

# Peoria Riverplex and the Peoria Park District Flag Football League Rules

(changes for 2017 are in red)

**All play will be conducted per IHSA rules,  
with the following exceptions.**

## Field of Play

The width of the field is the length of the basketball court, at the RiverPlex multipurpose room. The sideline is marked by a solid yellow line, running from end zone to end zone.

The length of the field is the width of the three basketball courts, marked by the end zones.

The end zones are marked by a solid black line.

- o At the back of the end zone is a net/curtain. This designates the back of the end zone and is also out of bounds.
- o An offensive player who touches the end zone curtain at anytime during a play will be ineligible for the remainder of the down (unless legally blocked into the curtain).
- o Any ball touching the curtain becomes ineligible for play.

## First Downs

- o The offense will start first down at the 5 yard line. They have four attempts to make it to mid field.
- o There is one first down marker, at mid field. The only ways of gaining a first down are by crossing mid field or by penalties.

Players must wear the RiverPlex provided flags, they are held on by a belt. Once one of the flags is pulled, the player is down.

- o If a player is NOT wearing the correct flags, the player is down by first contact/touch.
- o If a belt gets twisted during play or if a player is NOT wearing the flags correctly at their sides, the player is down by first contact/touch.
- o It is touch football, whenever the belt is inaccessible.

Non-players are restricted to their sidelines OUTSIDE the 5. (Officials need a clear view of the playing area.)

## Timing

Game is played in two 20 minute halves.

There will be a 25 second play clock after the ball is blown ready to play.

Each team has two timeouts in **EACH HALF**. [No carryover]

Each team has one timeout in overtime (IHSA overtime rules apply for timeouts).

The clock will run continuously in both halves only stopping for team and official time outs.

During the last two minutes of **BOTH HALVES**, the clock will stop for the two minute warning and restart on the snap. The clock will then stop as in high school football except for first downs. If one team is ahead by 40 points or more at any time in the second half, the clock will run continuously from that point.

**A period is extended by an untimed down if during the last timed down of the period there is:**

**[A] a foul by either team and the penalty is accepted (EXCEPTIONS: unsportsmanlike fouls, non-player fouls, and fouls that carry loss of down), [B] a double foul, or [C] an inadvertent whistle.**

The Peoria Riverplex dress code will be enforced.

#### **Dress Code:**

No jewelry is allowed to be worn, such as necklaces, earrings and bracelets. No hard brimmed hats and no dew rags. **OFFENDERS WILL BE REQUIRED TO SIT OUT AT LEAST ONE PLAY AND MAY NOT RE-ENTER THE GAME UNTIL IN COMPLIANCE.**

**Shirts are to be tucked into the shorts/pants or under the flag belt at all times. Flags must be free and uncovered.**

**Teams will wear the same style shirts/jerseys to the extent possible.**

**Shorts/pants cannot have yellow or gold color.**

Shirts/Jerseys will be the same color for all players of a team.

If all players of a team don't have the same color jerseys, **the officials can require that some or the entire team wear mesh pinnies.**

**If 2 teams have similar colors, the team to wear pinnies can be decided by a coin toss.**

#### **Code of Conduct**

The Peoria RiverPlex code of conduct will be enforced.

No obscene language or swearing is allowed.

Fighting will result in an ejection and suspension.

- o Length of suspension will be determined by the RiverPlex staff.
- o All violations of the Peoria RiverPlex code of conduct will be dealt with in a timely manner.
- o All decisions concerning the conduct of a player by the RiverPlex staff are FINAL.

#### **Offense**

The offense is allowed to run or pass the ball, anywhere on the field other than inside the 5 yard line.

- o Inside the 5 yard line rule:  
The QB or Running back (receiver with a forward pass thrown behind the line of scrimmage) is not allowed to run into the end zone within 5 yards of the end zone.

There are no restrictions on formations, however, teams are required to have a center

The snap:

Must be a between the legs exchange between the Center and the Quarter Back.

If the quarterback touches the ball, it is dead if it thereafter touches the ground.

A snap over the quarterbacks head is dead where it hits the ground.

The quarterback also has one chance to pick up a snap that rolls to him on the ground.

All fumbles are dead at the spot of the fumble.

Midfield is the only first down (except by penalty).

The offense will have 5 seconds to pass the ball or run the ball past the line of scrimmage.

If there is a legal second rusher, the count is off.

