

# Grapevine Parks and Recreation

## 8 on 8 Adult Flag Football - Rules and Regulations

Revised 7/25/2025

### 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.
7. **Outstanding Balances:** Teams with any outstanding balances from prior season in *any* adult sports league must remit full payment before being eligible to play for future season. This requirement applies to all returning teams and participants. Failure to satisfy outstanding financial obligations will result in disqualification from league participation until the balance is paid in full.



## II. Rosters

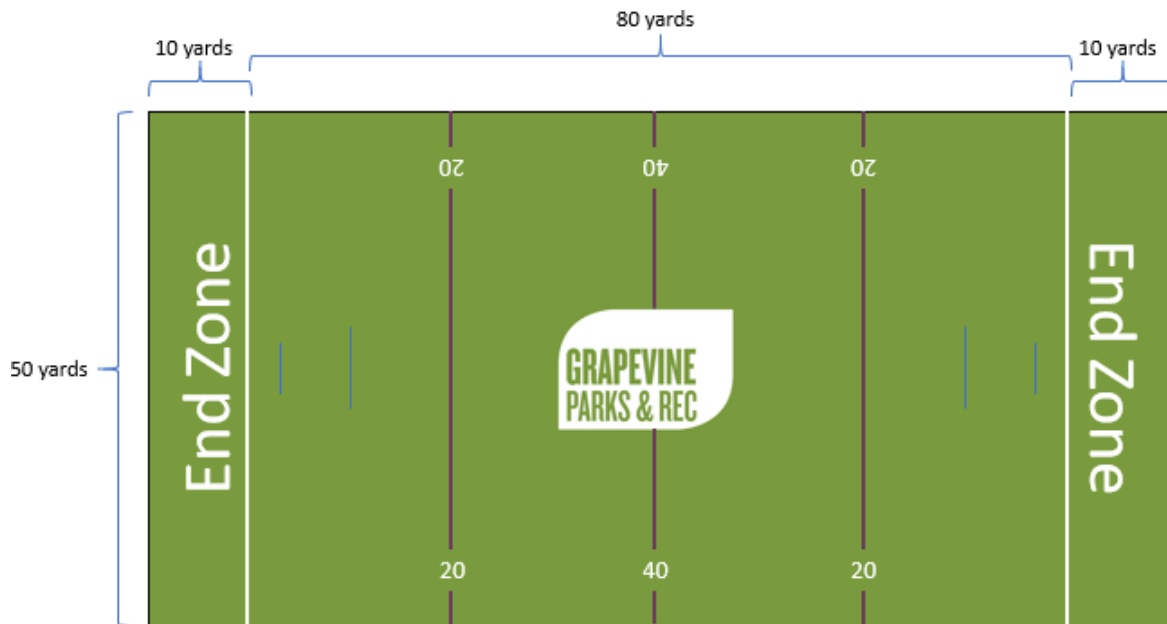
1. Teams shall consist of a maximum of twenty (20) players including playing coaches.
2. **A team may legally play with no fewer than six (6) players.** Teams must start and finish a game with no less than six (6) players.
3. **Team Captains are responsible for managing their roster for their team. All Captains will receive a TeamSideline login from the Athletics Coordinator along with steps to setup their account and send roster invites to eligible players prior to the season beginning.** Players will sign the Player Participant Waiver as part of their acceptance of the invite. It is the captain's responsibility to ensure that their players accept the invitation.
4. **Teams must complete their rosters within the first 2 games of the season. Any team that has not fulfilled the proper roster requirements to legally begin a game by the third (3) game will be barred from playing and declare a forfeit each game until their roster is complete.** Additionally, on game day, if a team does not meet the minimum threshold of players for a game due to unsatisfactory roster requirements, their scheduled games will be declared a forfeit without reschedule until they meet the roster requirement. Individual players who do not satisfy the roster requirements will be considered ineligible and unable to play until their invitation is accepted and waiver is signed.
5. **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. Failure to have an eligible roster after the sixth (6) game will result in withdrawal from the league with no refund.
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. Officials and staff retain the right to stop play if a player does not remove the headwear and ask them to remove it.
7. **Protective Equipment** – **Helmets, shoulder pads, and thigh pads are strictly 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 should teams be unable to procure their own.
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 16 minutes** in length with the “7-Play Period” following each half, unless the “17 Point Rule” is in effect. Refer to Rule 5 below for more information on the “17 Point Rule”. 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.

