



TEXAS AMATEUR ATHLETIC FEDERATION

ADULT 4/4 Flag Football

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The following rules and regulations apply to all sports and all participants must meet these requirements. Unless a rule specifically names an exception for one of the divisions (member city, independent, affiliate,

etc.), the following Sports General Regulations pertain to all teams and participants. See the specific sports sections for any special regulations that may exist.

ARTICLE 1 RETURNING TEAMS

1.1 All T.A.A.F. team champions (except youth basketball) shall be eligible to return to state tournament as defending champions provided they have not been reclassified and have the following minimum returning players:

SOFTBALL SLOW PITCH	10 PLAYERS
SOFTBALL FAST PITCH	9 PLAYERS
FLAG FOOTBALL	6 PLAYERS
BASKETBALL	4 PLAYERS
VOLLEYBALL	4 PLAYERS

ARTICLE 9 FLAG FOOTBALL 4/4

Rule 1: THE GAME, FIELD, PLAYERS & EQUIPMENT

Section 1 - The Game

- No contact allowed.
- NO BLOCKING/SCREENING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way.
- A coin toss determines first possession.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes start on the offenses 5-yard line (Exception: Interceptions may be returned and the ball will be marked where the play ends).
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
- Games consist of 2-14 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be 30 seconds. Team that started the first half on offensive will begin 2nd half on defense. There are NO DEFERMENTS. The winner of the coin toss has the following options: 1) offense, 2) defense or 3) choice of goal to defend. Loser of the coin toss has one of the remaining options.
- Running clock: except injuries & time-outs. Clock will stop in the last minute of the game for out of bounds, incomplete pass and a touchdown.
- Mercy Rule: If a team is ahead by 28 points or more at anytime during the game, the game will be called.

Section 2 - Fields

- The field dimensions will be 25 x 64 yards (two - 7 yard end zones).

Section 3 - Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.
- Flags – The “Sonic” belts will be the only flags allowed. Flags must be a minimum of 12 inches in length and 1-½ inches in width and must be a different color than the player's lower uniform.

- No headgear with an extended bill may be worn (ex: caps, visors, etc).

Rosters

- Official Rosters must be approved by a T.A.A.F. representative and turned into the tournament director 24 hrs prior to a team's first game.
- Team's rosters are not to exceed 10 players in tournament play.

Rule 2: PLAYERS/GAME SCHEDULES, SCORING & TIME OUTS

Section 1 - Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.
- If a team or teams are more than 10 minutes late for their scheduled games they will be forfeited.
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. for proof of age and identity.

Section 2 - Scoring

- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

Section 3 - Time Outs

- Each team has one: 60-second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

RULE 3: RUSHING THE QB, CENTER SNAP, RUNNING, PASSING & RECEIVING

Section 1 - Rushing the QB

- All players that rush the passer must be a minimum of 7 yards 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.
- Players not rushing the QB may defend on the line of scrimmage.
- Once the ball has been handed off, the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Section 2 - 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 the bounce (one or more) 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. At all times the ball shall be snapped from the spot marked by the official ball marker.

Section 3 - Running

- The Quarterback CANNOT run the ball.
- 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 player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
- "No Running Zones" are designed to avoid short yardage power running situations.

- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

Section 4 - Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received beyond the LOS.
- A Forward Pass/Lateral is defined as a live ball thrown towards the opponent's goal line.
- QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7-second rule is no longer in effect.
- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. Interceptions that occur in the end zone will be brought to the 5-yd line.
- If the QB intentionally grounds the ball to avoid a sack, then the play will be ruled a loss of down and be assessed a 5 yard penalty.

Section 5 - Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

RULE 4: DEAD BALLS, OVERTIME & SPORTSMANSHIP/ROUGHING

Section 1 - Dead Balls

- Play is ruled "DEAD" when:
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee or the ball hits the ground.
 - If an Offensive Player's flag falls out during the course of a play, a defensive player must touch him for the ball to become dead.
- There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exceptions:
 - a. Any ball dropped in a forward motion will be brought back to last point of contact.
 - b. Quarterback may field the ball off of a bounce.

