

Grapevine Parks and Recreation

8 on 8 Adult Flag Football - Rules and Regulations

Revised 2/8/2023

[TAAF Adult 8 on 8 Flag Football Rules](#)

All league games will be played in accordance with the current Texas Amateur Athletic Federation (TAAF) Cavalcade of Sports, with the addition of the following:

** DENOTES ANY RULE REVISIONS WITHIN THIS PAST YEAR

I. Eligibility

1. No residency or employment requirements.
2. No player shall be permitted to play if they are presently or has, during the current season, been a member of any semi-professional, (this includes arena football), high school varsity, or college football team. Any team found violating this rule should forfeit all games played in by the ineligible player(s).
3. Players in all adult leagues must be sixteen (16) years of age or older prior to the start of league play.
4. Coaches/team managers are responsible for their rosters to match the players' identity. All players must carry a current picture identification with them at all times during all league games.
 - If the illegal player is found before the game, they will not be allowed to play and the game will begin, dependent upon the number of players left over.
 - If the illegal player is found during or after the game once rosters are final, the game will automatically be deemed a forfeit.
5. Players will be allowed to play on more than one team during a season, but cannot play on more than one team in the same division.
 - No team may pick up a player that is on another roster in the same division.
 - Recreational players may be picked up by a team in the competitive division, but competitive players may not be picked up by a team in the recreation division.
6. In the interest of equalizing league play, after a demonstration of dominance in a division, the Parks and Recreation Department reserves the right to promote a team into a more competitive division, at the department's discretion.



II. Rosters

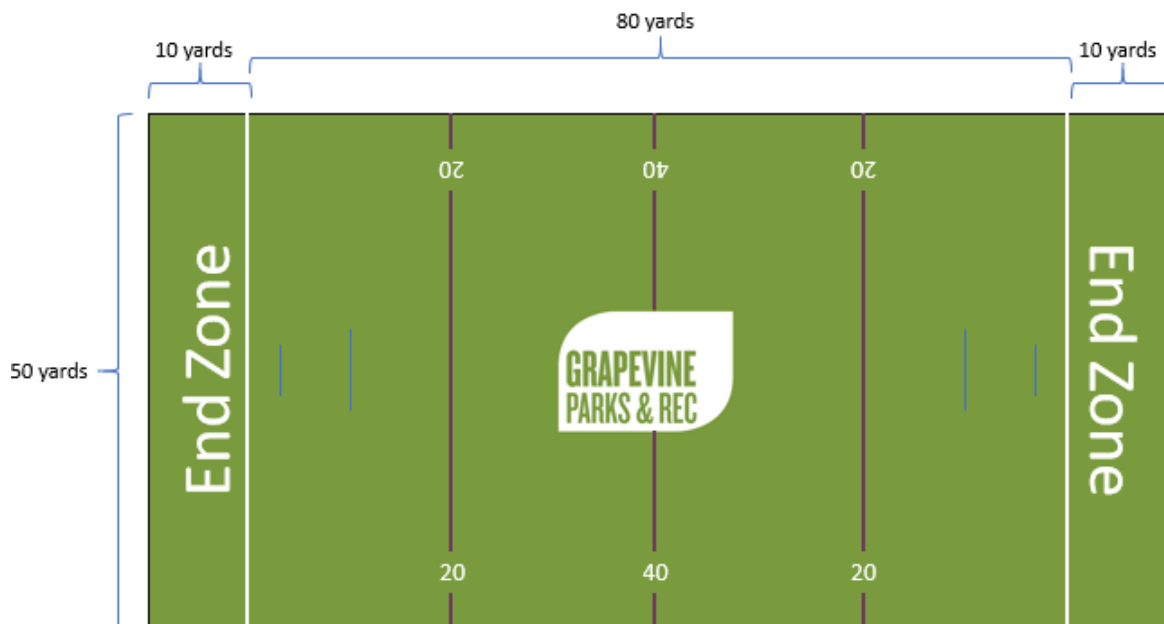
1. Teams shall consist of a maximum of twenty (20) players including playing coaches.
2. **A team may legally play with no fewer than six (6) players.** Teams must start and finish a game with no less than six (6) players.
3. **Rosters are final after the sixth (6) game. No team may add any players after their sixth (6) game. Your roster will be frozen after six (6) games and that is what you will play with for the remainder of the season including the post-season tournament if the team qualifies. If a team has not submitted their roster, games will result in forfeits.**
4. All team members must submit a roster form using the online roster link provided by the department. This is a requirement of all teams as the league uses it as a waiver to play with the City of Grapevine.
5. **Team Roster Link:** <https://www.teamsideline.com/sites/grapevine/form/3901/Flag-Football-8-on-8>
6. **Free Agents** – If teams need extra players, contact the Athletics Coordinator for the free agent list.

