants, coaches, parents and youth.”

Advantage Flag Football is a 6 on 6 flag football game, filled with fun and action. Flag football is different from tackle football. In flag football, the teams thrive by use of speed, quickness, deception and agility to defeat their opponent. In this game, the offensive team plays for a first down at midfield and then a touchdown. Running and passing plays are allowed, although there are "no running zones" 5 yards before midfield and 5 yards before each goal line. The defensive team covers receivers, rushes the passer and grabs flags to make "tackles". It is intended to be a "non-contact" sport.

Rules and Regulations

THE BASICS

- A coin toss determines first possession.
- All possessions start on the 5 yard line - 1st down and midfield to gain
- The ball must be snapped between the legs, not off to one side
- 3 plays to cross, 3 plays to score!!
 - 3 plays to cross midfield for a 1st down. Failing to do so will result in a turnover on downs. Crossing it will give you an additional 3 plays to score a touchdown
- Interceptions can be returned for a score (6, 2 or 1 point(s))
- Teams switch directions in the 2nd half
- There are No Kickoffs
- No Blocking/Impeding
 - Player can not intentionally cutoff, reroute or impede the progress of a defender and his clear path to the flags
 - Contact is not necessary for a foul
 - Player can trail runner but not lead/impede
- Fumbles are dead - The ball is spotted where it hits the ground.
 - ** Exception: Forward fumble – Brought back to where the ball is lost

PLAYERS/GAMES

- Teams consist of 8 players - 6 on the field with 2 substitutes
 - Teams must field a minimum of 5 players at all times
- Player participation - If all 8 players show up and can play:
 - All players will play 3 out of the 4 quarters
 - All players will sit out 1 full quarter
- Substitutions are **only** allowed in between quarters ** Exception: Injury

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ATTIRE

- Cleats are allowed, except for metal spikes. Inspections must be made
- All players **must** wear a protective mouthpiece; there are no exceptions!!
- Official Advantage Flag League jerseys and shorts must be worn
- Baseball style ball caps are not allowed
- Only 2 types of beanies allowed
 - Team name
 - AFL
- If a player has a cast, a doctors note and safe padding is mandatory in order to be considered for a “Safe” inspection
 - “Safe” will be determined on game night by AFL Staff
- Hats with bills are not allowed
- If AFL game shorts are not available, substitution players must have all black shorts. No pockets - No logos - No stripes

COACHES ON THE FIELD

- During a dead ball, coaches are allowed on the field:
 - It is legal to go on the field and call your play, instruct, coach, then exit the field before the play begins.
 - Teams can huddle on the sideline and break from there
 - Players in the game must remain on the field
- **Coaches are not allowed on the field during a live ball – All Divisions**
- Coaches must be completely out of the way and make sure they don’t interfere with the play
Coaches **MUST be at least 10 yards from the closest player at the snap**
- Different divisions have different rules for the coaches on field during a “Dead Ball”
 - 1st/2nd grade division: 2 Coaches
 - 3rd/4th grade division: 1 Coach
 - 5th/6th grade divisions - No coaches allowed
 - 7th/8th grade divisions - No coaches allowed

PLAYER ADVANTAGE RULE

- 1 Player Advantage: Opposing coach gets to pick a player that **can not** throw a forward pass the entire 2nd half
- 2 Player Advantage Opposing coach gets to pick 2 players that **can not** throw a forward pass the entire 2nd half
- See “Screen pass” and “Forward Pass” in definitions



TIMING REGULATIONS

- Games are played with four 10 minute running quarters
 - 1 minute water break between quarters and approx 5 minute half
- **THE CLOCK DOES NOT STOP UNLESS A TIMEOUT IS CALLED (Example: Injury)**
- 30 second play clock – From whistle to snap
 - After the official spots the ball he will blow the play clock whistle
 - When the whistle sounds, the ball is ready for play
 - See “Delay of Game”
- 1 timeout per half and no carry overs
- If the game is tied at the end of regulation, they will play overtime

OVERTIME (1/2nd NO OVERTIME)

- Coin flip determines first possession
- Players for overtime - coaches choice – ANY 6 – No substitutions during overtime
- No Timeouts
- Each team gets 1 series to score a TD and then a PAT
 - If a team scores or the ball is intercepted on the first play of a series, they don't get the 2nd play
- If the score is tied after both teams have 1 series the game is a tie
 - ** *Exception: Playoff games will repeat OT until winner is determined*
- Fouls on the defense will give the offense another series to score
- **Interceptions end the possession but can be returned for a score**
 - 6, 2 or 1 point(s) will be awarded for the return if they reach the end zone
 - A series is 2 plays in overtime

