

**CITY OF GRAPEVINE
PARKS AND RECREATION DEPARTMENT
FLAG FOOTBALL – 8 ON 8
RULES AND REGULATIONS**

Revised 11/22/2020

All league games will be played in accordance with the current TEXAS AMATEUR ATHLETIC FEDERATION FLAG FOOTBALL RULES unless otherwise specifically amended below:

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.
3. Players will be allowed to play on more than one team during a flag football season, but cannot play on more than one team in the same division. For example, a player cannot play on two teams in the competitive league, but they can play on multiple teams if one is in the competitive division and the other in the recreational or COED division.
4. Teams must notify the city of a forfeit 24 hours in advance or by Friday at noon if league is played on the weekend. If a team does not give the proper notice, then a \$25 forfeit fee will be enforced.
5. 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.

ROSTERS

1. Each team will be allowed a maximum of twenty (20) players including playing coaches.
2. Online rosters must be completed by the sixth (6) game - rosters are then considered final.
 - A. All players on your roster must play in at least 2 league games to be eligible for the post season tournament. For players who play on multiple teams, you must play in at least 2 league games for both teams.
3. Online rosters **must** be completed with first and last name, email address, phone number, team name, jersey number, and season of which league play is held. This is a requirement for each season of participation because the online roster form includes a waiver for each player. Failure to have a complete roster will result in game forfeits by the sixth (6) game with no refund.

4. If a team has the maximum roster limit and needs to add a player(s), the team manager must drop/add to keep the limit at 20 players per team. Contact athletics staff to add or drop players when roster is at 20 players.

EQUIPMENT/UNIFORMS

1. All players must wear jerseys that are matching in color and which have a permanently affixed non- duplicated 8-inch number on the back. 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.

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. Jewelry – Exposed jewelry, judged by officials' discretion to be dangerous may not be worn during play. Players must remove jewelry if judged to be dangerous. If they fail to do so, the player is ejected from the game.

4. No headgear with an extended bill may be worn forwards or backwards (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 (8 offensive and 8 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. The city will provide flags.

THE FIELD

THE FIELD DIMENSIONS:

A. 80 yards from goal line to goal line with two end zones of 10 yards each

B. Field shall be divided into 4 zones of 20 yards each.

C. Field shall be a minimum of 40 yards wide and a maximum of 53 1/3 yards wide.

D. Marking the three (3) yard line and ten (10) yard line for use during the PAT.

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.

2. ONLY TEAM MANAGERS SHOULD CALL 817-410-3475 FOR INFORMATION REGARDING FIELDS CONDITIONS.

THE BALL

It is recommended that teams use the Wilson Official NFL Ball or its equal. (Official NCAA or the R5) However, each team must provide an official size leather covered football, which is properly inflated.

- A. 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.
- B. 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.

PLAYING RULES

COIN TOSS

At the beginning of the game, a coin toss will be held. The winner of the coin toss will have the following options: (1) offense, (2) defense or (3) choice of goal to defend. The loser of the opening toss will have the first choice of all options in the second half. There is NO DEFERRMENT to the second half.

GAME TIME

1. Game time is forfeit time. No grace period!

2. Teams must start and finish a game with no less than six (6) players.

A. Clock Management and Regulations:

- (1) Game clock will start each half when the official puts the ball in play.
- (2) 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.
- (3) After a team time-out, the game clock will start at the snap of the ball.
- (4) Because the game clock is a continuous click, it does not stop during P.A.T. attempts.
- (5) The game clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.
- (6) 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)
- (7) Half time - A FIVE (5) minute halftime will be observed.
- (8) **The on-field captain or quarterback may request the amount of time left in the game from the officials at any time. Officials keep the official time so they will be expected to give the correct time.**

B. Periods of play include Regulation, Point After Touchdown (PAT), 7 Play Period and Tiebreaker.

C. Regulation Period - The game shall be played in 2 halves of 20 minutes in length. In all games the clock will be running continuous.