#### 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 – Forfeited games will be recorded as W/L.
- 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 or more points by the second half's 7 play period warning, or scores 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 must use a time out to change their option during the PAT.
- A team must 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:

- Game time is forfeit time. If a team does not have the satisfactory number of players



to legally begin a game, the team that is short players may utilize all four (4) of their timeouts to give players time to arrive. **A five (5) minute grace period will be given contingent upon utilizing team timeouts for the players to arrive.** Failure to meet the player threshold after the grace period will result in an official forfeit with no reschedule.

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 2<sup>nd</sup> 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 Athletics Coordinator 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 through the account that registered in Amilia. Additionally, if the forfeit fee is not paid within two (2) weeks after the forfeit date, the team will be dropped from the league with no refund.

- Teams who forfeit two (2) games are ineligible to compete in playoffs. If a team forfeits two (2) games but makes playoffs given their record, they will be dropped from playoff rankings, and the next best team will be moved up.
- 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.

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:<br>Prior to Snap<br>After Snap   | 10 YDS LOS<br>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<br><b>If Excessive</b>   | 5 YDS POI/EOR<br>10 YDS POI/EOR & LOSS OF DOWN   |
| Illegal Screening (Punt)<br>If Flagrant  | 5 YDS EOR/POI<br>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   |
| <b>Pass Interference: (Playing Field &amp; End Zone):</b><br>Regulation Time Period/PAT<br>7-Play Rule<br>Overtime | 5 YDS LOS & LOSS OF DOWN<br>5 YDS LOS & LOSS OF DOWN, LOSS OF PLAY#<br>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<br>If Excessive  | 10 YDS POI/LOS<br>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 <sup>st</sup> DOWN  |
| Pass Interference: (Playing Field)<br>Regulation Time<br>7-Play Rule<br>Overtime<br>P.A.T. | 5 YDS POI & 1 <sup>st</sup> DOWN<br>5 YDS POI, 1 <sup>st</sup> DOWN, PLAY # OVER<br>5 YDS POI, PLAY # OVER<br>BALL ON 1 YARD LINE & PLAY OVER PLUS 1<br>FREE IF NEEDED |
| Pass Interference: (End Zone)<br>Regulation Time<br>All Others                             | BALL ON 1 YARD LINE & 1 <sup>st</sup> DOWN<br>BALL ON 1 YARD LINE, PLAY OVER PLUS 1 FREE<br>PLAY IF NEED   |
| Stripping  | SAME AS PASS INTERFERENCE  |
| Screening Receiver's Eyes  | SAME AS PASS INTERFERENCE  |
| Bump & Run   | 5 YDS POI  |
| Tackling:<br>Impeding<br>Encircling  | 5 YDS POI/LOS<br>10 YDS POI/LOS & 1 <sup>st</sup> DOWN   |
| Impeding T.D.<br>Impeding T.D in Overtime  | BALL ON 1 YARD LINE & 1 <sup>st</sup> DOWN<br>BALL ON 1 YARD LINE, PLAY OVER PLUS 1 FREE<br>PLAY   |
| Illegal Deflagging   | 5 YDS LOS/EOR  |
| Runner Stripping   | 5 YDS POI/LOS  |
| Pushing Ball Carrier Out of Bounds<br>If Excessive   | 10 YDS POI/LOS<br>10 YDS POI/LOS   |
| Faking Deflagging  | 5 YDS POI/LOS  |
| Sideline Interference*   | 10 YDS EOR/POI & 1 <sup>st</sup> 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 email on file through 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, fights or confrontations between players, teams, or spectators, excessive foul language, threats, and/or inappropriate comments/remarks will not be tolerated. **Any players/team who are found to violate these standards WILL BE DROPPED from the league with NO REFUND and BARRED from playing in the Grapevine Adult Sports Leagues.**
  - No person shall at any time lay a hand upon, shove, strike, harass, or threaten opponents, teammates, spectators, city staff, or officials physically or verbally. 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 Travel Sports Baseball at [tsbumpire@gmail.com](mailto:tsbumpire@gmail.com).

## **XIII. Staff Information**

1. Luke Clutterbuck, Athletics Coordinator – (817) 410-3477 [lclutterbuck@grapevinetexas.gov](mailto:lclutterbuck@grapevinetexas.gov)
2. The REC of Grapevine – (817) 410-3450
3. Schedule and standings are posted on [www.TeamSideline.com/Grapevine](http://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.**



# 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**

