

ISC Flag Football League Section 1: The Game

1. At the start of the game both teams will meet in the middle of the field for a coin toss to determine who shall start with the ball. (Based on the schedule, the away team will have choice)
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of directions. Teams may not choose to defer in the second half.
3. The offensive team takes possession of the ball at its 2 yard line and has (4) plays to cross the midfield. Once a team crosses midfield, they have (3) plays to score a touchdown.
4. If the offense fails to score or convert a first down, the ball changes possession and the ball changes and the opposition on the offense's 2-yard line.
5. All possession changes, except for interceptions, start on the offensive 2 yard line.
6. Teams change sides after the first half. Possession changes to the team that started the game on defense.

ISC Flag Football League Section 2: Important Terms

Boundary Lines	The outer perimeter lines around the field. They include the sidelines, and the back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
First Down Line	The midfield line the offense must pass to get a first down.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent them from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by block the pass.
Downs 1-2-3-4	The offensive team has four downs to advance the ball ,
Live Ball	The time that the play is in action.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made ab an official using a whistle that signifies the end of a play or stop in the game, halftime, timeout, and end of the

	game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	The movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
Flag Guarding	An act by the ball carrier to prevent a defender from pulling the ball carrier's flag by stiff arm, lowering elbow or head, or by blocking access to the runner's flag with a hand or arm
Unsportsmanlike Conduct	A rude, confrontational, or offensive behavior or language

ISC Flag Football League Section 3: Eligibility

1. All players' legal guardians must agree on the waiver from at ISC for the specific league before participating

ISC Flag Football League Section 4: Equipment

1. ISC provides each player with a flag belt and jersey. Teams will use the football provided by ISC
2. Players must wear shoes, or turf shoes. Football cleats are not allowed.
3. Players may wear gloves, elbow pads, knee pads, and a mouth guard.
4. Players must remove all watches, earrings and any other jewelry that the officials deem dangerous hazardous.
5. Player's' jersey must be tucked into pants if they hang below the belt line, flags must be over shirt and shorts at all time.

ISC Flag Football League Section 5: Field

1. The field dimension are 20 yards by 55 yards with two 5 yard end zones, and a midfield line-to-gain. No-Run Zones precede each line to gain by 5 yards.
2. No-Run-Zones are placed to prevent teams from conducting power run plays (Player Safety). While in the No-Run-Zone, teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. If a team did not use their run play before entering the endzone, a run play may be used in the No-Run-Zone for an extra point conversion.
4. Each team approaches two No-Run-Zones each drive

End Zone

↑ No Running Zone

No Running Zone ↓

Midfield

↑ No Running Zone

No Running Zone ↓

End Zone

ISC Flag Football League Section 6: The Roster

1. Teams rosters will be selected by the ISC.
2. Teams must start a game with a minimum of five players.(Six players on the field at a time per team) In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.

ISC Flag Football League Section 7: Timing and Overtime

1. Each team will have 60min running clock turf time.
 - 15min Practice and Warm Up
 - 20min Halves of play
 - 3min Half Time
2. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of game penalty is enforced.
3. Officials can stop the clock at their discretion
4. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.
5. If the score is tied at the end of 40 minutes, the game should be determined a tie. In a tournament or playoff situations, an overtime period will be used to determine a winner. The rules of OT is as follows:
 - a. Each team is allowed a minimum of one possession. The only exception is if the first offensive team throws an interception, In this case, the game ends with the intercepting team winning.
 - i. First possession choice goes to the winner of regulation coin toss
 - ii. Each team gets a minimum of one possession
 - b. All regulation rules and penalties are in effect.
 - c. There are no timeouts.
 - d. Each team will be scored based on yardage gained or points scored:
 - i. Yardage gained- each team will be given on complete series to drive as the field as far as they can. The yardage gained will be noted by the official. The team with the most yards gained wins. If both teams score touchdowns and complete the same amount of points in conversions, then the process is repeated.
 1. In the case of an interception, the ball will be marked at either the line of scrimmage or the point where the defender's flags were pulled, whichever is more advantages to the defense.
 2. If Team B intercepts the ball and returns it for a touchdown , Team B wins.
 - ii. Scoring- Same as regulation. The team with the most wins.