SCORING

- Touchdown - 6 Points

P A T

- 1 point - 5 yard line
- 2 points - 12 yard line

INTERCEPTIONS RETURNED FOR SCORE

- Interceptions can be returned for a score on any play during the game
 - 6, 2 or 1 point(s) will be awarded to the scoring team.
 - The number of points the offense was attempting to score will be awarded to the scoring team
 - ** *Note: If a runner is fouled on the interception return by someone other than the last man, that foul will carry over to start the new series.*
- (Pushing – Holding – Tackling – Tripping)**



RUNNING

- The QB cannot “direct” run with the ball
 - “QB” is the player that took the snap from center
- Handoffs, laterals and pitches are legal
- The player who takes a handoff, lateral or pitch can throw a forward pass from behind the LOS (line of scrimmage)
- Once the ball has been handed off, lateraled or pitched, all defensive players are **eligible to rush** (On the release from QB)
- No Center Sneaks – The center can not take a handoff from the QB
- Spinning is allowed, but players cannot leave their feet to advance the ball or avoid a defensive player (no diving).
- **The ball is spotted where the runners feet are when the flag is pulled**
 - Not the ball
 - The runners back foot is the key
 - ** Example: If the player's feet are straddling the goal line when his flags are pulled he would be downed short of the goal line*

NO RUN ZONES

- No-Running zones are 5 yards from each goal line and 5 yards from midfield, on both sides.
- “No Run Zones” only apply when headed into them, not away from them
- These are designed to avoid short yardage, power-running situations
- Once you cross midfield the next “No run zone” is at the 5 yard line
- When in the “No Run Zone”, the ball must cross the LOS in the air to be a legal pass play

RECEIVING

- All players are eligible
- Only one player is allowed in motion at the snap
- A player must have at least one foot inbounds when making a reception

PASSING

- QB – The player that takes the snap from center
- Forward pass – A pass that goes beyond the LOS in the air
 - See “Screen pass” and “Forward pass” in definitions
- The “QB” has seven seconds to throw the ball
 - Once the ball is handed off, pitched or lateraled the 7 second clock turns off
- Interceptions are live
 - Can be returned for a score all game long



DEAD BALLS

Play is ruled "dead" if:

- A player is blocking
- A player is flag guarding
- The runner's flag is pulled
- The runner steps out of bounds
- Touchdown or safety is scored
- Any part of the runner's body except for his palm and/or the bottom of his foot
- Ball hits the ground
- If a flag is "missing" the runner is downed when he is touched anywhere on the body

COACHES RESPONSIBILITY

- Jerseys must be tucked inside the shorts before the snap
- Flags must be worn on the hips at all times

RUSHING THE PASSER

- Any number of players can rush the passer as long as they are **behind** the 7 yard marker at the snap, not next to it
- A marker, painted line or referee will designate 7 yards from LOS
- Players rushing the passer can raise their hands/arms but can not make contact with the passer
- If a defender jumps across the marker before the snap, he can always go back behind the marker and rush legally
- If you chose to jump and try to block a pass, be aware that you can not land on the passer or crash into him
 - When there is contact with the quarterback the officials are told to error on the side of safety. If they have to think about it, it's a foul.

DEFINITIONS

- **QB** – Player that takes snap from center
- **Passer** - Player attempting to throw the ball
- **LOS** – Line of Scrimmage
- **Forward pass** – In Advantage Flag Football, a **"forward pass"** is defined as one that goes **beyond the LOS** in the air
- **Screen Pass** – A pass that is caught behind the LOS



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- **Last man** – The only man with a chance to pull the runners flags before he scores
 - **Runner** – The Player in possession of the ball
 - **Blocking/Impeding** – A player can not intentionally cutoff, reroute or impede the progress of a defender and the clear path to his flags. Contact is not necessary for a foul.
 - **Live Ball** – “Snap to whistle”
 - **Dead ball** – “Whistle to snap”
 - **DPI** – Defensive pass interference
 - **OPI** – Offensive pass interference
 - **Series of downs in overtime** – 2 plays
 - **Fouls on scoring plays** – Carry Them over

FOUL PLAY WILL NOT BE TOLERATED

SPORTSMANSHIP

- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that is offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee may give one warning and if it continues, the player or players will be ejected from the game. Warnings are not required. The team may be penalized for USLC.
- Foul language is unacceptable
- When players pull a flag, what do they do with it?
 - Do they hand it back to the runner?
 - Do they slam it down on the ground?
 - Do they throw it the opposite direction so the runner has to go chase it down??
- This will be monitored and the officials will control the game - If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game

