



**NORTH AMERICAN
ISMAILI GAMES**

FLAG FOOTBALL RULEBOOK

INTRODUCTION

The North American Ismaili Games (NAIG) is a premier regional sporting event that brings together athletes from across North America in a spirit of excellence, sportsmanship, and healthy competition, aligned with international standards.

Beyond competition, NAIG serves as a platform for unity, belonging, and shared growth—fostering meaningful connections and collective pride across regions. The Games are designed to be inclusive and accessible, enabling participation across age groups, skill levels, and regions.

NAIG also promotes lifelong active living and continuous improvement, while extending its impact through complementary programming such as development clinics, leadership forums, mentorship, and community engagement.

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 a maximum of fifteen (15) are allowed on a roster.

Playing time shall be forty (40) minutes divided into two (2) halves of twenty (20) minutes each. The intermission between halves shall be five (5) minutes. When overtime is required, there will be a three (3) minute intermission.

Each team is entitled to two (2) charged timeouts per half. The referee shall declare timeout when he/she suspends the play for any reason. Each timeout shall be charged either to the referee or one of the teams.

At the beginning of the game, after halftime, and after a score, the offense starts their possession at the fourteen (14) yard line.

Each team is given four (4) downs to pass the zone-line-to-gain or end zone.

The ball can be snapped between the legs of the center or sideways, as long as the feet of the center do not pass the nose of the ball and the ball is touching the ground. When the ball is snapped, it is allowed to bounce one (1) time in front of the quarterback. The second bounce declares the play dead. If it bounces behind the quarterback, it's declared a dead ball.

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.

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).

FOOTBALL

Teams are allowed to supply their own football. All footballs will be inspected by officials prior to each game. Footballs should meet the following regulations:

Approximately 11 to 11.25 inches in length, with a circumference of roughly 28 inches on the long side of the ball and 21 inches on the short side.

JERSEYS AND APPAREL

All players participating must wear the uniforms provided by the NAIG 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 NAIG National Sports Team.

Players are not allowed to alter the uniforms that are provided by the NAIG.

Proper shoes (cleats) must be worn at all times. Metal cleats are not allowed, and constitute grounds for disqualification of the whole team.

If a player is not wearing the proper attire, they will not be allowed to take the court.

It will be at the referee's discretion to determine whether a player can rejoin play after the player has corrected their attire.

Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his or her shorts inside out or tape his or her pockets in order to play.

REFEREE'S DECISION

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 NAIG National team has the right to adjust the schedule, rules, length of the game or any other game conditions for scheduling purposes.

OFFICIAL RULES

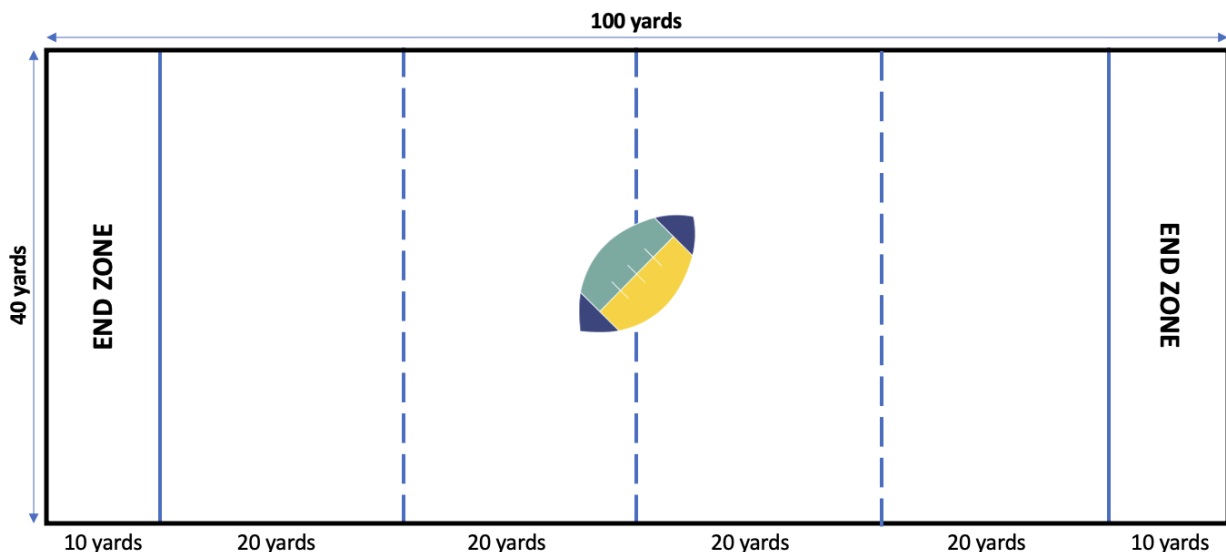
The game should be played between two (2) teams of seven (7) players. Five (5) players are required to avoid a forfeit.

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 the 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 (3), ten (10) and twenty (20) 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 is given 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 ahead of the ball, unless distance has been lost due to a penalty or failure to gain. In such a case, the original zone ahead 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 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 conduct.

METHOD OF SCORING

Touchdown

All touchdowns are worth six (6) points.

A touchdown shall be scored when a legal forward pass is completed, a fumble or backward pass is caught behind the opponent's goal line, or 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 one (1) point from the 3-yard line, 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), ten (10) or twenty (20) 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 offensive 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).

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 gets to choose whether to start the game on offense or defense.

The team losing the coin flip will choose which end of the field they wish to defend.

