

**CITY OF CARROLLTON  
ATHLETIC DIVISION**

**FLAG FOOTBALL RULES AND REGULATIONS**

All League Games will be played in accordance with the current TEXAS AMATEUR ATHLETIC FEDERATION FLAG FOOTBALL (TAAF) RULES with the addition of the following:

**I. 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, 9<sup>th</sup> grade or college football team. Any team found violating this rule shall forfeit all games played in by the ineligible player or players.
2. Players in all Adult Leagues must be eighteen (18) years of age or older prior to the start of league play.

**II. Rosters**

1. Each team will be allowed a maximum of twenty (20) players including playing coaches. There will be no drafting of players for Regional or State Tournaments.
2. Players are not allowed to play on more than one team in the same division. It is the responsibility of the opposing team to protest any player they believe to be in violation of this rule.
3. Final rosters must be turned in prior to the team's third scheduled game. The league coordinator will provide instructions on how to submit team rosters.
4. There will be no roster changes allowed for any reason after the third (3<sup>rd</sup>) game.

**III. Equipment/Uniforms**

1. All players must wear jerseys that are similar in color. There will be a one 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. Any player caught using illegal shoes will be ejected from the game.
3. No jewelry of any kind may be worn during the game.
4. No headgear with an extended bill may be worn (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 players' 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, 1-½ inches in width, and a different color than the players' lower uniform. Each team will provide their own flags.
7. The Athletic Division 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.

**IV. Playing Rules**

1. Game time is forfeit time. No grace period!
2. If a team forfeits two games because they cannot field a team, that team will be suspended for the remainder of the season. If a team wishes to get back in current league play, that team must pay a \$50 (cash) forfeit fee before their next scheduled game. The fee must be paid at the Athletics office during business hours.
3. Teams must start and finish a game with no less than six (6) players.
4. Lineup must be turned into the official at least ten (10) minutes prior to game time. Lineups must include last name, first name and jersey number.
5. The game will be played in 2 halves of 20 minutes in length. The clock is a running clock. At the end of 20 minutes in the 1<sup>st</sup> and 2<sup>nd</sup> halves, teams will be given a two minute warning and notified that 7 plays remain in that half. A five (5) minute half time will be observed.

6. A coin toss will be held at the beginning of the game, the winner will get his choice of goals or offense/defense. The loser of the toss shall have first choice at the beginning of the second half.
6. Clock Regulations –
  - a. Clock will start each half when the official puts the ball in play.
  - b. After a team time-out, the clock will start at the snap of the ball
  - c. Because the clock is a continuous clock, it does not stop for P.A.T. attempts.
  - d. Clock will stop for team time-outs, official time-outs, and at the discretion of the official to retrieve long incomplete passes.
7. Time Outs – Each team shall be allowed 2 time outs 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.
8. 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 stand-by.

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.
9. If a team forfeits two games because they cannot a field a team, that team will be suspended for the remainder of the season. If said team wishes to get back in league play, that team must pay \$ 50.00 (cash) forfeit fee before their next schedule game. The fee must be paid at the Athletic Office during business hours.
10. The Athletic Division reserves the right to add, delete, or amend its rules/regulations/policies for the betterment of the program.
11. TIEBREAKER: In case of a tie, teams will compare head to head records and then head to head point differential. If teams are still tied, placement will be determined by points scored.
12. AWARDS: First and second place teams in each division will receive T-shirts at the completion of their division.

#### V. Field Conditions

1. In case of inclement weather, the playability of game fields will be determined at 4:00 PM each day. Please call the rainout line at 972-695-2355.

#### VI. Conduct/Discipline

1. Carrollton City Ordinance, Section 409 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 in the field.
3. Any player, coach, or manager ejected from any league game will be suspended for a minimum of one (1) league game.
4. Players, coaches, and managers who have been ejected/suspended must leave the complex.
5. Each team manager will be held responsible for the conduct of his/her fans/spectators.
6. Suspensions will carry over from season to season. Example: a player ejected for the final game of one season will also be suspended for the first game of the next season.
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 could 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.

#### VII. 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 athletic attendant and that the protest is recorded.
4. On the first regular business day following the protested game, the Team Manager must submit the protest in writing to the Athletic Office along with a \$25.00 Protest Fee. This is a cash only fee. If protest is upheld, the fee will be refunded.
5. Judgement calls are not a basis for protests.
6. Rule interpretation protests must be filed before the next play.
7. Player eligibility protests must be filed before the last minute of the game by the manager of the team opposing the alleged ineligible player. The Manager must complete numbers 3 and 4 above to complete the protest procedure.

## COED LEAGUE RULES:

The coed league will be governed by the TAAF rules and the above Carrollton rules with the following exceptions:

### I. Game Line-up

1. Teams will play with a maximum of 4 male players on the field at any time. Team can play with more than 4 female players, but never more than 4 male players.

### II. Playing Rules

1. A penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs.
  - a. A pass deflected by a male and caught by a female IS a female play
  - b. 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
  - c. 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
  - d. A pass intentionally grounded by a female in the last two minutes of the second half in order to stop the clock COUNTS as a female play.
  - e. If a female pitches the ball to a male behind the line of scrimmage this will not result in a female play
  - f. The “female play” rule does not apply to extra points and punts
  - g. Plays utilizing a female and resulting in the “loss of down” penalties, will still be considered “female” plays. Plays utilizing a female resulting in a non-loss of down penalty will not count as a gender play. The play never existed.
2. The penalty for running 3 consecutive downs without a female as an operative player will be loss of down (i.e. if it was 1<sup>st</sup> down during the penalty, it is now 2<sup>nd</sup> down) and the female must now be the operative player on the next play. If on this play a male catches or runs the ball: loss of down, the play is ruled “dead,” and the ball is brought back to the line of scrimmage, and the next play must be a female play.