



THE TAMPA BAY FLAG FOOTBALL ASSOCIATION

(CLICK MOUSE OR ARROW TO GET TO NEXT SLIDE)

TBFFA

- ❑ The league has been in competitive play for over 20 years
- ❑ Purpose is to provide sports activities to adults ages 17 & up in flag football
- ❑ With an established organization and quality players, the league averages 3-season a year and over 575 players in yearly participation.
- ❑ A league Commissioner oversees the operation of the league
- ❑ A rule book is in place for players to be policed by during league play
- ❑ Teams are separated into divisions to have equal level abilities for weekly games
- ❑ Cost is kept to a minimum to make it affordable for all players



HISTORY OF THE LEAGUE



Terry O'Grady a big advocate for youth sports in Hillsborough County, created a league for adults in 1995. The purpose was to have equal opportunity for adults to have their childhood revived . Terry created the Tampa Bay Flag Football League (TBFFL) which permitted adults to play football but pulling flags was the manner in which you would tackle. It also gave the adults the means to play football safely and allowed players to go to work the next day. From the players to the families and onlookers to have a quality program to be a apart of weekly.

Terry later pasted the league to someone else and took it to another level. It's popularity grew as did more teams. A more complex rule book was created which gave more structure to the league. As the league grew so did the need for a big facility, so the league began to Travel from site to site. The new owners of the league interest changed so it was time to pass the league again. The new owner/commissioner of the league Larry Langston, who was a part of the league as an official back in 1999 took the chance.

Growing the league from 12-14 Teams (2) seasons a year to 20-24 teams (3) seasons a year. The league now is **The Tampa Bay Flag Football Association (TBFFA)** and is entering in it's 21st season. Since the take over as commissioner, has had the league to play tournaments in the St. Pete Times Forum, established a Website and help raise the level of play to new heights .

The league has shown no signs of slowing down and **The TBFFA** still has some of the players who started in this league 20 years ago. This goes to show you that no matter the age or ability **The TBFFA** welcomes all and will continue to strive to provide a quality structured Environment for it's players.

Thank you Terry O'Grady for what you have given the community of Tampa and it's Past, Present and Future Family of The TBFFA!

STRUCTURE

- ▣ Spring Season – runs February to May
- ▣ Summer Season – runs from June to August
- ▣ Fall Season – runs September to December
- ▣ A, B, C Divisions- to balance out the level of competition
- ▣ 10 week season, followed by play-offs for teams that qualify
- ▣ Awards for Winners and Runner-Ups
- ▣ Referees for all games for quality control of games
- ▣ Teams – are formed on their own (friends, co-workers , etc)
- ▣ Team Names are chosen by the teams themselves and placed on shirts to be played in each week



TEAMS

The **TBFFA** allows teams to be formed on their own, but if players need a team, the league will help with that as well. We have a website that host a message board that allows teams to communicate to one another for news, league questions, etc.

We currently have some players that have been in the league now for over 15 years and still continue to be a productive players. That is a credit to the structure of the league and quality that has been in place since the inception of The **TBFFA**!



RULE BOOK

TBFFA RULES

Team:

A team consists of (7) players. A team must have (6) players to start the game. If a team does not have (6) players by 5 minutes after the scheduled starting time, you can pick up one to make (1) player from another team to make your (6) but only having (4) players will result in a forfeit.

Forfeit time:

5 minutes after scheduled game time

Eligibility:

Please refer to eligibility roster

You may play for only 1 team

Violation of any of the above will result in forfeiture of the game and/or season

Rules:

- Shirts and jerseys MUST be tucked in so they do not interfere with the flag
- No metal spikes, jewelry or hats
- The game will consist of two 20 minute halves (running time) with a 3 minute halftime break
- The clock will stop the last 1 minutes of each half and run like a PRO CLOCK
- Kickoffs to start the 1st & 2nd half ONLY. All play starts from the 25 yard line after score there after
- Coin toss winner picks "start on offense" or "start on defense". The other team then picks the goal they wish to defend.

RULE BOOK (cont.)

Scoring:

- Touchdown 6 points
- Extra point (5 yd line) 1 point
- Extra point (10 yd line) 2 points
- Extra point (20 yd line) 3 points
- Safety 2 points
- The extra point try can be run back by the defense for 2 & 3 points try

Offense:

- 25 seconds to put the ball in play
- No 3 or 4 point stances by either team
- The ball must be centered between legs
- At least 4 players must be on line of scrimmage
- All players are eligible for a pass
- Unlimited passes behind line of scrimmage
- One foot down in bounds = completion
- No diving or extending ball
- Punts must be announced, there are no fake punts, No offensive player may go downfield until the ball is kicked
- NO BLOCKING
- Center must delay when 1st down is shorter than 5 yards
- WR/CENTER must give right of way to rusher

RULE BOOK (cont.)

Defense:

- Must line up 5 yards from line of scrimmage unless 1st down is shorter than
- No bump and run allowed
- No count simulation
- RUSHER must give right of way to WR/CENTER
- No Hindering (holding of the shorts, pants, shirt/jersey)
- No pass interference

Penalties: 5 yard penalties

- Delay of game
- Offsides
- False start
- Illegal participation
- Illegal forward pass (plus loss of down)

10 yard penalties

- Illegal contact
- Tackling or tripping the ball carrier (even if unintentional)
- Pass interference (10 yards from LOS)
- Flag guarding or stiff arm
- Hindering



The Tampa Bay Flag Football Association is more than just a weekend activity. It is something that is not run by one but by the community of players it host. Each player, spectator, referee, family member, etc. working together to provide a QUALITY program.

The **TBFFA** also known as “**THE BEST FLAG FOOTBALL AROUND**”