D. The period of time after a touchdown is made is known as the 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.

E. With two minutes remaining in regulation period {eighteen (18) minute into the half} of the first and second half, teams will be given a two minutes warning and be instructed that the seven (7) play period will begin. The seven (7) play period has only the twenty-five (25) second play clock to use as a time guideline between plays. The officials will give down, distance, and play number on all plays remaining. Teams must continue to make first downs if they want to keep possession, as it is with using the clock. However, if they do not make a first down, the defense has a chance to gain possession and use the remainder of the seven plays. P.A.T. tries will not count as one of the seven plays.

F. Tiebreaker - In the event of a tie game at the end of the second half the following method will be used:

- (1) After an official's time out of two (2) minutes, during which time officials and team captains will have a coin toss, 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.
- (2) Ball will be placed on the 40 yard line and each team will have 4 consecutive plays unless terminated by an interception, 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 40yard line. If after 4 consecutive downs each, the two teams remain tied in all of the above combinations, additional downs will be played, one down at a time, alternating, until a winner is decided.
- (3) 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.
- (4) During Tie Breaker, teams will be allowed one time out each.
- (5) An interception terminates the offensive team chances. The offensive team is credited with positive yardage gained to point of the last snap prior to the interception. The defense may not advance the interception. Play stops.
- (6) Winner of the Tie Breaker shall be given one point.

G. **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 jersey on standby. 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.

SCORING

A. Touchdown - 6 points (S-4) (Hips in which flags are attached must be on or in advance of the goal line before any points can be awarded.)

B. Point After Touchdown – (1 point) - run or pass from 3 yard line; (2 point) - run or pass from 10-yard line. 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 first.

The PAT period is a separate period of the game. During regulation time, the game clock continues to run. During the 7 - Play period and Overtime Period, the PAT does not count as a numbered play.

If infractions occur during the PAT, proper penalty enforcement may cause a re-play of the PAT and in some cases may be marked from the succeeding spot. Enforcement depends on type of infractions that occurs. If the defense legally intercepts a pass or lateral they may attempt to return the ball for a score. If the defense returns the interception for a score they will be awarded the number of points equal to the original value attempted by the offense. If the defense is legally deflagged during the return before reaching the goal line, then the ball is blown dead at that spot.

C.Safety - 2 points - Punt ball from 20 yard line. (This is a guaranteed punt. The ball must be put in play by a snap.)

D. Forfeited Game – The score will be marked down as W and L.

E. Winner of Tie Breaker - 1 point.

F. "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.

TIME OUTS

(1) Each team shall have two (2) time outs per half.

(2) Each time out will be one (1) minute in length.

(3) Each team will be allowed only one (1) time out during a tiebreaker period.

(4) 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.

(5) A team may use a time out to change their option during the PAT.

(6) A team MAY NOT use a time out to change any 4th down option (Punt or Play).

BALL MARKED READY FOR PLAY

A dead ball becomes ready for play once the referee:

A. If time is in, sounds his whistle and signals ready for play. The 25 second play clock begins on that whistle, Delay of Game (5 yards LOS) enforced if exceed time to put ball in play.

B. If time is out, sounds his whistle and either signals "start the clock" or "ready for play."

IN POSSESSION-A player is "in possession" when in the judgment of the covering official, the player exhibits control or is holding the ball. A team is "in possession" of the ball when its players is "in possession" or attempting to punt; while a pass or lateral is in flight; or when one of its players was last in possession during a loose ball.

CATCH OR INTERCEPTION– A catch is the act of establishing player possession of a live ball in flight. A catch of an opponent's pass, lateral or fumble (prior to touching the ground) is an interception. **Simultaneous catch or a double reception of an offensive pass or lateral always goes to the offense.**

FUMBLE - When a backward pass hits the ground between the goal lines or a fumble occurs, the ball becomes dead and belongs to the team last in possession at the spot where the ball hits the ground or at the spot where the ball goes out of bounds (if in the air).