III. Equipment/Uniforms

1. All players on each team must wear jerseys that are matching in the base color and which have a permanently affixed, non-duplicated number on the back.
 - Officials will be strict on the word “base” color, e.g., baby blue and navy blue are not the same color.
 - Jerseys without numbers or jerseys with taped, pinned, or handwritten numerals are **NOT** allowed.
2. There will be a two (2) game grace period for all teams to obtain their jerseys. After this grace period, players not attired as described above will **NOT** be allowed to participate.
3. Shorts/pants with pockets must be taped or zipped shut to prevent injuries.
 - City staff will have tape on site for players to tape their pockets prior to game time.
 - Pockets must be covered with taped or zipped up completely to prevent injuries.
4. **Shoes** – Any flat soled or completely molded cleats are acceptable. Removable cleats, track spikes, or shoes that have steel or metal tips are prohibited.
5. **Jewelry** – Exposed jewelry, which is judged by the official to be dangerous, may not be worn during games.
 - Players must remove jewelry if judged to be dangerous. If they fail to do so, the player will be ejected from the game.
 - The only exceptions are for any Medical Alert or religious jewelry. Please contact The REC of Grapevine Athletics office at (817) 410-3460 to learn how to properly wear such jewelry for safe play.
 - If it’s a new piercing, or one that’s difficult to remove or religious affiliated jewelry, it must be covered if deemed unsafe. It is the player’s responsibility to come prepared with a means to cover these items.
6. **Headwear** – No headgear with an extended bill may be worn.
7. **Protective Equipment** – Helmets, shoulder pads, and thigh pads are prohibited. The referee of the game shall decide any questions as to the legality of player’s equipment. The use of any unyielding hard substance cannot be used to protect an injury, no matter how well covered or padded. Therapeutic or prevention knee braces can be used if covered from direct external exposure.
8. **Flags** – Each player on the field will wear 2 flags at the waist, one on each side. Flags must be 12 inches in length and 1 ½ inches in width and a different color than the player’s lower uniform.
 - Sonic flags are recommended for use; however, **ball and socket flags are illegal.**
 - The league provides flags for team usage.
9. **Game Balls** – Each team is responsible for providing their own ball which is properly inflated. It is recommended that teams use the Wilson Official NFL Ball or its equal (Official NCAA or R5).
 - Each team is responsible for their own ball as to retrieving it after an incomplete pass and keeping it dry during adverse weather conditions. The center may carry the ball to the huddle.
 - **An infraction of using too small of a football will be an automatic penalty** of reversing possession of the football at the place of the last snap prior to discovery of the illegal ball, if the ball was used for one play. If the illegal ball is discovered prior to snap, there will be a 10-yard penalty, no reversal of possession and removal of ball.

IV. Playing Rules

1. **Field** – The playing field will consist of **80 yards to goal line** with **two (2) end zones of ten (10) yards** each. Fields will be divided into **four (4) zones of twenty (20) yards** each. Fields shall be a **minimum of forty (40) yards wide** and a **maximum of 53.3 yards wide**. Marking the **three (3) yard line** and **ten (10) yard line** for use during the P.A.T.



2. **Game Locations:** GCISD Facilities – Turf Football Fields
 - Grapevine Middle School: 301 Pony Parkway, Grapevine, TX 76051
 - Cross Timbers Middle School: 2301 Pool Rd, Grapevine, TX 76051
 - Heritage Middle School: 5300 Heritage Ave, Colleyville, TX 76034
3. **Game Length and Periods**
 - Periods of play include Regulation, Point After Touchdown (PAT), 7 Play Period and Overtime.
 - Regulation Period - The game shall be played in **2 halves of 18 minutes** in length. In all games the clock will be **running continuous**. Half time will be **5 minutes** in length.
 - PAT or Point After Touchdown. During regulation game time, the game clock does not stop. During the Seven (7) Play Period OR the Tie Breaker Period, the PAT is **not counted as a numbered play**, but will use the play clock as a guide.
 - With two minutes remaining in the regulation period of the first and second half, teams will be given a **two-minute warning** and be instructed that the **seven (7) play period will begin**. The officials will give down, distance, and play number on all plays remaining. The defense has a chance to gain possession and use the remainder of the seven plays if applicable.
 - Touchdown - 6 points (Hips in which flags are attached must be on or in advance of the goal line before any points can be awarded.)

