**Roster Size:**

1. **All Independent Developmental Football League (IDFL) Teams can have no more than 46 total players on the roster during both the spring & fall seasons, with the rosters being made up in several ways:**
	1. The previous years' players (if they are selected again, having not been signed any professional gridiron football team).
	2. Players that went undrafted in the previous NFL, NFDL, or CFL Drafts.
	3. Players without any professional contract.
	4. International athletes looking to play professional gridiron football (Team International only).
	5. All players are considered active.
2. All players must register by January 15th (for the Spring Season) or September 15th (for the Fall Season).
3. **The composition of the teams are as follows:**
	1. East (Blue) = players from states east of the Mississippi River.
	2. North (Purple) = players from states north of Kentucky’s southern border (i.e. the Missouri Compromise line).
	3. South (Brown) = players from states south of Kentucky’s southern border (includes California to allow for more players).
	4. West (Red) = players from states west of the Mississippi River.
	5. Internationals (Grey) = players from outside the US (including Canada).
	6. All domestic players can play for multiple teams (i.e. a player from Indiana can play for either the East or North teams).

**Regular-Season Structure:**

## Both:

1. **The IDFL Season is a 5-week season starting on either 1) the last weekend of March & ending on the last weekend of April (Spring Season) or 2) the last weekend of November & ending on the last weekend of December (Fall Season):**
	1. Each team plays 4 games in a round-robin format (1 game against all other teams with 1 bye week).
	2. All games must be played on either Saturday or Sunday at either 1:30pm CST or 4:30pm CST (2:30pm EST or 5:30pm EST).
	3. All games must be held in cities without a professional football (i.e. NFL or NFDL) team.
	4. Example schedule (2020) = March 28-April 26 (Spring) or November 28-December 26 (Fall).
2. IDFL games will no longer have any overtime periods.
3. **The games are more like showcases for professional scouts in the other leagues during the spring & fall months:**
	1. The National Football League (NFL) & National Football Development League (NFDL) can only sign players from the Spring season, while the Canadian Football League (CFL) & the Arena / Indoor Football Leagues can only sign players from the fall season.
4. All teams will practice in local high school and/or middle school stadiums before the school day is completed.
5. **"Mercy" Rule:**
	1. If a team has at least a 28-point lead at the start of the 4th quarter, the game is automatically called as a win for the team with the lead.
6. **Bonus Points System:**
	1. 4 points for winning a game.
	2. 2 points for drawing a game (i.e. both teams get 2 points).
	3. 0 points for losing a game.
	4. 1 bonus point for losing by 8 points (or fewer).
	5. 1 bonus point for scoring at least 4 touchdowns.
	6. 1 bonus point for scoring at least 3 more touchdowns than the opponent.
	7. 3 bonus points for winning all 4 games.
	8. *At the end of the regular season, the team with the best regular-season record (i.e. highest point total) is awarded the Brian Woods Spring/Fall Trophy:*
		1. The Brian Woods Spring/Fall Trophy winner is the champion of the IDFL, like the practice of the top European soccer leagues in which the team with the best regular-season record is the champion.
		2. The trophy can just be a certificate in a frame.
	9. *Tie-breaker - If only two teams are level on league points:*
		1. Most wins.
		2. *The team that won the head-to-head match (if applicable) is ranked first:*
			1. If this game was a draw, then the team with the more wins is ranked first.
		3. Point difference (PD) = is the number of goals (or points) scored in all league matches minus the number of points conceded.
		4. Points for (PF) = is the total number of points scored by a team over the course of the regular-season.
		5. Points against (PA) = is the number of goals scored against them by their opponents over the course of the regular-season.
		6. Fewest disciplinary actions.
		7. Strength of schedule = two-third (66 2/3%) for the opponent's record and one-third (33 1/3%) for the opponents' opponents record.
		8. Total number of points scored on the road.
		9. Road point difference.
		10. Total number of points scored @ home.
		11. Home point difference.
		12. If still identical, a play-off is required.
		13. Coin toss (2 teams) or drawing of lots (at least 3 teams).

