

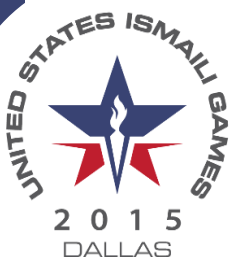
# FLAG FOOTBALL

## RULES



## HIGHLIGHTS

- Forfeit time is five (5) minutes after the scheduled game start time. If the player or team is not “Ready to Play” within five (5) minutes after the scheduled game start time, then that player or team will forfeit and the opposing player or team will be declared the winner (assuming the opposing player or team is ready to play).
- The game should be played between two (2) teams of seven (7) players each. Five (5) players are required to avoid a forfeit.
- A minimum of nine (9) players are needed on a team roster and maximum of fifteen (15) are allowed on a roster.
- Playing Time shall be 40 minutes divided into two (2) halves of twenty (20) minutes each. The intermission between halves shall be two (2) minutes. When overtime is required, there will be a three (3) minute intermission
- Each team is entitled to two (2) charged timeouts per game, one (1) per half. The Referee shall declare time-out when he/she suspends the play for any reason. Each timeout shall be charged either to the Referee or one of the teams.
- Each team receives four (4) downs to pass the zone-line-to-gain or end zone
- The ball must be snapped between the legs of the center
- There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may dive to try to remove a flag.
- All touchdowns are worth six (6) points. An opportunity to score one (1) point from the 3-yard line, two (2) points from the 10-yard line, or three (3) points from the 20-yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
- It is a safety when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team’s possession. The defensive team will receive two (2) points.



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## TOURNAMENT RULES

### READY TO PLAY

- Forfeit time is five (5) minutes after the scheduled game start time. If a team is not “Ready to Play” within five (5) minutes after the scheduled game start time, then that team will forfeit and the opposing team will be declared the winner (assuming the opposing team is ready to play).

### JERSEYS AND APPARREL

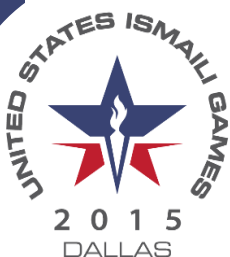
- All players participating must wear the uniforms provided by the USIG during check-in. If a player is not wearing the uniform provided, that player will not be allowed to take the court unless they have received a waiver from the USIG National Sports team.
  - Players are not allowed to alter the uniforms that are provided by the USIG.
- Proper shoes must be worn at all times.
- If a player is not wearing the proper attire, they will not be allowed to take the court.
- It will be at the umpire’s discretion to determine whether a player can rejoin play after the player has corrected their attire

### REFEREE’S JUDGMENT

- A referee’s judgment should not be contested.
- Failure to adhere to a referee’s judgment may warrant ejection.
- The referee’s decisions are final and no appeals of the decision will be allowed.
- Only rule clarifications may be requested following the issue in question by Team Captain and it is up to the referee’s discretion to consult the rulebook

### WEATHER, DELAYS AND SCHEDULING

- If there are unscheduled delays or weather related delays, the USIG National team has the right to adjust the schedule, rules, length of the game or any other game conditions for scheduling purposes



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## OFFICIAL RULES

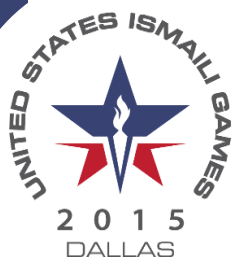
- The game should be played between two (2) teams of seven (7) players each. Five players are required to avoid a forfeit.
- A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
- Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

### THE FIELD

- The field should be a minimum of 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.
- A one (1) yard wide line should be marked at each end at the three and ten yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown

### SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION

- Each team receives four (4) downs to pass the zone-line-to-gain or end zone.
- The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- A new series of downs shall be awarded when
  - a team moves the ball into the next zone on a play free from penalty;
  - or a penalty against the opponents moves the ball into the next zone;
  - or an accepted penalty against the opponents involves an automatic first down;
  - or either team has obtained legal possession of a ball as a result of a penalty, free kick, protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball
- If offsetting fouls occur during a down, that down shall be repeated.
  - Exception: If each team fouls during a down in which there is a change of team possession, the team last gaining FLAG FOOTBALL 2 possession may retain the ball, provided its foul was not prior to the final change of possession and it declines all penalties for its opponent's fouls, other than unsportsmanlike