Section 2 - Overtime

- If the score is tied at the end of 30 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives the ball at the 5-yd line with one possession. This will continue until a winner is declared.
- Interceptions will end series.

Section 3 - Sportsmanship/Roughing

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director may decide to eject players from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. Official has the right to determine language that is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.

RULE 5: OFFENSIVE & DEFENSIVE PENALTIES & PROTESTS

Section 1 – 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.), loss of down
- Illegal Forward Pass: Five yards (L.O.S.), loss of down
- Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
- Illegal Run: Five yards (L.O.S.), loss of down
- Delay of Game: Five yards (L.O.S), loss of down
- Intentional Grounding: Five yards (L.O.S), loss of down

Section 2 – 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

Section 3 - Protests

- All protests will be resolved immediately. Only managers may protest. Judgment calls by officials may not be protested. Upon protest, a manger shall remit a \$50 protest fee. If the protest is upheld, the \$50 shall be immediately refunded. If the protest is denied, the deposit shall be forfeited. The tournament director and his designees, in consultation with the officials of that game shall resolve protest.

T.A.A.F. Manual of Procedures

ARTICLE 2 GENERAL PARTICIPATION REQUIREMENTS

No player shall be eligible to play in any T.A.A.F. sport unless the player meets all of the following rules:

- 2.1 Must be an amateur in said sport and shall receive no pay to play for any team. An amateur is defined as “one who engages in sport for pleasure and for the physical, mental or social benefits, which he or she derives from that sport and to whom the sport is nothing more than an avocation.”
- 2.2 Any player who has played professional sports shall be ineligible to participate in that sport for one (1) year after his last day as a member of a professional team. This rule shall not conflict with the AABC rules in baseball.

Note: The protesting individual(s) bear the entire burden of proof regarding a player’s participation as a member of a professional team. The T.A.A.F. state commissioner has the final authority to accept or reject the protesting individual(s) proof.

- 2.3 Meets all team qualifications in MOP Article 4.
- 2.4 Does not play under an assumed name.
- 2.5 In order to compete in any T.A.A.F. play, a foreign player must reside in the state of Texas continuously for a minimum period of one (1) year prior to being eligible to play.

Exception: Men’s and women’s fast pitch foreign softball players’ eligibility will be determined by the national governing body of softball. To be eligible to participate in T.A.A.F. softball, a copy of any document required to be on file by the NGB for softball must also be filed with the T.A.A.F. state office. The same filing deadline applies for the NGB and T.A.A.F.

- 2.6 An adult player may play on more than one team within a region, but must choose one team as his/her own prior to T.A.A.F. championship play.
 - .01 No player may be on more than one roster, in a T.A.A.F. division, during T.A.A.F. championship play (region and state tournaments).
 - .02 A player must be on the sports roster by the deadline state in the participant guide.
- 2.7 A player forced to transfer from one region to another by his employer may participate in the new region providing the player has been employed by the firm for at least one (1) full year prior to the transfer and the player remains employed by the same firm.
- 2.8 Individual sport participants must reside in the state of Texas.
- 2.9 The team or individual attempting to qualify for state competition must attempt to qualify through the regional qualifier of the region in which they are registered. No participant in an individual sport or a team in team sports may attempt to qualify through more than one city, region or affiliate. Should any team or individual be discovered in violation of this rule, he/she/they shall be disqualified from that sport for that year.
- 2.10 Any region competition must take place within the established boundaries of the assigned region. If it becomes necessary to host a region competition outside of the designated boundary, prior written consent is required by the region in which the event is being held.

