

Grapevine Parks and Recreation

4 on 4 Adult Flag Football - Rules and Regulations

Revised 1/28/2026

TAAF 4 on 4 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 league/division**. No team may pick up a player that is on another roster in the same division/night.
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 may add up to 10 players during the season, including playing captains. If a team wants to add any players past 10, then captains will have to drop players to remain at the eligible 10 players. You may do so with the department's Athletics Coordinator. No team may exceed 10 players at a time.
2. **Rosters are due by the first game of season.** Teams may add players up until their sixth (6) game. No team may add any players after the sixth (6) game. Rosters will be frozen after six (6) games and that is what will be played 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.

3. 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. Free Agents – If teams need extra players, contact the Athletics Coordinator for the free agent list.



III. Equipment/Uniforms

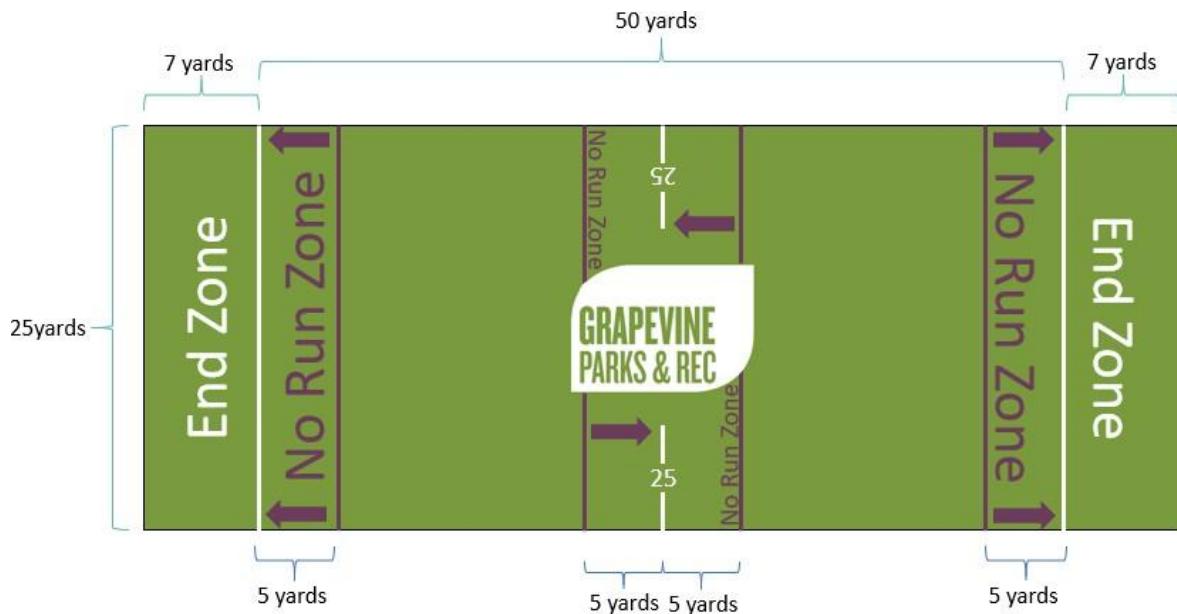
1. All players on each team must wear jerseys that are matching in the base color, and which have a permanently affixed, non-duplicated number on the back.
 - Officials will be strict on the word “base” color, e.g., baby blue and navy blue are not the same color.
 - Jerseys without numbers or jerseys 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. **Pockets** - 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.
 - Players without tapped pockets will leave the game until pockets are completely tapped.
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 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.
 - 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 5-yard penalty, no reversal of possession and removal of ball.

IV. Playing Rules

Rules/Regulations

1. **Field** – 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.



2. Location: The REC Turf Field - 1175 Municipal Way Grapevine Texas, 76051
<https://gograpevine.com/listing/the-rec-turf-field/>
3. Game time is forfeit time. No grace period!
4. Teams must start and finish a game with no less than three (3) players.
5. Games consist of two (2) - 14-minute halves. A 30-second half-time will be observed.
6. A coin toss will be held at the beginning of the game. The **visiting team** will make the call (heads or tails). The winner will get their choice of 1) Goal to defend, 2) Offense, or 3) Defense. The loser of the toss has one of the remaining options. There are **NO DEFERMENTS**. Teams cannot defer to the second half. Teams will flip directions (endzones) at the beginning of the 2nd half. Team that started the first half on offense will begin the 2nd half on defense.