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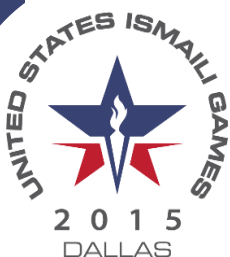
## METHOD OF SCORING

### TOUCHDOWN

- All touchdowns are six (6) points
- A touchdown shall be scored when a legal forward pass is completed or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line
- Extra Point Try = 1, 2, or three (3) Points
  - An opportunity to score 1 point from the 3-yard line or two (2) points from the ten (10) yard line, or three (3) points from the twenty (20) yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
  - The Referee must speak to the field captain, asking him/her whether the try shall be from the three (3) or 10-yard line. Once the scoring team makes the choice, he/she may change the decision only by taking a charged team time out.
  - If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated. ☒
- Safety = two (2) points
  - It is a safety when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession.
  - Exception: Momentum Rule
    - A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
    - When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the twenty (20) yard line

### MERCY RULE

- If a team is nineteen (19) or more points ahead with five (5) minutes to go in the second half, the game shall be officially called
- If a team scores during the last five (5) minutes of the second half and that score creates a point differential of nineteen (19) or more the game shall end at that point
- The team can still play if they want. (Service to participate)



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## PERIODS, TIME FACTORS, SUBSTITUTIONS

### FORFEIT

- Forfeit time is five (5) minutes after the scheduled game start time. If a team is not “Ready to Play” within five (5) minutes after the scheduled game start time, then that team will forfeit and the opposing team will be declared the winner (assuming the opposing team is ready to play)

### COIN TOSS

- The home and away teams will be specified on the schedule and the score sheet.
- A coin flip will determine which team will get to choose whether to start the game on offense or defense.
- The team losing the coin flip will choose the end of the field they wish to defend.

### LENGTH OF GAME

- Playing Time shall be 40 minutes, divided into two halves of twenty (20) minutes each. The intermission between halves shall be two (2) minutes. When overtime is used, there will be a three (3) minute intermission

### SHORTENED PERIODS

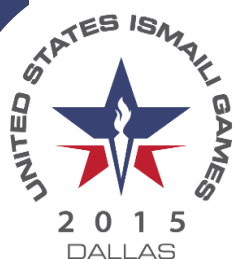
- Before the start of the game, playing time may be shortened by mutual agreement of the field captains and the Referee. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the opposing captains and the Referee.

### EXTENDED PERIODS

- A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
  - If there was a foul by the defense and the penalty is accepted
  - If there was a double foul
  - If there was an inadvertent whistle and the down is to be replayed
  - If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.

### CONTINUOUS CLOCK

- The Clock will start when the ball is legally snapped. It will run continuously for the first nineteen (19) minutes unless it is stopped for:
  - Team time-out (clock resumes on snap of next play)
  - Referee’s time-out (clock resumes on official’s ready to play whistle)
  - 2–Minute Warning - Approximately two (2) minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing



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time remaining in that half. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final two (2) minutes.

#### **STOPPED CLOCK**

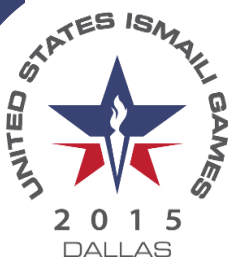
- During the final one (1) minute of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
  - Incomplete Pass
  - Out-of-Bounds
  - Score (touchdown or safety)
  - Team time-out
  - Fair Catch
  - Penalty and administration
  - Referee's Time-out - starts at his/her discretion
  - Touchback
  - Change of Possession
  - Team attempting to conserve time illegally

#### **TIMING ERRORS**

- The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.