4. Scoring:

- Touchdown - 6 points (Flags in which flags are attached must be on or in advance of the goal line before any points can be awarded.)
- PAT (Point After Touchdown) Teams must declare before the official marks the ball ready for play. Once the ball is marked ready for play, a team may only "re-declare" if team uses a time out
 - 1 point - run or pass from 3-yard line.
 - 2 point - run or pass from 10-yard line.
- Safety - 2 points (Punt ball from 20-yard line.) (This is a guaranteed punt. The ball must be put in play by a snap.)
- Forfeited Game - Score is **7 - 0**.
- Winner of Overtime + **1 point**.
- PAT can be returned by the defense for the same number of points the offense was trying for.

5. **"17 Point Rule"** - If either team is ahead by 17 points or more points by the second half's 7 play period warning or at any time during the second half's 7 play period, the game is over.

6. Time Outs:

- Each team shall have two (2) time outs per half
- Each time out will be one (1) minute in length.
- Each team will be allowed only one (1) time out during a tiebreaker period.
- A "time out" to be called from any player that participated on the playing field during the previous play is allowable. Said player may not have left the field and returned prior to the request.
- A team may use a time out to change their option during the PAT.
- A team may use a time out to change any 4th down option (Punt or Play)
- Time outs **do not "rollover/carryover"** to the next period.
- Timeouts are allowed during the 7 play period.

7. Clock Management and Regulations:

- Game clock will start each half when the official puts the ball in play.
- The official's whistle makes the ball ready for play and starts the play clock prior to each down throughout the games. The play clock is twenty-five seconds in length.
- After a team time-out, the game clock will start at the snap of the ball.
- Because the game clock is a continuous click, it does not stop during P.A.T. attempts. The game clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.
- The play clock is 25 second and starts once the official marks the ball ready for play. (Delay of Game penalty if exceed 25 seconds)
- Half Time – Five (5) minutes in length

8. Game time is forfeit time – no grace period!

- The team that is short players may utilize all four (4) of their timeouts to give players a few extra minutes to arrive.



9. **Overtime:** In the event of a tie game at the end of regulation, the following method will be used:

- Regular season games can end in a tied score. Overtime will only be applied in playoffs.
- After an official's time out of two (2) minutes, during which time officials and team captains will have a coin toss. The visiting team captain will make the call. The winner will have choice of playing offense or defense first. Both teams will go in the direction of the wind or if no wind in the direction chosen by the loser of the toss.
- Ball will be placed on the 40-yard line and each team will have 4 consecutive plays, in which to score the most points or gain the most yards. If no team scores, the team that gains the most additional positive yardage* shall be the winner.
 - *Positive yardage is defined as yardage gained while on offense only and must be in advance of the 40-yard line.
- If after 4 consecutive downs each, the two teams remain tied in all the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.
- If a team scores a touchdown, it will be allowed to use its remaining downs, beginning again at the 40-yard line. A **free down** will be granted for P.A.T. attempts after each touchdown.
- During Overtime, teams will be allowed **one time out each**
- An interception **terminates** the offensive team chances. The offensive **team loses all positive yardage gained** but **retains any points scored**. The defense may **NOT** advance the interception. Play stops.
- **Winner** of the Overtime shall be given **one point**.

10. **Coin Toss:**

- At the beginning of each game, a coin toss will be held. The visiting team's Captain will make the call (heads or tails).
- The winner of the coin toss will have the following options: (1) Offense, (2) Defense or (3) choice of goal to defend, or (4) defer option to the second half.
- The loser of the opening toss will have choice of the remaining options for the first half.
- The captain, not having the first choice of options for the second half, shall exercise one of the remaining options.
- Teams will flip directions at the beginning of the 2nd half.

11. **Line To Gain/Series of Downs:**

- **Line to Gain:** The line to gain is the established line designating the twenty-yard zones as well as the ten-yard end zones. The zone shall be **considered reached when both hips (flags) are on or in advance of the line marking the next zone** or in this case "the line to gain" when the play is declared dead.
- **Series of Downs:** A team will be allowed four downs to advance the ball from one zone to the next. (A zone is to be 20 yards.) If after four (4) consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

12. **Deflagged Possession:** No flag/early deflagging. If a player is deflagged before possession, they are down when possession is gained.