7. 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.

8. Time Outs – Each team shall be allowed one (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. **TIME OUTS DO NOT CARRY OVER/ROLL OVER.**

9. Overtime (Modified NCAA-like Rules)

- If the score is tied at the end of regulation, teams move directly into overtime.
- Coin toss determines possession. Visiting Team Captain will make the call.
- Winning team gets the choice of offense or defense.
- Each team receives one (1) time out for the entire duration of overtime.
- Each team receives the ball at the 5-yd line with one possession/series (4 plays*)
- Each team will have an offensive and defensive series.
- Each set of series will alternate the team's beginning side of the ball.
- Normal PAT rules in effect
- This will continue until a winner is declared.
- Interceptions will end series.
- **Winner** of the Overtime shall be given **one point**.

10. 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.

11. Forfeits: **Teams must notify the Athletics Coordinator of a forfeit 24 hours in advance IN WRITING VIA EMAIL.** If a team does not provide proper notice, a \$25 forfeit fee will be assessed to the team through the team captain's account or account used for registration in Amilia. Teams must pay the fee prior to their next scheduled game or they will forfeit their games until the fee is paid.

- 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.



12. **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.

Game Play

13. **No contact, blocking, or screening is allowed.**
14. The Quarterback is defined as the **first offensive player to gain possession** of the football after the center has snapped the ball.
15. **No Running Zones** are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
16. 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)**.
17. Requirements 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 two (2) yards to either side of the center position.**
18. 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.
19. The quarterback has 7 seconds to attempt a pass.
20. 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.**
21. All players are eligible to receive a pass.
22. Offense has three (3) downs to cross midfield for a first down and then has 3 plays to score a touchdown. No kicking or punting.
23. All possessions, including turnovers, except interceptions **start at the 5 yard-line**.
24. **Scoring:** Touchdown = 6 points, extra point (5 yards out) = 1 pt, (12 yards out) = 2 pts, safety = 2 pts.
25. **Mercy Rule:** If a team is ahead by 28 points or more at any time during the game, the game will be called.
26. Interceptions can be returned.
27. 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. Offense and Defense Penalties

Offensive Penalties

Illegal Snap	Five yards, repeat down
Illegal Motion	Five yards, repeat down
False Start	Five yards, repeat down
Impeding Rusher	Five yards, loss of down
Blocking/Screening Downfield	Five yards (L.O.S.), loss of down
Illegal Pick	Five yards (L.O.S.), loss of down
Flag Guarding	Five yards from the spot of infraction, loss of down
Lowering Head/Shoulder	Five yards (L.O.S.), loss of down
Pass Interference: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down
Illegal Forward Pass: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down
Illegal Hand-off/Pitch: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down
Illegal Run: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down
Delay of Game: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down
Intentional Grounding: Five yards (L.O.S.)	Five yards (L.O.S.), loss of down

Defensive Penalties

Off-sides	Five yards, repeat down
Illegal Rush	Five yards, repeat down
Illegal Contact	Five yards, automatic first down
Holding	Five Yards from end of play, automatic first down
Illegal Flag Pull	Five yards from L.O.S., automatic first down
Pass Interference, Minor	Five yards from L.O.S., automatic first down
Pass Interference, Major	Spot Foul, automatic first down
Roughing the QB, Minor	Five yards, automatic first down
Roughing the QB, Major	Fifteen yards, automatic first down
Delay of Game	Five yards, repeat down
Illegal Push	Five yards (L.O.S.), automatic first down

VI. Field Conditions

1. In case of inclement weather, the playability of game fields will be determined at 3:30 p.m. each day. 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 after 3:30 PM.

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 \$25.00 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.

IX. Conduct/Discipline – Zero Tolerance

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, field, or dugout area.
3. **Zero Tolerance** - If a player is ejected from the game, it is the coach's responsibility to get that player OFF the field and OUT of the park 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 a (1) one game.
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.
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 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 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.

X. Park 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 at any time.
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 to maintain a wholesome environment conducive to providing quality leisure opportunities.

XII. Staff Information

1. Luke Clutterbuck, Athletics Coordinator – (817) 410-3477 lclutterbuck@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. There is an on-site monitor at the athletic complex. This monitor is readily available for questions and other related adult league inquiries.



XIII. QR Codes



Grapevine
Flag Football



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Grapevine
TeamSideline