When a forward fumble occurs and hit the ground, it is considered dead. The End of the Run in this case would return to the point and which control was lost or from where the fumble originated. If the offensive fumbles forward and crossed or hits the ground beyond the next line-to-gain or goal line, the result will bring the ball back to where the fumble occurred and next down will be played.

LINE OF SCRIMMAGE– Is the plane of the ball that extends from sideline to sideline and ninety (90) degrees from the plane face of the field, once an official places his ball marker and signal the ball "ready for play." Once the ball marker is set, the neutral zone becomes established. If a change of team possession occurs between the five (5) yard line and the goal line due to an interception or a kick catch and the original momentum of the player catching the ball carries him into the end zone where he is downed by any means, the ruling will be a touchback.

NEUTRAL ZONE - The neutral zone is the space between the between the end of the ball when in t a normal resting position on its long axis while parallel to the sidelines and one yard beyond the line of scrimmage. This zone extends from sideline to sideline and is established once the ball is marked ready for play.

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 the 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.

POSITIONING, MOTION, SHIFT, SUBSTITUTION

HUDDLING UP/LINING UP (Offense or Defense) – Teams may choose to huddle prior to a play. It is not necessary to huddle after a play if a team wishes to use predetermined plays or audible signals. Lining up: Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one (1) yard off the ball at the snap. **No defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (PENALTY-5 yards)**

SUBSTITUTION- There will be free substitution as long as players being substituted for are off the field prior to the next snap OR player is out of the area of play and is departing the field in haste. "Sleepers" on substitutions will not be allowed on any play. No player may line up closer than 5 yards from the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play. (PENALTY-5 yards)

SHIFT - Two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count before the ball is snapped or before another player can go in motion prior to the snap. (PENALTY-5 yards)

MOTION - Only one player is allowed to be in motion at the snap and his movement must be parallel or away from the L.O.S. and must be continuous. (PENALTY-5 yards)

STANCE- Any stance is permitted. Any number of players may be on the offensive or defensive L.O.S. at the snap. Defense line must be one (1) yard off the ball at the snap. No defensive player may be within 4 yards of the ball if lined up directly in front of the center or within one yard of the ball if lined up to the side of the center at the snap. (PENALTY-5 yards)

ENCROACHMENT / OFF SIDES - Shall be called if either the offense or the defense passes over the plane of their L.O.S. before the ball is snapped. A false movement of the football by the center shall constitute offensive encroachment. These are dead ball fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team. (Exception: Defensive encroachment resulting in an offensive first down will become an offensive captain's choice penalty.) If a player on either side lines up off sides, the official will point toward that player's team side. If that player does not get back on-sides before the ball is snapped, he will be considered as having been off sides at the moment of snap. If an official has not "off sides warned" a team for lining up off-sides, by pointing at them, he should not call off-sides on them at the snap of the ball. Play continues in this instance and following the play, this becomes a captain's choice penalty. This is a 5-yard penalty from L.O.S.

CENTER SNAP – A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off of a bounce (one or more) or from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground. All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute encroachment. No direct snap may be taken at any time. The snap must travel a minimum of 5 yards to be legal (either backwards or sideways). At all times the ball shall be snapped from the spot marked by the official ball marker.

SCREENING

Only screen blocking is permitted. Screen Blocking: shall be defined as obstructing the rusher's path to the quarterback or ball carrier, as long as it is done behind the L.O.S., with any part of the body except head, hips, and legs. There can be no independent movement of the elbows.

TECHNIQUES The screener must use one of the two following methods: 1) Screener must have his thumbs hooked in his pants and holding the flag belt with each hand OR 2) Screener must hold his arms behind his back with arms locked together in some manner. A screener may not leave his feet to screen.

TYPES OF SCREENING: Moving Screens and Stationary screens.

1. Moving screens are when a player is in motion in an attempt to prevent the rusher from maneuvering to de-flag a player. These are only legal behind the L.O.S. when protecting the passer or potential passer.