Length of Game

Playing time shall be forty (40) minutes, divided into two halves of twenty (20) minutes each. The intermission between halves shall be five (5) 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 if, 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 is 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 eighteen (18) minutes unless it is stopped for:

Team timeout (clock resumes on the snap of the next play)

Referee's timeout (clock resumes on the 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 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 two (2) minutes 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 timeout
Fair Catch
Penalty and administration
Referee's Timeout - 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 the event that a playoff game ends in a tie score, (regular season does not have overtime) 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 from 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 opposing twenty (20) yard line. The objective 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 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 timeout per overtime period.

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.

Timeouts

Each team is entitled to two (2) charged timeouts per half. The referee shall declare timeout 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 timeout when a team is illegally conserving time and administer a five-yard penalty.

The referee may declare an official's timeout for any contingency not covered elsewhere by the Rules.

Coach-Referee Conference - When a team requests a charged timeout for a misapplication or misinterpretation of a rule, the referee will confer with the field manager 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 into 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 obviously unfair tactics.

Penalty: Delay of Game, five (5) yards from previous spot

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 scrimmage 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.

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.

The ball will be dead at the spot it stops moving or is touched down by the kicking team (if a return by the receiving team is not attempted), and the receiving team will take over possession.

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 the 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 canceled.

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

The ball can be snapped between the legs of the center or sideways, as long as the feet of the center do not pass the nose of the ball, the ball is touching the ground, and the receiving player is a minimum of 2 yards behind the offensive line of scrimmage.

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

The player who receives the snap must be at least two yards behind the offensive line of 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, or 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 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 that 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 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, it will result in a touchback and the opposing team will assume possession.

All players are eligible to catch a pass.

A forward pass is illegal:

If the passer's foot is beyond the line of scrimmage.

Penalty: Illegal forward pass, ten (10) yards from the spot of the foul

If intentionally thrown to the ground or out of bounds to save loss of yardage, and there is no offensive player within 10 yards of the spot where the attempted pass lands or crosses out of bounds.

Penalty: Intentional grounding, ten (10) yards from the previous spot, loss of down

If there is more than one forward pass per down.

Penalty: Illegal forward pass, ten (10) yards from the spot of the foul

If a player in possession of the football crosses the line of scrimmage, laterals it behind the line of scrimmage, and a forward pass is thrown.

Penalty: Illegal forward pass, ten (10) yards from the spot of the foul

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.

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 an 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, and 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.

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 the 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 by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

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 the offensive team is NOT allowed.

Penalty: Personal Foul, ten (10) yards from the spot of the foul

ENFORCEMENT OF PENALTIES

Captain's 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 offending 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 nonplayer 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 on a 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 this one, which is a foul by the offense behind the basic spot, are penalized from the basic spot. This one foul is penalized at 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 the 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), ten (10) or twenty (2) yard line.

Double Foul

It is a double foul when both teams commit fouls, other than unsportsmanlike or nonplayer, 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

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

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

Illness, Injury and Bleeding

Illness

A player who suffers an illness that involves neither an injury nor bleeding must either continue to play immediately, or the team may use the one (1) thirty (30) second timeout allowed during a set or substitute the player who is ill.

This includes conditions such as a cramp, nausea, breathlessness, and asthma.

A team is declared incomplete if it has fewer than six (6) players on the court and

shall forfeit the match but shall retain any points already scored and any sets already won.

Injury

Should a serious accident occur while the ball is in play, the referee shall stop the set immediately and permit medical assistance to enter the court. The rally will then be replayed.

If the referee is not satisfied that the injury is genuine, s/he must advise the captain/coach to decide whether to resume play immediately, substitute the player or use the one (1) thirty (30) second timeout allowed during a set for recovery

If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally or exceptionally, the player shall be given a three (3) minute recovery time, but not more than once for the same player in the match.

After the three (3) minute recovery time, if the player does not recover, the team may request a legal timeout during the match of thirty (30) seconds. If the player still has not recovered, the team is then declared incomplete.

A team is declared incomplete if it has fewer than six (6) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.

Bleeding

Whenever bleeding occurs, the bleeding must be stopped before the player can continue.

Play shall be suspended immediately, lasting not more than three (3) minutes, and the player shall receive medical treatment.

Play shall not resume until all traces of blood have been removed from the playing surface.

If immediate medical treatment does not rectify the injury, the player must be substituted or replaced until the bleeding is stopped and the blood is removed from his/her uniform.

After the three (3) minute recovery time, if the player does not recover and the player cannot be substituted legally or exceptionally, the team is declared incomplete.

A team is declared incomplete if it has fewer than six (6) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.

Bloodstained clothing must be replaced.

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 before it's thrown, 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 advanced beyond the line to gain.

How would you get a foul? Are a foul and a penalty the same thing? What happens with time?

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 fourteen (14) 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.

Does the position of the BALL or the FLAG determine the spot where the runner is down for a first down or touchdown?

The position of the BALL determines the spot where a runner is down. If the flag is pulled prior to the ball being extended out towards first down line/goal line, the runner would be deemed short.

If a player's shirt becomes untucked over the flag/belt, will a holding penalty still be enforced on that play?

If a player's shirt becomes untucked, holding penalties where the shirt is pulled during the play is NOT enforced.

Is it legal to rush the quarterback and knock it out of their possession to cause a fumble?

It is NOT legal for a defender to forcefully knock the ball out of the quarterback or runner's hands to cause a fumble.

For all other issues not addressed in these Laws of Flag Football, please refer to The United States Ismaili Games General Rules and Regulations.