

Peoria RiverPlex and the Peoria Park District

Indoor Flag Football League Rules

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.

- 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.
- 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).
- Any ball touching the curtain is now ineligible for play.

First Downs

- The offense will start first down at the 5 yard line. They have four attempts to make it to mid field.
- 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. IHSA rules will be used.

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.

- If a player is NOT wearing the correct flags, the player is down by first contact/touch.
- If a player is NOT wearing the flags correctly at his sides, the player is down by first contact/touch.

All other downs will follow IHSA rules.

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 the first half and three in the second half.

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.

The last two minutes of the game, 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.

Dress Code

No jewelry is allowed to be worn, such as necklaces and bracelets.

No hard brimmed hat or dew rags.

Shirts are to be tucked in, under the shorts or pants, at all times. Flags must be free and uncovered.

Shirts/Jerseys will be the same color and style on each team. If players don't have same color jersey, they will NOT be allowed to play that game.

- **This means, if the team wears T-shirts, dry fit or football jerseys the players on the field have to match.**

The Peoria RiverPlex dress code will be enforced.

Code of Conduct

The Peoria RiverPlex code of conduct will be enforced

No obscene language or swearing is allowed.

No fighting, this will result in an ejection and suspension.

- Length of suspension will be determined by RiverPlex officials.

Final decision of the conduct of a player is the RiverPlex staff, any violations of the Peoria RiverPlex code of conduct will be dealt with in a timely manner. All RiverPlex decisions are final.

Offense

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

- 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, you 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.

Only one forward pass per down is allowed.

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

Defense

One defender can rush from any position on any down. A second defender is allowed to rush after the three count.

Defense may not hold to secure the flag.

Defense may not push a runner out of bounds.

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

Teams will have captains to talk with the officials

- Captains will be at the pre-game talk/coin toss.
- **Captains are the only players the officials will talk with. If any other player tries to talk with the official, this could result in a penalty.**
- All rules with the officials will go by the IHSA rules.

Non-players must be on the team bench side of the field during the down.

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

- 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.
- The ball carrier is to be in control of their body at all times.
 - 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.
 - 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.
 - It is not flag guarding to cut, spin or any other running style. This rule is a judgment rule, left up to the judgment of the officials and is final when called.

Penalties

Penalties are to be aligned with the IHSA rules.

- 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."**

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

All penalties are 5 yard penalties, with exception to pass interference and any personal fouls.

Personal Fouls

- These fouls are to be followed by the IHSA rules
 - Example - Unnecessary roughness or Unsportsmanlike conduct.

Pass Interference

- This penalty will be a spot foul and also carry a first down.

Offensive Rushing penalties

- Flag Guarding, Stiff arm or any other physical attempt to gain yardage are illegal.
- It is the offenses job to avoid contact.
 - If contact is deemed intentional by either offense or the defense a 5 yard penalty is enforced.

If the offense is found to be initiating contact, an offensive charge call is made. Similar to Basketball. 5 yard penalty unless official considers the foul to be an act of maliciousness.

If the defense is found to be initiating contact, a defensive blocking call is made. Similar to Basketball. 5 yard penalty unless official considers the foul to be an act of maliciousness.

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