



Adult Flag Football League
Rules of Play
(updated May 2016)

- **Rules:** T.A.A.F. rules shall govern play.
- **Age:** All participants must be 17 years of age or older.
- **Playing equipment and uniforms:** All members of the same team must wear the same color jersey with numbers on the back (non-duplicating) if not, pinnies will be provided. Shirts must be tucked in.
 - Shorts/Pants worn during flag football must not have pockets so as to reduce the risk of injury when pulling flags.
 - Mouth guards are strongly recommended
 - No jewelry, no caps, visors, etc.
 - Shoes must be flat soled or completely molded cleats. All players must wear shoes.
- **Team and Players:** T.A.A.F. flag football is 8 men with everyone eligible. A team may field no less than 6 players at any time. Any female is allowed to play on a men's team by the men's rules.
 - Team rosters: Rosters shall not exceed 20 players including a playing manager.
 - Rosters will be collected every week. Those rosters will be used to verify players for the end of season tournament. Players must play at least 3 out of 6 weeks of games in order to be eligible for the end of season tournament.
- **Game time:** Game time is forfeit time. The first game on the schedule will have a ten (10) minute grace period before a forfeit is declared.
- **Game length:** Games shall be played in 2 halves of 20 minutes in length. In all games, the clock will be running continuous.
 - With two minutes remaining in regulation period (18 minutes into the half) 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 seven (7) play period has only the twenty-five (25) second play clock to use as a time guideline between plays.

- **Coin Flip:** At the beginning of each half, a coin toss will be held. The winner will have the following options: 1) defense, 2) offense, 3) choice of goal to defend. Defense always chooses goal to defend.
- **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 the 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 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 (yardage gained while on offense only and in advance of the 40 yard line). If after 4 downs each, the two teams remain tied in all of the above combinations, additional downs will be played one at a time, alternating until a winner is decided.
 - **In the event of a tie for the league winner:**
 - Tie Breaker (in case of identical records):
 - Two tied teams: Winner of head to head competition wins
 - If still tied, Team with best won/lost percentage in Games involving only tied teams.
 - If still tied, Team who has given up the fewest number of points involving only the tied teams.
 - If still tied, Team who has given up the fewest number of points during the entire league play.
- **"17 Point rule":** If either team is ahead by 17 points or more 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.



- **Game Ball:** Each team is responsible for bringing a football to each game. Recommended use of the Wilson Official NFL Ball or it's equal.
- **Team Managers:** Are responsible for notifying team members of all rules, schedules, make-ups and other information necessary.
 - Make up games will be added to the end of the league after the last scheduled game.
- **Officials:** Have supreme authority; their decision is final. The manager may register complaints only! Begging calls is not tolerated.
- **Inadvertent Whistle:** During the event that an official blows a whistle inadvertently, the possessing team will take the ball at the spot where the whistle was made.
- **Protest:** The only type of valid protest is one that deals with a specific rule. Judgment calls will not constitute a protest. To file a protest, a check of \$40 payable to the City of Deer Park must be submitted with written protest and turned in to the Athletics/Aquatics Division by 5pm the day after the game was played.
- **Unsportsmanlike conduct:** Unsportsmanlike conduct will result in a suspension from the league for one (1) scheduled game on the first offense and suspension from the season with a second offense. Serious problems, even on the first offense, can result in suspension from the league.
 - Any player involved in a fight with another player or an official will be automatically ejected from the league. **Unsportsmanlike conduct will not be tolerated.** Severe incidents will be handled on a case by case basis and at the Parks and Recreation Department's discretion.
- **Field Conditions:** Determination of field condition will be made by 3:30 p.m. the day of games. If a determination occurs after 3:30 pm, you will be notified via text, teamsideline.com, or at the field where the call will be made by the official. You may also call 281-478-2056 for updates.



- **Awards:** The winners of each league/division will win their choice of team t-shirts or \$150 credit to the next season of play. The single elimination tournament winners will receive a team trophy.
- Profanity is prohibited.
- Alcohol is strictly prohibited. Teams or individuals caught with alcohol inside the park can be subject to forfeit or ejection from the game.
- Flags: The City of Deer Park will provide flags for competition. These flags will be the only flags acceptable during game time. No cut off flags will be allowed. Do not tamper with the flags. Flags must be returned to the athletic leader when each game is whistled dead.
- Picking up extra players: If a team needs to pick up one or more players to field a team, they will need to get permission from the other team's manager before the game starts. If permission is not asked, the player becomes illegal and a forfeit may occur. You may not pick up players for the end of season tournament. **Players must have played 50% of league games in order to be eligible.**
- The City of Deer Park reserves the right to change or amend these rules to facilitate the best league play possible. Questions or concerns may be directed to the Athletics/Aquatics Supervisor at 281-478-2050 or email lstole@deerparktx.org
- Have fun!!!