13. **Blood Rule** – A player, coach, or official who is bleeding or who has blood on his uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is left to the official's judgement. Uniform rule violations will not be enforced if a uniform change is required. However, players should be prepared with a like colored T-shirt or jerseys on standby. The official shall:
1. Stop the game and allow treatment if injured person would affect the continuation of play.
 2. Immediately call a coach, trainer, or other “authorized person” to the injured player.
 3. Apply the rules of the game regarding substitution, re-entry, and short-handed player, if necessary.
14. **Forfeits** – Teams must notify the city of a forfeit 24 hours in advance. If a team does not give proper notice, then a \$25 forfeit fee will be assessed to the team. If a team needs extra players, the city can provide a free agent list.
- If a team forfeits three (3) league games due to lack of players at the start of a regularly scheduled game, the team will be dropped from the league with no refund of entry fee and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit.
 - Teams who forfeit two (2) games are ineligible to compete in playoffs.
15. **Center Ball Snap:** The snap can bounce multiple times but it must be cleanly fielded. If the ball hits the center’s body, then the play will be ruled dead.

V. Offense and Defense Penalties

1. Common Acronyms

- EOR: End of Run
- LOS: Line of Scrimmage
- POI: Point of Interruption

2. To establish a simple philosophy in assessing penalties, these general rules hold true with only a few exceptions:

- All Accepted Penalties: are marked from the E.O.R., L.O.S., or P.O.I., whichever hurts the infracting team the most and the down may or may not be replayed.
- All Refused Penalties: the ball stays where blown dead and down is not replayed
- All Live Ball Fouls: are captain’s choices
- All Dead Ball Fouls: are not captain’s choices and will be marked off.

General Penalties

Clothing Covering Flag	5 YDS POI/LOS
Improper Equipment	5 YDS LOS/EOR
Flag or Belt Improperly Positioned at Possession	5 YDS POI/LOS
Flag Improperly Altered or Attached	10 YDS LOS/POI
Delay of Game: Time Outs	5 YDS EOR
Illegal Substitution	5 YDS LOS
Illegal Participation	5 YDS LOS
Unsportsmanlike Conduct	10 YDS LOS/EOR
Faking Excessive Contact	10 YDS EOR
Begging A Call	5 YDS EOR
Encroachment	5 YDS LOS
Offsides	5 YDS LOS
Illegal-Advancement	5 YDS POI

Offensive Penalties

Too Small Football: Prior to Snap After Snap	10 YDS LOS Possession Reversed at Previous LOS
Delay of Game: 25 seconds	5 YDS LOS
Illegal Shift or Motion	5 YDS LOS
Illegal Screening (Behind LOS)	5 YDS LOS
Illegal Downfield Screening If Excessive	5 YDS POI/EOR 10 YDS POI/EOR & LOSS OF DOWN
Illegal Screening (Punt) If Flagrant	5 YDS EOR/POI 10 YDS LOS/POI
Illegal Forward Pass	5 YDS POI & LOSS OF DOWN
Intentional Grounding	5 YDS POI & LOSS OF DOWN
Forward Lateral (Beyond LOS)	5 YDS POI & LOSS OF DOWN
Pass Interference: (Playing Field & End Zone): Regulation Time Period/PAT 7-Play Rule Overtime	5 YDS LOS & LOSS OF DOWN 5 YDS LOS & LOSS OF DOWN, LOSS OF PLAY# 5 YDS LOS & LOSS OF DOWN, LOSS OF PLAY#
Stiff Arm	10 YDS POI/LOS & LOSS OF DOWN
Flag Guarding/Protecting Flags	10 YDS POI/LOS & LOSS OF DOWN
Charging Into Defense If Excessive	10 YDS POI/LOS 10 YDS POI/LOS & LOSS OF DOWN
Illegal Snap	5 YDS LOS
Delay of Game: Declare Punt	5 YDS LOS
Illegal Touching Punt in Air	5 YDS POI
Quick Kick	5 YDS LOS & LOSS OF DOWN
Sideline Interference	10 YDS LOS & LOSS OF DOWN

