

**CITY OF GRAPEVINE  
PARKS AND RECREATION  
DEPARTMENT**

**FLAG FOOTBALL RULES AND REGULATIONS  
4 on 4 Division**

All League Games will be played in accordance with the current TEXAS AMATEUR ATHLETIC FEDERATION FLAG FOOTBALL RULES with the addition of the following:

**\*\*Indicates rule changes in the current year.**

I. Player Eligibility

1. No player shall be permitted to play if he is presently or has, during the current season, been a member of any semi-professional, (this includes arena football), high school varsity, B team, 9th grade or college football team. Any team found violating this rule should forfeit all games played in by the ineligible player or players.
2. Players in all Adult Leagues must be sixteen (16) years of age or older prior to the start of league play.

II. Rosters

1. Each team will be allowed a maximum of ten (10) players including playing coaches.
2. Final rosters must be turned in prior to the team's first game. Rosters may be turned in at the Parks and Recreation Department main office or to the coordinator prior to the first game. Rosters must be **completed with address, hometown, and telephone numbers and players signatures**.
3. There will be no roster changes allowed for any reason after the final roster has been submitted.

III. Equipment/Uniforms

1. All players must wear jerseys that are matching in the base color and which have a permanently affixed non-duplicated 8-inch number on the back. There will be a one 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.
2. Shoes - Any flat soled or completely molded cleat shoes are acceptable. Removable cleats, baseball or track spikes or shoes that have steel or metal tips are prohibited.
3. No jewelry of any kind may be worn during the game.
4. No headgear with an extended bill may be worn (ex: caps, visors, etc).
5. Protective Equipment - Helmets, shoulder pads, thigh pads are prohibited. The referee of that 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.
6. Flags - Each player on the field (4 offensive and 4 defensive) will wear 2 flags at the waist, one on each side. Flags must be 12 inches in length and 1 1/2 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. Each team must provide their own flags.

7. **New Rule: Safety – No pockets are allowed on any part of a player’s uniform.**
8. The Parks and Recreation Department reserves the right to approve/disapprove any team name, logo, and language on uniform deemed lewd, vulgar, obscene, or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.

#### IV. Playing Rules

1. Game time is forfeit time. No grace period!
2. Teams must start and finish a game with no less than three (3) players.
3. Line-ups must be turned into the official at least ten (10) minutes prior to game time. Line-ups must include last name, first name and jersey number.
- \*\* 4. Games consist of 2-14 minute halves. **A 30-second half time will be observed.**
5. Teams will flip sides at the beginning of the 2<sup>nd</sup> half. Team that started the first half on offense will begin the 2<sup>nd</sup> half on defense. There are **NO DEFERMENTS**. A coin toss will be held at the beginning of the game and the winner will get his choice of 1. Goal to defend, 2. Offense, or 2. Defense. The loser of the toss has one of the remaining options.
6. Clock Regulations - (1) Clock will start each half when the official puts the ball in play. (2) After a team time-out, the clock will start at the snap of the ball. (3) Because the clock is a continuous clock, it does not stop for P.A.T. attempts. (4) Clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.
7. Time Outs - Each team shall be allowed 1 time out per half. Time outs will be one (1) minute in length. Any player that participated in the last play and is on the field of play may call time outs.
8. **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 stand by.  
The official shall:
  - a. Stop the game and allow treatment if injured person would affect the continuation of play.
  - b. Immediately call a coach, trainer, or other "authorized person" to the injured player.
  - c. Apply the rules of the game regarding substitution, re-entry, and short Handed player if necessary.
9. 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.
10. The Parks and Recreation Department reserve the right to add, delete, or amend its rules/regulations/policies for the betterment of the program.
11. The playing field will consist of a 25-yard wide by 50-yard long field. Each end zone shall be 7 yards deep. A first down marker is at mid-field, the 25-yard mark.
12. No contact or blocking is allowed.
13. **The quarterback may take a snap under center at any time; however, once the**

- offensive team reaches the no run zone (5 yard line or less), only a shotgun style snap shall be used (at least 3 yards back from the line of scrimmage).**
14. **Requirement for offensive sets: It will be illegal for players to stack next to the center position. All players are required to be lined up at least 2 yards to either side of the center position.**
  15. Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs. The quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage. The player that takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
  16. The quarterback has 7 seconds to attempt a pass.
  17. The player who rushes the OB must start 7 yards off the line and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. Defenders have a straight line to the QB, and any offensive player must NOT interfere in the path of any defensive rusher. **New Rule (Safety) Player must verbally inform the official of his rushing lane, establishing awareness of the offensive players and the officials.**
  18. All players are eligible to receive a pass.
  19. Offense has 3 downs to cross midfield for a first down and then has 3 plays to score a touchdown. No kicking or punting.
  20. All possessions, except interceptions start at the 5 yard-line. Touchdown is worth 6 points, extra point (5 yards out) = 1 pt, (12 yards out) = 2 pts, safety = 2 pts.
  21. Interceptions can be returned.
  22. Flag Placement: The legal position for each player's flag is over the hips. In the judgement of the official, if your flags are positioned improperly and you have possession of the ball, then you're down at that point. However, if your flag becomes detached (falls off – with the ball in possession), then the defender only needs to touch you to become down.
  23. Once the ball is in possession beyond the line of scrimmage, the offensive players on the field without the ball must remain still. Example: The offensive player that has possession of the ball is the only player that can remain in motion.

#### V. Field Conditions

1. Call the rainout hot line before each game, regardless of weather conditions, the playability of game fields will be determined two (2) hours prior to game times each day. ONLY TEAM MANAGERS SHOULD CALL 817-410-3475 FOR INFORMATION REGARDING FIELDS CONDITIONS.

#### VI. Conduct/Discipline

##### **Zero Tolerance**

1. Grapevine City Ordinance, Section #16-6 states "It shall be unlawful for any person to possess or consume any alcoholic beverage in the public park of the City."
2. Smoking will not be allowed on the field.
3. Any player, coach, or manager ejected from any league game will be suspended for one (1) league game.
4. Players, coaches, and managers who have been ejected/suspended must leave the complex.
5. Each team manager will be held responsible for the conduct of his/her fans/spectators.
6. Suspensions will carry over from season to season. Example: a player suspended for the final two games of one season will also be suspended for the first game of the next

season.

7. Verbal or Physical violence, especially attacks on a game or tournament official immediately before, during, or after a game or fights/confrontations between players/teams will result in a minimum of one (1) year loss of eligibility in all league play or indefinite suspension in all league play, subject to an annual review if requested.
8. The officials have the 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, fighting (before, during, or after the game), any intoxicated condition detected by the referee before or during the game, or any flagrant foul as determined by the referee.

## VII. 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 scorekeeper 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 Main Office along with a \$25.00 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.

## VIII. SUMMARIES

1. The Parks and Recreation Department reserve the right to add, delete or amend the rules and regulations or policies for the betterment of the program.
2. The Parks and Recreation Department can approve/disapprove any team name, logo, and language on uniform deemed lewd, vulgar, obscene, or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.