A forward pass behind the line of scrimmage, counts as a handoff and the offense still has only five seconds to cross the line of scrimmage. (Note: "inside the 5 rule" applies because it is a handoff)

The QB is defined as a player that takes the snap from the center.

QB cannot run unless defense rushes.

QB can hand the ball, but the ball carrier is subject to 5 second rule and "inside the 5 rule".

Blocking must be with arms extended and open hands. No use of forearms, fists, or shoulders in blocking.

It is the offensive rusher's responsibility to avoid contact with the defensive player. Please see offensive rushing penalties.

**Two point stances ONLY – no other stances may be used by any player, except for the center.**

### **Defense**

**NO stances other than two point stances (two feet on the floor, nothing else).**

One defender can rush from any position, **except directly over the center**, on any down.

**Additional rushers are allowed to rush after the three count or after the ball leaves the QB's hands.**

Defense may not hold to secure the flag.

**Defense may not push a runner out of bounds. [5 yards penalty and down over.]**

**Defense may not push an airborne receiver out of bounds. [If receiver catches/controls the ball, the offense will get the ball at the spot of the push with a first down.]**

Defensive pass interference will give the offense the ball at the spot of interference with a first down.

If the defense intercepts on a try they score 1 or 2 points on a successful return (depends on whether the offense was going for 1 or 2 points) they will receive 1 or 2 points.

If a defender attempts to or takes the ball from the possession of the ball carrier, the ball is dead at that spot in joint possession and is awarded to the offense.

### **All**

**Four players are required to start/continue play.**

**Teams must be ready to play within 10 minutes of their start time to avoid a forfeit.**

**Teams that are late less than 10 minutes are deemed to have lost the coin toss.**

Teams will have captains to talk with the officials

- o Captains will be at the pre-game talk/coin toss.

- o **Captains are the only players the officials will talk with. Any other player attempting to talk with the officials could result in a penalty.**

Non-players must be on the team bench side of the field during the down **and outside the 5 at all times.**

**Overtime** will be per IHSA rules from the 2-point try line.

- o A coin toss will determine order of possession and end of field to play.

The ball carrier may not flag guard, stiff arm, lower shoulder or dive.

- o The ball carrier is to be in control of their body at all times.

- o Diving is the attempt to gain yards by leaving your feet and not landing on your feet, this puts the offensive player in a position where they are not in control of their body.

- o Flag guarding is the attempt of the offensive player to protect the flags from being pulled, by use of his hands, elbows, football or another body part.

- o It is not flag guarding to cut, spin or any other running style. This is left up to the judgment of the officials and is final when called.

## Penalties

Penalties are to be aligned with the IHSA rules.

All penalties are 5 yards except pass interference, personal fouls, unsportsmanlike conduct. **The penalty for Flag Guarding is 10 yards.**

### Offensive Rushing penalties

- o Flag Guarding, Stiff arm or any other physical attempt to gain yardage are illegal.
- o **It is the offenses job to avoid contact. (2014 point of emphasis, strictly upheld)**
- o **If the offense is found to be initiating contact [an offensive charge similar to basketball] is called resulting in a 5 yard penalty unless official considers the foul to be malicious.**
  
- o **If the defense is found to be initiating contact [a defensive block similar to basketball] is called resulting is a 5 yard penalty unless official considers the foul to be malicious.**
- o Per the IHSA rule book: **No one shall act in an unsportsmanlike manner once the game officials assume authority for the contest.**  
**Examples include: Attempting to influence a decision by a game official, disrespectfully addressing a game official, or indicating objections to a game official's decision.**

**If it is determined that fans/spectators are acting in an unsportsmanlike manner toward players or officials, they will be asked to leave and/or escorted out of the Riverplex. In like manner, players may not act in an unsportsmanlike manner toward fans/spectators. Penalty is 15 yards and/or ejection.**

**All penalties are the final decision of the officials and are final.  
Penalties ARE NOT UP FOR DISCUSSION.**

### ROSTERS:

**PLAYERS MUST BE ON THE TEAM ROSTER AND SIGN THE WAIVERS BEFORE PLAYING;**

**PLAYERS MAY ONLY BE ON ONE TEAM ROSTER;**

**EACH PLAYER MUST PLAY IN AT LEAST THREE REGULAR SEASON GAMES TO QUALIFY FOR THE PLAYOFFS;**