

## ***2023 Flag Football Rules and Information***

### **Practices and Games**

- All practices will be held Rochelle Middle School (111 School Ave) on Monday's and *games will be at Helms Field (1120 N. 8th St) on Tuesday or Wednesday.*
- Games will be roughly 45 minutes, 2 – 20 minute halves with a 5 minute half time
- Time for games only is kept on the scoreboard, so arriving prior to game time is crucial
- Coaches referee their own games, until NFL Playoffs
- There will be at least **5** players on the field per team in the Arena league. In the College and NFL league there should be 7 on the field unless coaches agree to 8 players.

### **Equipment and General Play Rules**

- Mouth guards are required to be worn for all players on the field, practice and games. This is for the safety of ALL players. A mouth guard is provided at the first practice. \*Some dental insurances do cover custom mouth guards, but this is done at the expense of the parent/guardian. It is also up to the parent/guardian to check with the child's insurance before getting a custom mouth guard, as RJT will not reimburse that expense.
- There will be no holding, pushing, shoving, or extending of the arms. Blocking with open hands or arms crossed on the upper chest only.
- No tackling or horse collaring. If a stiff arm or an illegal block occurs then the ball should be down right there. You can replay the down at the spot of the foul. If a player continues to tackle, further disciplinary actions may be taken.
- Offensive team has 4 downs to get to mid-field and 4 more downs to get from mid-field to end zone. If the offensive team fails to convert on 4th down, the defensive team will take over at the opposite end of the field and must drive the length of the field to score, not where the turnover on downs happened in Arena and College League.
- In the NFL league, when the usee ball is turned over on downs, the opposing team will take the ball over where the stop was made. A team may elect to "punt" on 4th down. If they select to punt, the ball goes to the other end of the field for the offense to take over.
- Interceptions may advance and score in all leagues. When an INT occurs and the players flag is pulled. The ball is down at that spot.
- *The ball carrier is down where the flag is pulled, knee touches the ground, or steps out of bounds.*
- **If a flag comes off the ball carrier without being touched by the opposing team, the game then goes to 1 hand touch (with no tackling).**
- Quarterbacks must hand off the ball or throw it, no QB rushing.
- If the ball has not been thrown after 10 seconds (1 Mississippi, 2 Mississippi...), rushing is allowed **without** the designated rusher/cone.
- The quarterback is only allowed to run the ball in the **NFL league** IF the defense has designated a rusher AND the rusher crosses the line of scrimmage. **The rusher sets up 4 yards** in any direction back from the defensive line. The "rusher cone" is used to signify this and must be placed on the ground before the QB gets under center. One blitz per 1st downs. You don't have to tell the other team you are blitzing.

- The defense can not cross the line of scrimmage until the ball is handed off or if a blitz is designated in the NFL League. If the defense crosses the line too early, then you must replay the down.
- Fumbles result in a dead ball at the spot.
- Defense must set up 4 yards back in the Arena league from the line of scrimmage, 2 yards in College league, and 1 yard in NFL league.
- Once play starts a coach can't stop the play to change something.
- Cleats are allowed in all leagues.
- In the Arena league, a coach is allowed to make a pass once per 4 downs to help facilitate more passing for the younger athletes. This is not required but an option.

### **General Information and Reminders**

- Schedules will be available the first week of practice, as well as on the RJT website
- Concessions may be open during some games but not guaranteed to be open at all of them.
- Picture information will be given out the first week of practice.
- **Fundraiser tickets – money is due on the first day of practice. If not returned, the jersey is held by the Coordinator until money is turned in.**
- As with any financial situation, things happen. It is understandable. If you are having any sort of financial difficulty, please do not let that stop you from registering your child. Contact the Flag Coordinator for further information or set up arrangements.
- Weather cancellations – Coaches may cancel practice and notify players. The Flag Coordinators will cancel games by contacting the coaches, as well as posting on the Rochelle Flag Football Facebook page. It is the coaches' responsibility to contact the players. We will make every attempt to play in the rain, depending on severity, but lightning is an automatic no-go.

As Flag Coordinators, games will be called roughly an hour before. Contact your coach first, as they will be the first to know.

Questions or concerns can be directed to the Flag Football Coordinators:

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