#### **TIE GAME**

- In case of a playoff game ending in a tie score, (regular season does not have over time) the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.
- A coin will be flipped or odd/even choice by the captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period begins with a coin toss or odd/even choice.
- ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
- Unless moved by penalty, each team will start 1st and goal from the twenty (20) yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game. If



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they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance. They must convert to win or another period starts. Each team is entitled to one time-out per overtime period. During the time-out, the clock WILL stop

#### **PENALTIES**

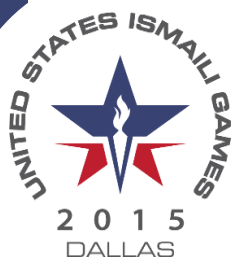
- The offense should be awarded a new series of four (4) downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.

#### **TIME-OUTS**

- Each team is entitled to two (2) charged timeouts per game, one (1) per half. The Referee shall declare time-out when he/she suspends the play for any reason. Each timeout shall be charged either to the Referee or one of the teams.
- The Referee shall declare an official's time-out when a team is illegally conserving time and administer a five-yard penalty.
- The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
- Coach-Referee Conference - When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the IM supervisor and team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended. At the end of the half the team has until the first snap of the second half to protest.
- An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

#### **DELAYS**

- Delay of Game - The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:
  - Failure to snap or free kick within twenty-five (25) seconds after the ball is ready for play.
  - Putting the ball in play before it is declared ready for play
  - Deliberately advancing the ball after it has been declared dead.
  - Unfair Tactics - The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.
- **Penalty: Delay of Game, five (5) yards from previous spot**



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### **SUBSTITUTIONS**

- A substitute can only enter the game from his team's respective sideline. A player who is being substituted must leave the game from his team's respective sideline.
- Substitutes can only enter the game during a dead ball

## **KICKING THE BALL AND FAIR CATCH**

### **PROTECTED SCRIMMAGE KICK**

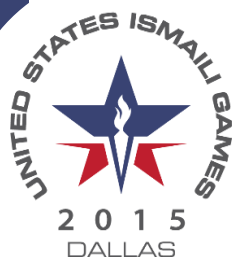
- Prior to making the ball ready for play on fourth down, the Referee must ask the offense if he/she wants a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other officials.
- The offense must have all field players (typically 6) except the punter on the line of scrimmage. The defense must have at least five (5) players within one (1) yard of their scrimmage line. All players on the line of scrimmages must remain motionless until the kick is made. A line player may not raise his/her arms to distract the kicker or block the kick.
  - **Penalty: Illegal Procedure, five (5) yards from the previous spot.**
- The kicker must be at least five (5) yards behind the scrimmage line when receiving the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
- Any kick caught by the kicking team behind the line of scrimmage cannot be advanced.

### **FAIR CATCH**

- Any receiver may signal for a fair catch while any kick is in flight and is beyond the kicker's free kick line.
- If any receiver gives a valid signal for a fair catch and catches the kick beyond the kicker's line and between the goal lines, it is a fair catch and the ball becomes dead.
- After a valid fair catch signal by any member of the receiving team, no receiver may advance the ball. When receiving a protected kick the receiver may call for a fair catch. The player must signal intention by extending one arm above his/her head and waving laterally from side to side more than once.
- An invalid fair catch signal is any signal by a receiver before the kick is caught or recovered that does not meet the requirement of a valid signal or after the kick has touched a receiver or the ground

### **PUNT BOUNCING**

- If the punt is not caught on the fly and bounces, it is still a live ball and can be played after the first bounce. If it bounces a second time, the ball will be dead at the spot of the second bounce and the receiving team will take over possession.



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### **MUFFED PUNT**

- If while receiving a protected punt, the receiving team muffs or bobbles the ball and the ball touches the ground, the ball will be dead at that spot for the receiving team and ball cannot be advanced any further than that spot.