2. Stationary screens are screens set by players in a manner that places the screener in a position that attempts to prevent the rusher or defender from maneuvering to de-flag a ball carrier, receiver or

potential receiver or ball carrier. A stationary screen is legal behind the LOS. Once the passer or potential passer or ball carrier crosses the L.O.S., all downfield screens must be stationary screens.

3. As the ball crosses the L.O.S., offensive players may maneuver for laterals behind the ball but in doing so must not be deliberately screening any defensive players. They must be clearly in the act of positioning for a lateral. d. Enforcement (Infractions Behind the LOS): A penalty will automatically be called if a screener's hand leaves his pants and flag belt or if arms are separated from behind his back while in the process of screening within 2 yards of the rusher. Although this method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in very vulnerable position; therefore; **THE MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER. (10 yards)** The screener may not step into the rusher. (Added for interpretation) Illegal screen, behind LOS, 5 yards from LOS, if excessive 10 yards and loss of down. e. Enforcement (Beyond the LOS) Moving screens shall be penalized from the end of run (E.O.R.) or the point of infraction (P.O.I.), whichever hurts the offensive team the most. If the illegal screen is judged to have caused excessive contact, it will be penalized 10 yards and loss of down. (Cannot have loss of down if penalty leaves ball in front of line-to- gain and 1st down.) (If Not Excessive- 5 yards) "Pick Plays" by receivers on defensive backs or linebackers are illegal if set by receivers within 5 yards of defender (a form of downfield screening).

RUSHING

Rushing is defined as the act of a defensive player pursuing the offensive player who is in possession of the ball. The rusher may not run over the screener. The rusher may not pull the screener toward him or push the screener away from him. **Enforcement: Illegal Rushing** - A penalty will be automatically called if the rusher touches the screener's head as long as the screener is screening upright. (10 yards)

Roughing the passer when the pass is incomplete will be marked off 10 yards from the L.O.S., when the pass is complete the penalty will be 10 yards marked off from the E.O.R. and automatic first down in either case. **If the rusher touches the quarterback in the head in his attempt to block the pass a penalty will be called. This will also go for striking the passer's arm when in a forward motion while attempting to block a pass.** Roughing the passer will be called when the rusher, if while attempting to de-flag the quarterback or block a pass, lets his momentum carry him into the passer. Defensive player may not have any contact with the passer when he is passing. The defensive may rush as many players as it wishes. **NOTE: OFFICIALS SHOULD BE AWARE IF CONTACT IS CAUSED BY PASSER STEPPING UP OR MOVING INTO RUSHER. IT IS ASKED THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NON- CONTACT AT ALL TIMES.**

PASSING

A. There can be only one forward pass per play. **There can be only two (2) exchanges of the football in the air (forward pass or lateral) which are initiated from behind the L.O.S. After the 2nd exchange of the football in the air, if completed behind the L.O.S., the football must be run across the L.O.S. A forward pass is defined as a live ball thrown toward the opponent's goal line.**

B. A completed direct handoff, even if bobbled, shall not be considered an exchange of the football in the air.

C. If the passer is beyond the L.O.S. when the football is released, or if a 3rd exchange of the football in the air is initiated from behind the L.O.S., an illegal Forward Pass has occurred and will result in a five (5) yard penalty and loss of down if accepted. Illegal forward passes will be marked from P.O.I.

D. Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed forward, even if the ball is first returned back across the L.O.S. (Illegal Forward Pass)

E. Intentional grounding shall also constitute an illegal forward pass.

F. A lateral will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession. Forward laterals are treated as an illegal forward pass if beyond L.O.S.

G. Push or Shovel Passes thrown in any direction is legal if initiated behind the L.O.S. Once a player crosses the L.O.S., push or shovel passes are legal if thrown parallel or behind the ball carrier.

RECEIVING

All players of both teams are eligible pass receivers. Each player is eligible, even if he steps out of bounds or out of end zone, as long as he catches the ball inbounds or comes down first in bounds with at least one (1) foot. If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass is incomplete. The lines marking the sidelines and the extreme end of the end zone shall be cones. Two or more offensive receivers or defensive players may touch a pass in succession, resulting in a completion.