PENALTIES - SUMMARY

- Referees determine whether contact is legal or illegal
- Incidental contact
 - Contact that is not a foul
 - It's the sole discretion of the referee if the contact is incidental

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- Only the team captain and head coach may ask the referee questions about rule clarification and interpretations
 - Players cannot question judgment calls.
 - Games cannot end on an accepted defensive penalty

PENALTIES

DEFENSE: All defensive penalties carry an automatic 1st down

- Offsides:5 yards - Previous spot
 - Defender in the neutral zone before the snap
- Incidental Contact: Contact that is not a foul
 - 2 types of contact: Legal and Illegal
 - Example: The DB is attempting to knock down a pass and he slaps the WR arm just after the WR touches the ball, which in turn causes an incomplete pass*
That contact to his arm is legal since he was playing the ball and the ball beat the slap to his arm
- Illegal Contact: 5 yards - Previous spot
 - Bump n run/illegal chuck
- Holding: 5 yards:- End of the run
- Illegal Flag Pull: 5 yards – End of the run
 - Pulled intentionally before the player catches ball
 - If the flag is missing, he must be touched to be downed
- Illegal Rushing:5 yards – Previous spot
 - Starting rush from inside 7-yard marker
- Pass Interference:10 yards - Previous spot
 - Ball does not have to be catchable
- Coach Interference: 10 yards – Previous Spot
- Pushing:10 yards – End of the run
 - Defender pushes player with no attempt at the flags
- Roughing the Passer –10 yards - Previous spot
 - Excessive contact with the passer
 - Even if you are going for the flags the contact must be minimal
- Last Man Rule: Award a score
 - If in the Referees sole discretion, a player is on a direct path to the end zone, with only one opponent between him and the goal line and he is fouled which prevents him from scoring, that team will be awarded a score.(Tackling, holding, tripping, pushing etc.)

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6, 2 or 1 points will be awarded. Depending on what the team was attempting to score when the foul occurred

*** Note: If a foul occurs after the interception by someone other than the last man, the foul will carry over to start the new series (Pushing – Holding – Tackling – Tripping)*

OFFENSE: All offensive penalties carry a loss of down

- Illegal Motion:5 yards - Previous spot
 - More than one player in motion at the snap
- False start:5 yards - Previous spot
 - Offensive player jumps before the ball is snapped
- Running Play in the “No Run Zone”:5 yards – Previous spot
- Delay of Game:5 yards – Previous spot
 - 30 second play clock
 - ** Note: 1st/2nd and 3rd/4th Grade Divisions will be given a few warnings but we need to speed it up as a whole. 5th/6th and 7th/8th Grade Divisions will have a firm 30 sec*
 - Officials will be instructed to verbally call out the play clock periodically so it's not a surprise when delay of game is called
- Illegal Forward Pass:5 yards - Previous spot
 - Pass thrown beyond the LOS
- 7 Second sack::5 yards - Previous spot
 - If QB does not handoff, pitch, lateral or throw a pass within 7 Seconds, it's a 7 second sack
- QB Direct Run: 5 yards - Previous spot
 - All run plays must include handoff, pitch or lateral to another player
 - Player can trail runner but not lead
- Blocking/Impeding:10 yards – Spot foul
 - Player can not intentionally cutoff, reroute or impede the progress of a defender and the clear path to his flags
 - Contact is not necessary for a foul
- Pass Interference – 10 yards – Previous Spot
 - No Illegal pick plays
 - No pushing off the defender
- Coach Interference – 10 yard – Previous Spot
- Flag Guarding:10 yards - Spot foul
 - Runner may not use hands, elbows, etc to block or guard their flags if a defender is within arms' reach

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- The runner can guard his flags all he wants if there is no one around
 - It doesn't matter if the ball carrier is running in his natural running style or not, if he flag guards it's a foul
 - Exception: 1/2nd Division: Play is dead at the spot of foul – No yards attached*
 - Charging: 10 yards – Spot foul
 - Running through or into players. It is the runner's responsibility to avoid contact with the defender. Pick a side. Go around
 - Jumping/Hurdling while carrying the ball: 10 yards – Spot foul
 - It will be the judgment of the Referee if the runner jumped or hurdled
 - USLC – Unsportsmanlike Conduct - 10 yards
 - Non-contact excessive unsportsmanlike act
 - Examples: Throwing the flags – Trash talking – Excessive celebration*
 - Personal Foul – 10 yards
 - Excessive unsportsmanlike act (contact)
 - 2 Personal fouls in 1 game and that player will be ejected
 - Examples: Late hit – Tackling – An extra hard push*