Defensive Penalties

Illegal Line Play	5 YDS LOS
Illegal Rushing	10 YDS LOS
Contact w/Passer ("Roughing")	10 YDS LOS/EOR & 1 ST DOWN
Pass Interference: (Playing Field) Regulation Time 7-Play Rule Overtime P.A.T.	5 YDS POI & 1 ST DOWN 5 YDS POI, 1 ST DOWN, PLAY # OVER 5 YDS POI, PLAY # OVER BALL ON 1 YARD LINE & PLAY OVER PLUS 1 FREE IF NEEDED
Pass Interference: (End Zone) Regulation Time All Others	BALL ON 1 YARD LINE & 1 ST DOWN BALL ON 1 YARD LINE, PLAY OVER PLUS 1 FREE PLAY IF NEED
Stripping	SAME AS PASS INTERFERENCE
Screening Receiver's Eyes	SAME AS PASS INTERFERENCE
Bump & Run	5 YDS POI
Tackling: Impeding Encircling	5 YDS POI/LOS 10 YDS POI/LOS & 1 ST DOWN
Impeding T.D. Impeding T.D in Overtime	BALL ON 1 YARD LINE & 1 ST DOWN BALL ON 1 YARD LINE, PLAY OVER PLUS 1 FREE PLAY
Illegal Deflagging	5 YDS LOS/EOR
Runner Stripping	5 YDS POI/LOS
Pushing Ball Carrier Out of Bounds If Excessive	10 YDS POI/LOS 10 YDS POI/LOS
Faking Deflagging	5 YDS POI/LOS
Sideline Interference*	10 YDS EOR/POI & 1 ST DOWN

VI. Field Conditions

1. In case of inclement weather, the playability of game fields will be determined two (2) hours prior to game time. Updates on field conditions during inclement weather will be sent out to team managers via TeamSideline. **It is the team manager's responsibility to notify his/her players regarding field playability.**
2. **Rainout Hotline: (817) 410-3475 – updated prior 2 hours to game time.**

VII. Tie-Breaker Procedure

In case of a tie for the top two (2) teams at the conclusion of the season, the following tiebreaker procedure will be used to determine places:

1. Head-to-Head result(s) between teams tied.
2. If teams split in head-to-head games, point differential in those games will be used.
3. If teams are still tied, point differential in ALL league games for the teams tied will be used.
4. After the first-place team has been determined, revert back to #1 above to determine second place from the remaining tied teams.

VIII. Protests

Must be filed in the following manner:

1. Must be filed before the game is over.
2. Notify the officials and give details of protest.
3. See that the official notifies the staff monitor and that the protest is recorded in the official scorebook as well as the Game Administration Report.
4. On the first regular business day following the protested game, the Team Manager must submit the protest in writing to the Parks and Recreation Department along with a \$25 Protest Fee. Make check payable to "City of Grapevine." If protest is upheld, the fee will be refunded.
5. Judgment calls are not a basis for protests.
6. Rule interpretation protests must be filed before the next play.
7. The manager of the team opposing the alleged ineligible player must file Player eligibility protests before the last minute of the game. The Manager must then complete numbers 3 & 4 above to complete the protest procedure.

IX. Conduct/Discipline

The following guidelines have been established for the protection of the participants and the continuation of the league. The team manager is responsible for ensuring that the team and team's spectators cooperate with city staff and officials.

1. Grapevine City Ordinance Section #16-6 states, "It shall be unlawful for any person to possess or consume alcoholic beverages in the public park of the City."
2. No tobacco products, alcohol consumption, or smoking on park property or city fields.
3. Zero Tolerance - If a player is ejected from the game, it is the coach's responsibility to get that player OFF of the field and OUT of the facility immediately. If the player refuses to leave in a timely manner, the game will be declared a FORFEIT by the game official.
4. Any player, coach, and manager ejected from any league game will be suspended for (1) one game following the day of the ejection. **Longer suspensions may apply based on the severity of the incident.** City staff have authority to lengthen the suspension timeline based on the severity of the incident where the ejection took place.
5. Players, coaches, managers, and spectators who have been ejected or suspended MAY NOT RETURN UNTIL THE COMPLETION OF THEIR SUSPENSION.
6. Each team manager will be held responsible for the conduct of their fans and spectators.
7. Suspensions will carry over from season to season.
 - A player suspended during the final game of one season will also be suspended for the first game of the next season
8. Verbal or physical violence especially attacks on a game or tournament official immediately before, during or after a game, fight or confrontation between players/teams will result in a minimum of one (1) year loss of eligibility in ALL league play, subject to an annual review if requested.
 - No person shall at any time lay a hand upon, shove, strike, harass, or threaten opponents, teammates, spectators, city staff, or officials. Players in violation of guidelines should be ejected immediately and removed from further play.
9. Ejection/Suspension/Appeal Procedures: Once a player, coach or spectator is ejected from a game, then that person will be notified in writing that they will be suspended for one (1) game and/or longer, depending on the severity of the incident. When the suspended person receives that correspondence, then he/she has the right to appeal the ruling **in writing** within 5 days. In turn, the Grapevine Parks and Recreation athletic office, has up to 5 days to render a decision **in writing** regarding the appeal. The office has the right to uphold, reduce, waive, or increase any suspension that has been granted, once the research has been conducted. All decisions are final and are considered closed.
10. The officials have authority to remove a player, coach or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct shall include, but not be limited to, profanity, threats of any kind toward the officials, staff member or official, fighting (before, during or after the game), any intoxicated condition detected by the officials before or during the game or any flagrant foul as determined by the officials.
11. Non-emergency: 817-410-8127