1. Winning through yardage is the same as winning by 6 points for tie breaker purposes.

e. Change of possession

i. Change of possession takes place when Team A's forward progress is halted on downs or scores a touchdown.

ii. Team B take possession on the same 5 yard line as Team A and advances in the same direction. Team B begin on the 5 yard line regardless of whether or not Team A's possession ended in an interception.

7. Each team is given one 60 sec timeout per game.

ISC Flag Football League Section 8: Scoring

1. **Touchdown:** 6 points

2. **PAT (Points After Touchdown)** 1 point (5-yard line) or 2 points (10-yard line)

a. A team that scores a touchdown must declare whether it wishes to attempt a 1 point or 2 point conversion. Conversion points if intercepted can not be returned.

3. **Safety:** 2 points

a. A Safety occurs when the ball carrier is declared down in his/her own endzone. They can be called down when their flags are pulled by a defensive player, their flag falls out, or hit the ground with one knee and elbow. A safety can also occur if an offensive penalty takes place in the offensive end zone.

4. **Mercy Rule:** After one team is winning by 35 points or more, the losing team gets one offensive series to continue regulation play. If they do not score, the game goes into scrimmage play for the rest of the time remaining in the second half.

ISC Flag Football League Section 9: The Coaches

1. Coaches are hand selected by ISC, they typically have years of coaching experience at the youth, middle, and high school level. Parents are encouraged to support the coach at all time and may assist in practice.

2. Coaches are allowed on the field to direct players accordingly. Coaches must move to the sideline or "out of the play" before the snap of the ball.

3. Coaches will be a shining example of proper conduct and sportsmanship at all times.

ISC Flag Football League Section 10: Live/Dead Ball

1. The ball is live at the snap of the ball and will remain live until a whistle is blown.

2. The official will indicate the neutral zone and the line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their player to move back behind the line of scrimmage.
3. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
4. Substitutions may be made on any dead ball.
5. Any official can call a play dead because of the following:
 - a. The ball hits the ground
 - b. The ball carrier’s flag is pulled
 - c. A touchdown, PAT, or safety is cored
 - d. A ball carrier’s knee or arm hits the ground
 - e. The ball carrier’s flag falls out.
 - f. The receiver catches the ball while in possession of no flags
 - g. The 10 second (younger kids) 7 second (older kids) pass clock expires
 - h. Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.

6. In case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew and the down is consumed
 - b. Replay the down from the original line of scrimmage.

ISC Flag Football League Section 11: Running

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.
2. The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the backfield, but cannot advance the ball beyond the line of scrimmage. The quarterback is the only offensive player that can receive the snap.
3. Only direct hand offs behind the line of scrimmage are permitted.
4. No laterals or pitches of any kind.
5. The player who takes the handoff may throw the ball from behind the line of scrimmage
6. Once the ball has been handed off in front, behind, or to the side of the quarterback, all defensive players are eligible to rush.

7. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid the flag pull is considered guarding
8. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motions to agance the ball is not permitted. Lateral cuts are fine.
9. Runners may jump in the air to avoid a collision and no penalty will be enforced.
10. No blocking or "screening" is allowed at any time.
11. Flags that are obstructed ie " shirt not tucked in correctly" may be considered flag guarding.

ISC Flag Football League Section 12: Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
2. The quarterback has a 7 or 10 second clock (depending on their league) to throw a pass. If a pass is not thrown in that time period the whistle is blown and the play is considered dead.
 - a. If the quarterback is standing in their offensive end zone at the end of the dead play the ball will be returned to the line of scrimmage and the team will receive a loss of down. No safety.

ISC Flag Football League Section 13: The Receiving

1. All players are eligible to receive passes.
2. Only one player is allowing in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. Incase of a simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
4. Interceptions change the possession of the ball at the point of interception.