After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball and in what order, if receivers and defenders are battling for possession. Therefore, the only things that will be judged will be (1) did pass interference occur, (2) who caught the ball, and (3) was receiver in bounds with at least one foot at moment of possession.

PASS INTERFERENCE

A. Pass Interference Rules shall apply to any pass made from behind the L.O.S., whether it is a forward pass or a lateral pass and applies to both offensive and defensive players. After the pass is in the air, neither the pass receiver nor the defender may touch the other player until one of them touches the ball, or else offensive or defensive pass interference may be called. **If contact occurs after one of them touches the ball, then pass interference cannot be called unless one of them catches the ball and the other "strips" or attempts to "strip" the ball from his hands.**

B. Receiver stripping is attempting to take the ball from the grasp of a receiver after he has caught the ball, but before he has brought the ball into a possessive position. In which case, Pass Interference will be called: If player established possession of the football, the defender must go for the flag and not the ball.

Pass Interference Enforcement- Any contact that occurs after the pass is touched (excluding Receiver Stripping) and is either complete or incomplete, must be judged by the officials as either Non- Intentional contact caused by both players "playing the ball" or Intentional contact/pass interference which shall be penalized from the point of infraction. Penalty will be 5 yards if incomplete or complete, and if judged to be flagrant, the penalized player may be removed from the game and penalty will be 10 yards.

All pass interference plays, offensive or defensive, whether they occur during the "Regulation Play Period", "7-Play Rule", "Tie Breaker Period", or the "P.A.T. Try Period", will be captain's choice penalties. If the captain refuses penalty the play will stand.

All offensive pass interference plays, whether they occur during the "Regulation Play Period", "7- Play Period", "Tie Breaker Period", or the "P.A.T. Try Period" which are accepted by the defensive captain shall be marked 5 yards from L.O.S. with a loss of down (and loss of play number if during Tie Breaker).

Defensive pass interference plays, which occur on the playing field, during the "regulation play period", "7-Play Rule Period", and the "Tie Breaker Period", and are accepted, shall be marked 5 yards from P.O.I., automatic first down (except in Tie Breaker), and play number will be run again.

- Defensive pass interference that occurs in the end zone during the "Regulation Play Period" and accepted: ball will be placed on one (1) yard line, and 1st down.
- Defensive pass interference that occurs during the "P.A.T. Try Period", and accepted: ball will be placed on one (1) yard line - P.A.T. try will be rerun, plus one (1) free P.A.T. try will be awarded if needed. (S-25) Point value will be whatever was declared prior to original P.A.T.
- Defensive pass interference which occurs in the end zone during the "Tie Breaker Period", or "7-play Rule Period" and accepted: ball will be placed on the one (1) yard line - same play will be run again, plus one (1) free down will be awarded, if needed, to score.
- Shielding/screening a receiver's eyes by a defender without playing the football is pass interference and shall be penalized as such.
- Bump and Run, or checking an offensive receiver during a passing play will be a 5-yard penalty from P.O.I. and captain's choice.

RUNNING WITH THE BALL

The responsibility of avoiding contact rests with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. A ball carrier may spin or jump but realize that while spinning or jumping he is in a "State of Non-control" and should contact occur as a result of his uncontrolled momentum, he will be penalized. The "Stiff Arm" is illegal. Penalty: 10 yards from P.O.I. (added for interpretation) and loss of down

The ball carrier shall not protect his flags by blocking with his hand, arm or head, the opportunity to pull his flags. Flag guarding will be marked 10 yards from P.O.I./L.O.S. (if behind line) and loss of down. If any of the above acts are judged to have caused excessive contact, 10 yards and loss of down.

DEFLAGGING THE RUNNER

A. The ball carrier is down and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may leave his feet to pull the offensive player's flag but may not make contact while doing so. When a defensive player pulls the ball carrier's flag he should stop and hold it above his head for officials to see. If the act of deflagging a player is simulated or faked, the infraction will be treated as a delay of game penalty.

B. Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with a hand or arm. Grabbing the ball carrier's clothing shall be penalized as tackling. If the defensive player reaches across the body of a ball carrier to pull his flag, and contact occurs, the responsibility of the contact lies with the defensive player. Penalty: 5 yards for impeding - 10 yards for tackling (encircling of body) with automatic first down if tackling from P.O.I. or L.O.S. If in the opinion of officials, the act prevented a score, the ball will be placed on the one (1) yard line, first down and goal. The offender will be disqualified if the act was flagrant.

C. Illegal deflagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become a ball carrier. Penalty - 5 yards from L.O.S. or E.O.R.

Runner Stripping occurs when a defender attempts to strip or take the ball from the grasp of a player in possession. This is a form of Illegal deflagging.

D. The intended receiver of either a pass or lateral may be deflagged only after first touching the ball - even while fumbling or bobbling the ball and before possession is established. That receiver will be considered downed at the point he was deflagged.

E. If the quarterback's arm was in forward motion when his flag was pulled, the pass is allowed. If the passer is legally deflagged as he is passing the football, and later in that play receives the ball back, he shall be downed at that spot. If he is deflagged after he has released the football and he then receives the ball back, illegal deflagging should be called.

F. A defender may not push or knock a ball carrier out of bounds. A form of illegal deflagging, if excessive contact - 10 yards.

G. Illegal Advancement - Advancement may not occur as a result of the ball being slapped, kicked, pitched, or pushed by either team in the direction of their goal line. The ball will be declared dead at the spot of such illegal advancement and a 5-yard penalty.

PUNTS

A. If a punt is to be made, the offense must announce it to the referee before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by referee on 4th down play. (Penalty delay of game.) After offense declares, the referee will mark ball ready for play whereupon the offense will have 15 seconds to punt the ball.

B. When the offense declares the punt, it becomes a guaranteed punt, and only if a defense penalty occurs after the offense declares punt can the offense reconsider, due to change in field position.

C. The ball will not be dead if it touches the ground before the punt is made even if muffed by the punter.

After a punt has been declared, it must be made and neither team may cross the L.O.S. until the ball is kicked. The offense may have any number of players on the L.O.S. The punt returning team must have 5 players within 5 yards of the L.O.S. and they must remain in that zone until the punt returner enters that zone, at which time they may provide stationary screens or maneuver for a lateral. These 5 men may not attempt to screen any member of the punting team as they pass through this 5- yard zone. (Penalty - 5 yards from EOR/POI)

D. If the punt hits a member of the punting team, which has not crossed the L.O.S., it is dead at that spot. Any member of the punting team may down the punt if it is beyond the L.O.S. and has touched the ground prior to being downed. The punt will be declared dead at the spot where it is first touched by the punting team.

E. The punt receiving team must be given an opportunity to field the punt in the air; therefore, there will be a 10-yard penalty if touched in the air beyond the L.O.S. by the punting team, from the P.O.I.

F. The punt returning team may have 3 returners in deep positions. The 2 returners that do not carry the ball may not be moving screens. They may run forward and provide stationary screens or be maneuvering for a lateral. (Penalty - 5 yards from EOR/POI)

G. The punt receiving team may field a punt in the air, off of a bounce (one or more), or directly off of the ground, if fielded clearly. When a punt touches a player on the receiving team who is in bounds and the ball rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This applies even if the punt hits the ground before first touching the receiving team's player.

H. On a punt play, there are no line-to-gain lines (1st down lines) established. When the punt receiving team is returning a punt, any live ball fouls committed by either team, which are accepted, will result in the penalty being marked off after which the next line will become the line-to-gain for a first down. As soon as the play is blown dead, the line-to-gain is established. Any dead ball fouls that occur will result in the line-to-gain remaining the same (unless the enforced penalty leaves the ball past the line to gain.)