- 2.11 Player identification:
- .01 A player must be prepared, at all times, to provide proof of identification. A driver's license or comparable identification, which includes a current photograph and signature, is acceptable.
 - .02 A player must be prepared, at all times, to provide proof of age when participating in T.A.A.F. sports categorized by age classifications or divisions. A driver's license or copy of a birth certificate from the Bureau of Vital Statistics is acceptable.
 - .03 A player failing to provide appropriate proof of age or identifications, when requested by a meet director, tournament director or state commissioner, may be declared ineligible and the team/player subject to disqualification.
- 2.12 All teams must wear like colored, non-duplicated numbered jerseys for regional and state tournaments.
- 2.13 All participants in adult team sports must have attained the age of sixteen (16) prior to the registration date for teams in that sport, unless specific sport regulations provide otherwise.

2.14 Age determination for youth sports

Sport	Age Determining Date
Basketball (Boy's & Girl's Winter)	September 1 of current school year
Basketball (Boy's & Girl's Summer)	September 1 of current calendar year
Boxing	Based on age as of the Games of Texas
Cheerleading	September 1 of current year
Flag Football – youth	September 1 of current year
Golf – youth	September 1 of current year
Gymnastics	January 1 of the year of competition
Inline Hockey	September 1 of current year
Kickball – Youth	September 1 of the current school year
Softball – Youth	December 31 of current year
Swimming – Summer	June 1 of current year
Swimming – Winter	Age as of the Winter Games of Texas swim meet
Tennis	Age as of Games of Texas dates
Track and Field	Based on year the athlete was born
Volleyball – Youth	September 1 of current school year

ARTICLE 4 TEAM SPORT REQUIREMENTS

4.1 Team Sports

.01 Deadline for T.A.A.F. Registration:

Sport	Deadline
Basketball - Adult	One Business Day after the State Tournament Entry Deadline
Basketball - Winter - Youth/High School	January 15
Flag Football - 8 on 8	November 1
Flag Football - 4 on 4	March 1
Flag Football - Youth	November 1
Hockey - In-line	Register at State Tournament
Kickball	Register at State Tournament
Soccer	Register at State Tournament
Softball - Spring/Summer - Adult/Youth	June 1

Softball - Fall	Register at State Tournament
Volleyball - Adult	Register at State Tournament
Volleyball - Sand	Register at State Tournament
Volleyball - Youth	April 15

4.2 Team Fees:

- .01 Member Cities and Affiliate Members will pay the following registration fees to T.A.A.F.:
- All Sport Fee: \$15 per team if all teams within that given sport are registered. (Example: Youth Basketball, Adult Flag Football.)
 - Unattached Sports Team Fee: \$25 per team if not all teams within a given sport are registered, those teams are considered unattached and will not be eligible for the lowest level of play in that sport if multiple levels of play are offered.

*Region registration fees may be added to the state team registration fees up to \$2.00 per team

.02 REGION MEMBERSHIP FEES:

- a. Regions that charge a fee in excess of the state fee may not exceed that fee by more than \$2.00 / team.
- b. Regional membership fees may not exceed \$25.00
- c. Any fee proposal exceeding the above limits must be approved by the executive board.
- d. Any region charging a regional fee must provide the T.A.A.F. State Office proof that they have a federal tax identification number by January 2nd of the current year.
- e. Regional fee schedule must be submitted to the T.A.A.F. State Office seven (7) days prior to the January 2005 board meeting and at the annual meeting in 2006 and thereafter.

.03 Insurance may be purchased for an additional fee. Contact the T.A.A.F. state office for fees and enrollment information.

.04 A late fee of five dollars (\$5.00) per team may be charged to any registration after the deadline date.

4.3 Unattached Teams (adult and youth sports only):

The fee for an unattached team are fifty (\$50) per year. This fee allows the unattached team to participate in the highest division of adult and youth team sports

.01 Teams playing in a T.A.A.F. league cannot register as an unattached team.

4.4 Registration Requirements

.01 Member Cities/Affiliate Members/Unattached Teams must furnish the following to the T.A.A.F. State Office by the registration deadline date:

- f. One (1) copy of the league registration form, including division codes
- g. One (1) copy of the team registration form
- h. All registration fees

.02 Team registrations must be certified by the city where they compete, if a Member City. Affiliate Member will mail their registrations directly to the T.A.A.F. State Office.