ISC Flag Football League Section 14: Rushing the Passer

1. All players who rush the passer must be a minimum of 3 yards from the line of scrimmage when the ball is snapped. Any numbers of player can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
 - a. A player may rush once every 4 downs
2. Once the ball is handed off the 3 yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
3. The official will designate a rush line each play.
4. A penalty may be called if:

a. The rusher leaves the rush before the snap crosses the line of scrimmage. Before a handoff or pass

b. Any defensive player crosses the line of scrimmage before the ball is snapped.

(Offsides)

c. Any defensive player. Not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off.

d. Teams are not required to rush the quarterback.

e. Teams are not required to identify their rusher before the play, if they send a rusher, the

Rusher must verify with the official that they are in the correct position.

5. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass then making contact with the passer will result in a roughing the passer penalty.

6. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

7. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.

a. A Safety is awarded if the sack takes place in the offensive team's end zone.

ISC Flag Football League Section 15: The Flag Pull

1. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.

2. The Defender can not attempt to strip or pull the ball from the ball carrier's possession at any time.

3. If the player's flag falls off during the play, the player is down immediately upon possession of the ball and the play ends.

4. A defender can not pull the flag off of a player who does not have possession of the ball.

6. Flag guarding will result in a penalty for the offense.

ISC Flag Football League Section 16: Formations

1. The offense must have a center and 4 receivers on the line of scrimmage. The quarterback must be off the line of scrimmage.

a. One player at a time may go in motion 1 yard behind and parallel to the line of Scrimmage

b. No motion is allowed towards the line of scrimmage

2. Offensive players must come to a complete top for one second before the ball is snapped unless he/she is the only player in motion.

3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

4. The ball must completely leave the centers hands.

ISC Flag Football League Section 17: Unsportsmanlike Conduct

1. If the official witnesses any act of intentional tackling, elbowing, cheap shots, speech, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. There is no appeal for this. Integrity, Sportsmanship, and Character will be shown on the field at all times. **(ISC)**

ISC Flag Football League Section 18: Major Penalties

General

1. The official will call penalties
2. The official determines what is considered incidental contact.
3. All penalties are taken from the line of scrimmage unless it is a spot foul.
4. Penalties will be assessed by half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

i. Spot Fouls

Defensive Pass Interference	Automatic First Down
Holding	+5 yards & Automatic First Down
Stipping	+5 yards & Automatic First Down
Defensive Unnecessary Roughness	+10 yards & Automatic First Down
Charging	-5 yards & Loss of Down
Flag Guarding	-10 yards & Loss of Down
Offensive Unnecessary Roughness	-10 yards & Loss of Down

ii. Defensive Penalties

Offside	+5 yards from the line of scrimmage & Automatic First Down
Illegal Rush	+5 yards from the line of scrimmage & Automatic First Down
Illegal Flag pull	+5 yards from the line of scrimmage & Automatic First Down
Roughing The Passer	+10 yards from the line of scrimmage & Automatic First Down

Taunting	+10 yards from the line of scrimmage & Automatic First Down
Defensive Pass Interference	SPOT FOUL, Automatic First Down
Holding	SPOT FOUL, +5 yards & Automatic First Down
Defensive Unnecessary Roughness	SPOT FOUL + 10 yards & Automatic First Down

iii. Offensive Penalties

Offside/ False Start	-5 yards from the line of scrimmage & Loss of Down
Illegal Pass	-5 yards from the line of scrimmage & Loss of Down
Offensive Pass Interference	-5 yards from the line of scrimmage & Loss of Down
Illegal Motion	-5 yards from the line of scrimmage & Loss of Down
Delay of Game	-5 yards from the line of scrimmage & Loss of Down
Flag Guarding	SPOT FOUL - 10 yards & Automatic First Down
Offensive Unnecessary Roughness	SPOT FOUL - 10 yards & Automatic First Down