I. When a punt is left unattended, it becomes dead where it rolls still.

J. NO Quick Kicks are allowed. (A 5-yard penalty and loss of down from L.O.S.)

K. Punts muffed by the receiving team in the end zone before possession, and ball hits in or out of end zone, it will be a touchback. If the ball is touched in the air or on the ground by the punting team in the zone, it is a touchback. If a punt receiver who has gained possession of the punt in the end zone is deflagged prior to crossing the goal line into the field of play, it is a touchback. If punt receiver remains in end zone 5 seconds after fielding punt, or downs punt by knee or ball touching ground after possession, it is a touchback. A muffed lateral in the end zone will be a safety.

PENALTY ENFORCEMENT SECTION

A. All live ball fouls (fouls which occur while play is in progress) are captain's choice. All dead ball fouls (Fouls which occur prior to snap or after ball is blown dead) will automatically be marked off. This means if a foul occurs during a down and is a live ball foul and then a dead ball foul occurs both fouls will be enforced. They do not offset, even if against different teams.

B. After a penalty is called, only captain of the penalized team may discuss it with the officials. The official making the call is obligated to give the player's number and the act they committed (without discussion) to the penalized team captain. Official will then give the opposing captain his options on the penalty. That captain's first choice will be final.

In the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be ejected from the game:

- 1) using fists, kicking, or kneeling
- 2) illegal use of hands, forearms, or elbows
- 3) tackling
- 4) any deliberate or flagrant act which could cause injury
- 5) any act of unsportsmanlike conduct
- 6) abusive, profane, or insulting language
- 7) any act of unfair play
- 8) harassment of officials or other players

A minimum one (1) game suspension for any person ejected from a game for any reason. Local rule and tournament rules may be more severe.

C. Penalties, which would otherwise be marked off past the goal line, shall be placed on the one-yard line.

D. Offsetting Penalties - If offsetting fouls occur during a down, or while the ball is ready-for-play, that down shall be played over. If offsetting fouls occur between successive down, the next down shall be the same as if no fouls occurred.

E. If there is a change of team possession during a down, the team's last gaining possession may decline the offsetting fouls and retain possession after the penalty for its own infraction providing that the infraction occurs after the change of possession. If offsetting fouls occur prior to change of possession, play shall be repeated.

TIE BREAKER PROCEDURE

In case of a tie for tournament seeding positions at the conclusion of the season, the following tiebreaker procedure will be used to determine places:

A. Head-to-Head result(s) between teams tied.

B. If teams split in head-to-head games, point differential in those games will be used.

C. If teams are still tied, point differential in **ALL** league games for the teams tied will be used.

D. After the first place team has been determined, revert back to #1 above to determine second place from the remaining tied teams.

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. Each team manager will be held responsible for the conduct of his/her fans/spectators.

4. A player(s) may be asked to sit out a series (i.e. 2 to 4 plays). During this timeframe, the player(s) must go to the sideline and remain silent. The purpose of this rule is for the player(s) to have time to collect themselves so that they may continue to play. The official has the option to exercise this rule and/or opt to eject the said player(s). If this rule is not honored, then rules 5 and 6 will be enforced.

5. Any player, coach, or manager ejected from any league game will be suspended for one (1) league game. Players, coaches, and managers who have been ejected/suspended **must leave the complex.**

6. 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 one (1) year 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. This official 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.

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.

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.

COED PLAYING RULES

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

ELIGIBILITY

8v8 Screen Coed Flag Football teams must consist of 3 females on the field at the same time or be subject to forfeit. A typical team would consist of 5 males and 3 females, but teams may use more females than required, but no less than 3. As long as teams have 3 females and a minimum of 6 total players on the field, they are eligible for play.

EQUIPMENT

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

GAMEPLAY

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 (i.e. if it was 1st down during the penalty, it is now 2nd down) and the female must now be the operative player on the next play.

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 –

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

Examples:

- a pass deflected by a male and caught by a female is a female play
- 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
- 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
- a pass intentionally grounded by a female in the last one minute of either half in order to stop the clock DOES count as a female play
- if a female pitches the ball to a male behind the line of scrimmage this will not result in a female play.

SCORING

Touchdowns

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

Extra Points

- 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.