X. Facility Rules

1. Alcohol is strictly prohibited by players and spectators at all times on park premises.
 - If alcohol is found on the premises, an immediate ejection will be implemented
2. Patrons must observe the city's "Dog Leash Law" while at the park. No dogs allowed on the field or in the dugout.

XI. Summaries

1. Normal TAAF rules will apply if not noted above.
2. The Parks and Recreation Department reserves the right to add, delete, or amend the rules, regulations, and policies for the betterment of the program.
3. The Parks and Recreation Department reserves the right to approve/disapprove any team name, logo, language on uniform deemed lewd, vulgar, obscene, or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.

XII. Referee Information

If there are any questions or concerns regarding rules or officials, you may reach out to Casey McCarter, United Sports Officials Adult Sports League Coordinator – (469) 325-7185 casey.usoofficials@gmail.com

XIII. Staff Information

1. Mitchell Bradley, Athletics Coordinator – (817) 410-3442 mbradley@grapevinetexas.gov
2. The REC of Grapevine – (817) 410-3450
3. Schedule and standings are posted on www.TeamSideline.com/Grapevine
4. **Schedule requests are due at registration. The city will do its best to accommodate team schedule requests, but requests are not always guaranteed.**
5. **Forfeit Rule:** Teams must notify the city of a forfeit 24 hours in advance. If a team does not give proper notice, then a \$25 forfeit fee will be assessed to the team. If a team needs extra players, the city can provide a free agent list.



Grapevine Parks and Recreation

8 on 8 **COED** Adult Flag Football - Rules and Regulations

The 8 on 8 COED Flag Football Rules are based on the 8 on 8 Men's Flag Football Rules above and TAAF Rules and Regulations, with the following amendments:

XIV. Eligibility

1. Teams must have a minimum of six (6) players, three (3) of which must be female to start a game.
2. Teams can play up to five (5) males at any given time. Team's must have at least three (3) female players playing at all times.
3. Teams may use more females than required, but **no less than 3**.

XV. Equipment

Game Balls - For COED formats, a junior size or Intermediate size football is allowed.

XVI. Game Play

1. To ensure COED participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs. The penalty for running 3 consecutive plays without a female as an Operative Player will be a 5-yard penalty and a loss of down.
2. An Operative Player is defined as a player who:
 - is the intended receiver in the eyes of the official
 - runs the ball as the primary runner (must cross line of scrimmage)
 - receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage
3. An Operative Player is **NOT** defined as a player who:
 - hands off the football
 - snaps the ball into play
 - receives a hand-off only to give it back to a male before crossing the line of scrimmage
 - receives a pitch downfield

XVII. Examples

1. A pass deflected by a male and caught by a female is a female play
2. A pass intended for a female (in the eyes of the referee) that is deflected by a female, and caught by a male, counts as a female play
3. A pass thrown by a male, received by a male and immediately pitched to a female (the "hook and ladder") will not constitute a female play – no matter how far the female advances with the ball after the pitch
4. A pass intentionally grounded by a female in the last one minute of either half in order to stop the clock does **NOT** count as a female play
5. If a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.



XVIII. **Scoring**

1. Touchdown:

- 6 points awarded for all male participation
- 9 points awarded for female participation if the operative player.

2. Point After Touchdown (PAT):

- 1 point awarded for all male participation play from 3-yard line
- 2 points awarded for all male participation from 10-yard line
- 2 points awarded for female participation play from 3-yard line. Only qualifies if it fulfills all Operative Player requirements above (i.e., if a male passes to a male and then simply hands off or pitches to a female just before crossing the goal line, this is not a 2- or 3-point play).
- 3 points awarded for female participation play from 10-yard line.

QR Codes