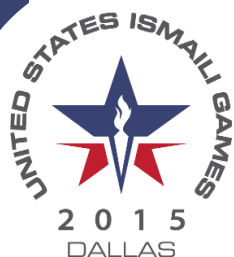
## **PENALTIES**

### **PRIOR TO THE SNAP**

- Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them.
  - **Penalty: Dead Ball Foul, Encroachment, five (5) yards from the previous spot.** ☒
- This includes standing in the neutral zone to give defensive signals, or shifting through the zone.
  - **Penalty: Dead Ball Foul, Encroachment, five (5) yards from the previous spot.** ☒
- After the snapper has placed his/her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
  - **Penalty: Dead Ball Foul, Encroachment, five (5) yards from the previous spot.** ☒
- The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.
  - **Penalty: Dead Ball Foul, Encroachment, five (5) yards from the previous spot.** ☒

### **POSITION AND ACTION DURING THE SNAP**

- The offensive team must have at least four (4) players on their scrimmage line at the snap.
  - **Penalty: Illegal Procedure, five (5) yards from previous spot**
- All offensive players must be within fifteen (15) yards of the ball.
  - **Penalty: Illegal Procedure, five (5) yards from previous spot**
- The ball must be snapped between the legs of the center.
  - **Penalty: Illegal Procedure, five (5) yards from previous spot**
- One offensive player may be in motion, but not in motion toward the opponent's goal line.
  - **Penalty: Illegal Motion, five (5) yards from previous spot**



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- The player who receives the snap must be at least two yards behind the offensive scrimmage.
  - **Penalty: Illegal Procedure, five (5) yards from previous spot**
- In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, arms for at least one full second before the snap
  - **Penalty – Illegal Motion, five (5) yards from previous spot**

#### **PASSING AND RECEIVING**

- There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may dive for to try to remove a flag.
- A player with the ball may jump to gain extra yards as long as there is no contact with a defender.
- A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of bounds to conserve time or to avoid being deflagged/tagged.
- A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession unless lost on downs.
- A backward pass or fumble that goes out-of -bounds between the goal lines belongs to the team last in FLAG FOOTBALL 6 possession at the out-of bounds spot. If out-of bounds behind a goal line, it is a touchback or safety.
- If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble. ☒
- All players are eligible to catch a pass.
- A forward pass is illegal:
  - If the passer’s foot is beyond the line of scrimmage
  - If intentionally thrown to the ground or out-of-bounds to save loss of yardage
  - If there is more than one forward pass per down
- The line of scrimmage remains throughout the play. A team may advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt.
- If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of bounds, unless an opponent’s contact causes him/her to first touch out-of bounds.




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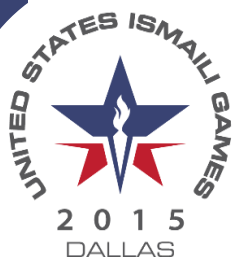
- If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
- A loss of ball simultaneously with returning to the ground is not a catch or interception.
- A player may, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided he/she has not touched the ground yet.

#### **PASS INTERFERENCE**

- Pass Interference – Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when two (2) or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
- It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the line of scrimmage.
  - Offensive Pass Interference - after the ball is snapped, and until a receiver has touched it, there shall be no offensive pass interference beyond the line of scrimmage.
    - **Penalty: Offensive Pass Interference, ten (10) yards from previous spot, loss of down**
  - Defensive Pass Interference - after the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.
    - **Penalty: Defensive Pass Interference, ten (10) yards from previous spot, automatic first down**
  - Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion.
    - **Penalty: Roughing the Passer, ten (10) yards, automatic first down**

#### **RUNNING AND FLAG BELT REMOVAL**

- Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
  - Players must have possession of the ball before they can legally be deflagged.
  - When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.




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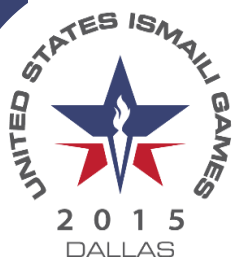
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- In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
- A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
- Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
- A player may leave his/her feet when trying to remove the flag. ☒
- Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
  - **Penalty: Defensive Holding, ten (10) yards from spot** ☒
- Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.
  - **Penalty: Flag guarding, ten (10) yards from the spot of the penalty**
- Face Guarding – A defensive player may not use their arms and hands to obstruct the receiver’s view of the ball intentionally.
  - **Penalty: Face guarding, ten (10) yards, automatic first down**
- Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm that includes the use of a “stiff arm” to flag guard.
  - **Penalty: Stiff Arm, ten (10) yards from the spot of the penalty**
- Helping the runner – A player shall not grasp, pull, push or aid any teammate runner
  - **Penalty: Helping the Runner, five (5) yards from spot of the penalty**