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4.5 Team Roster Requirements

- .01 complete To advance in T.A.A.F. championship play, each team will be required to submit a team roster as follows:
- a. It must be written or typed on an approved T.A.A.F. team roster form. Exception: Softball rosters may be submitted on the official roster from the national organizations whose rules are governing the state tournament (i.e. ASA, USSSA)
 - b. Each individual listed on the roster must sign it in ink.
- .02 Member Cities and Affiliate Members are required to submit team rosters for those teams advancing to championship play.
- .03 minimum of roster. It is recommended that all youth teams advancing to a state tournament have a one (1) T.A.A.F. approved national certified coach, to be listed on the team roster.

4.6 Returning Teams

- .01 All T.A.A.F. team champions (except youth basketball) shall be eligible to return to the state tournament as defending champions, provided they have not been reclassified and have the following minimum returning players:

SOFTBALL SLOW PITCH	10 PLAYERS
SOFTBALL FAST PITCH	9 PLAYERS
FLAG FOOTBALL	6 PLAYERS
BASKETBALL	4 PLAYERS
VOLLEYBALL	4 PLAYERS

4.7 Region/State Tournament Participation

- 01 Sport Penalty
- a. Gymnastics only: Failure to register a gymnast with T.A.A.F. prior to competition will result in a fine of \$100 assessed to the gym for each unregistered gymnast
 - b. Gymnastics only: Failure to have a gymnast ranked by the January 1 deadline will result in a late fee of \$25.
- .02 In order to be eligible to compete for state honors, each team must have:
- a. Registered with T.A.A.F. by the deadline date.
 - b. Fulfilled all roster requirements as specified by the Member City, or, if an Affiliate or Unattached Team, by the Regional Director.
- .03 To enter a regional tournament, the local T.A.A.F. Member City representative must certify the roster. The roster must be submitted to the regional tournament director (adult men's basketball and flag football only) prior to the deadline established by the region.
- .04 To enter a state tournament, the regional director must certify the roster, including if from another organization (i.e. ASA, USSSA). Note: this is NOT the regional tournament director. The roster must be submitted to the state tournament director prior to the state deadline.
- a. Affiliate and Unattached teams need to check with the T.A.A.F. state office for their requirements.

- .05 Each Member City will have the right to advance any team that has registered with T.A.A.F. in all team sports except the following sports/classifications:
- a. Men's 8 on 8 Flag Football
 - b. Youth Flag Football
 - c. Winter Youth Basketball
- .06 The state tournament director may or may not limit the number of teams that are accepted in the state tournament. The state tournament director must accept a minimum of 20 teams in each division of youth and adult basketball and youth or adult volleyball. The state tournament director must accept a minimum of 32 teams in each division of adult or youth flag football and adult or youth softball.
- a. In the Men's and Youth Flag Football State Tournaments and Girls Fast Pitch Softball Tournaments each Member City member will have the right to advance one (1) T.A.A.F. registered team to participate in the T.A.A.F. State Championship Tournament. The state tournament host city will have the authority to accept additional teams, if team registrations for the state tournament from the "automatic berths" do not fill the tournament.
 - b. The teams in the Winter Youth State Basketball Tournament must qualify through regional tournament. The Winter Boys and Girls State Basketball Commissioners will set the number of teams that qualify for the Winter Youth State Basketball Tournament. The State Commissioners and State Tournament Directors will determine the total number of teams accepted in the Boys and Girls Winter State Basketball Tournaments.
- .07 In a regional or state T.A.A.F. tournament, any team that fails to show up may be suspended from T.A.A.F. play for one year unless the team notifies their regional director and the state tournament director of their intent to be a no show. This notification must be made prior to the start of the tournament. This rule applies to every participant; all team members and all coaches, on the official team roster.