#### **BLOCKING**

- Offense Blocking – The offensive blocking shall take place without contact. The blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal.
  - **Penalty: Personal Foul, ten (10) yards from the spot of the penalty**
- Interlock Blocking – Teammates of a runner or passer may interfere for him/her be screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. ☒




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- Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player. ☒
  - **Penalty: Personal Foul, ten (10) yards from previous spot**
- Downfield blocking beyond the line of scrimmage by offensive team is NOT allowed.
  - **Penalty: Personal Foul, ten (10) yards from previous spot**

## ENFORCEMENT OF PENALTIES

### CAPTAINS CHOICE

- When a foul occurs during a live ball, the referee shall notify both captains at the end of the down.
- The referee shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him/her the number of the ensuing down, distance to be gained, and status of the ball for each available choice.
- The distance penalty for any foul may be declined.
- If the penalty is declined or if there is a double foul, there is no loss of distance. A captain's choice of options may not be revoked.

### LIVE BALL FOULS

- Any live ball foul is penalized according to the all-but one enforcement principle, except:
  - A foul that occurs simultaneously with the snap or free kick is penalized from the previous spot
  - A non-player foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot

### DEAD BALL FOULS

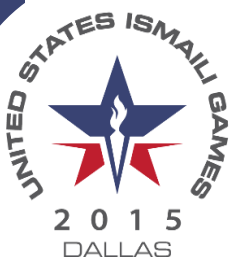
- When a foul occurs during a dead ball either between downs, before a snap, or free kick, the officials shall not permit the ball to become live.

### ESTABLISH ZONE-LINE-TO-GAIN

- On a live ball foul mark off the penalty yardage first, then establish the zone line to gain. However, with a dead ball foul, establish the zone line to gain first, and then mark off the penalty yardage.

### ALL-BUT-ONE PRINCIPLE

- Enforcement philosophy that is based on a team is given the advantage of the distance that is gained without assistance of a foul. It is assumed that the only foul that would give this aid is a foul by the offense behind the basic spot. Therefore, all fouls except




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this one, which is a foul by the offense behind the basic spot, are penalized from the basic spot. This one foul is penalized from the spot of the foul.

#### **LOOSE BALL PLAY**

- If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot either the spot of the snap or the free kick.

#### **RUNNING PLAY**

- If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends.

#### **HALF THE DISTANCE**

- A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.

#### **SAFETY / GOAL LINE**

- If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from or behind its goal line, which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot, which is now the basic spot, is on or behind the offended team's goal line any measurement is from the goal line.

#### **FOUL ON A SCORE**

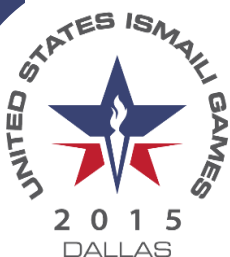
- If there is a player foul by the offensive team other than unsportsmanlike or non-player during a down that results in a successful touchdown or try, the acceptance of the penalty nullifies the score.
- If there is a player foul by the defensive team, other than unsportsmanlike or non-player, during a down that results in a successful touchdown or try, the penalty is automatically declined

#### **FOUL PRIOR TO A TRY**

- When a foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is at the succeeding spot where the ball will be next snapped for the try, usually the three (3) or ten (10) yard line.

#### **DOUBLE FOUL**

- It is a double foul when both teams commit fouls, other than unsportsmanlike or non-player, during the same live ball period in which:
  - There is no change of possession
  - There is a change of possession, and the team in possession at the end of the down fouls prior to final change of possession
  - There is a change of possession and the team in final possession accepts the penalty for its opponent's foul



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- In all three (3) scenarios above, the penalties cancel and the down is replayed.
- EXCEPTION: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponents foul(s), other than unsportsmanlike or non-player

#### **MULTIPLE LIVE BALL FOULS**

- When two (2) or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike or non-player conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct or non-player fouls are administered from the succeeding spot as a dead ball foul.

#### **MULTIPLE DEAD BALL FOULS**

- Penalties for dead ball fouls are administered separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Penalize all unsportsmanlike and non-player fouls separately.

## **CONDUCT OF PLAYERS AND OTHERS**

### **UNSPORTSMANLIKE CONDUCT**

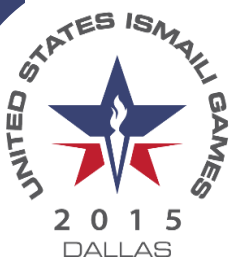
- No player shall commit non-contact acts during a period or intermission.
- Examples include, but are not limited to:
  - Any acts of unfair play
  - Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements
  - Intentionally kicking at any opposing player
  - Intentionally swinging an arm, hand or fist at any opposing player

### **DEAD BALL PLAYER FOULS**

- Intentionally kicking the ball
- Spiking the ball into the ground
- Throwing the ball high into the air

### **PROHIBITED ACTS**

- There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules.
- Examples include, but are not limited to:
  - Attempting to influence a decision by an official
  - Disrespectfully addressing an official
  - Indicating objections to an official's decision




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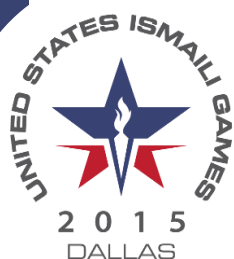
- Holding an unauthorized conference, or being on the field illegally
- Using profanity, insulting or vulgar language or gestures
- Intentionally contacting a game official physically during the game by persons subject to the rules

#### **PERSONAL FOULS**

- No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:
  - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession
  - Trip an opponent
  - Contact an opponent who is on the ground
  - Throw the runner to the ground
  - Hurdle any other player
  - Contact an opponent either before or after the ball is declared dead
  - Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules
  - Deliberately drive or run into a defensive player
  - Clip an opponent
  - Tackle the runner

#### **FREQUENTLY ASKED QUESTIONS (FAQs)**

- Are handoffs allowed?
  - Yes, handoffs are allowed. The quarterback is also allowed to run with the ball. ☐
- Can you return an interception?
  - Yes, an interception can be returned.
- Can you return a point after try?
  - Yes, you can return a point after try and it is worth three (3) points.
- If you rush the quarterback, knock the ball away and get it in your hands, can you run with it or is it just a dead ball?
  - As long as the ball does not touch the ground, a ball thrown can be caught and advanced, whether it is the defense or offense. If the ball touches the ground, it cannot be advanced; the ball is dead where the ball touches the ground. There is no change of possession unless it is on fourth down and the ball has not advance beyond the line to gain.
- How would you get a foul? Are a foul and a penalty the same thing? What happens with time?

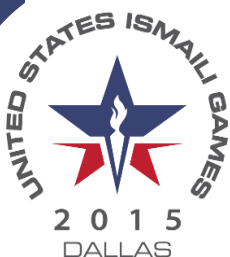



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- Fouls and penalties are the same thing. A penalty/foul committed as time runs out by the defensive team can be replayed with no time on the clock. The penalty yardage will apply. An offensive penalty will not be replayed. A touchdown scored with no time left will be given the opportunity to try an extra point if it can change the outcome of the game.
- What is a touchback?
  - A ball downed in the end zone. The ball will be brought out to the twenty (20) yard line for the next play. ☐
- What is offsetting?
  - When both the offensive and defensive teams commit penalties on the same play, the penalties will be offset and cancel each other out. The down will be replayed.
- What is a shift?
  - A shift occurs when you change your formation on the line of scrimmage due to a play change.
- Can you advance a muffed punt?
  - No a muffed punt cannot be advanced. If the player receiving the punt bobbles and drops the ball, the ball is dead at the spot where the ball hit the ground for the receiving team.



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