## Spring:

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| --- |
| **2020 Spring Season (IDFL) Example:** |
|  | **Round #1:** | **Round #2:** | **Round #3:** | **Round #4:** | **Round #5:** |
| **Date:** | *March 28-29* | *April 4-5* | *April 11-12* | *April 18-19* | *April 25-26* |
| **Game #1 (Saturday):** | East vs West | East vs South | South vs Internationals | North vs Internationals | North vs West |
| **Game #2 (Sunday):** | North vs South | West vs Internationals | East vs North | South vs West | East vs Internationals |
| **“Bye” Team:** | Bye - Internationals | Bye - North | Bye - West | Bye - East | Bye - South |

1. **The Spring Season will be rotated among the following:**
	1. Rice–Totten Stadium *(10,000)* in Itta Bena, Mississippi.
	2. Kelly Reeves ISD Athletic Complex *(11,000)* in Round Rock, Texas.
	3. Johnson Hagood Stadium *(11,332)* in Charleston, South Carolina.
	4. Golden Lion Stadium *(16,000)* in Pine Bluff, Arkansas
	5. University of Charleston Stadium *(18,500)* in Charleston, West Virginia.
2. The players must report to the host site by the end of February.

## Fall:

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| --- |
| **2020 Fall Season (IDFL) Example:** |
|  | **Round #1:** | **Round #2:** | **Round #3:** | **Round #4:** | **Round #5:** |
| **Date:** | *November 27-28* | *December 4-5* | *December 11-12* | *December 18-19* | *December 24 & 26* |
| **Game #1 (Saturday):** | East vs West | East vs South | South vs Internationals | North vs Internationals | North vs West |
| **Game #2 (Sunday):** | North vs South | West vs Internationals | East vs North | South vs West | East vs Internationals |
| **“Bye” Team:** | Bye - Internationals | Bye - North | Bye - West | Bye - East | Bye - South |

1. **The Fall Season will be rotated among the following:**
	1. The DakotaDome *(10,000)* in Vermillion, South Dakota.
	2. Alex G. Spanos Stadium *(11,075)* in San Luis Obispo, California.
	3. Holt Arena *(12,000)* in Pocatello, Idaho.
	4. Alerus Center *(12,283)* in Grand Forks, North Dakota.
	5. The UNI-Dome *(16,000)* in Cedar Falls, Iowa.
2. The players must report to the host site by the end of October.

**New Gameplay Rules:**

## Both:

1. Both seasons will use the standard dimensions for a NCAA or NFL field.
2. It shall be the responsibility of the home team to have a qualified physician in attendance 15 minutes before, during and available after the game.
3. All coaches must remain on the field in the coaching area during the conduct of the game. No phones are permitted for use.
4. **Equipment Rules:**
	1. All players are required to wear knee pads and pants that cover the knees.
	2. *All players are allowed to wear custom cleats as long as they don’t say anything discriminatory:*
		1. i.e. racism, sexism, homophobia, ableism, etc.
	3. Mouthguards are mandatory for all players.
	4. *All players must also wear either of the following:*
		1. [Sensors designed to detect hard hits](https://www.youtube.com/watch?v=Twiz9D4n8gU) in their helmets, and any player that receives the beep must come out for at least 1 play while the medical staff examines them for concussions.
		2. Helmets [designed to crumple](https://youtu.be/4bMOMf3S_EA) upon impact.
		3. The single-bar face mask is now allowed for all players.
5. **Having full-contact practices twice in the same day is prohibited during the preseason, regular-season, & postseason:**
	1. *All teams are allowed no more than 1 full-contact practices each week during the regular season & post-season:*
		1. While players still wear helmets, they no longer wear shoulder pads and other protective gear in in non-contact practices.
		2. There are no limits for practices with robotic tackling dummies
	2. All teams can still have 2-a-days, but the extra session has to be either film study, weight lifting, or a [walkthrough](https://www.youtube.com/watch?v=wGsDlxdYU58).
	3. No conditioning can take place at the walkthrough, and players can’t be in helmets or shoulder pads unless the tackling involves [robotic tacking dummies](https://www.youtube.com/watch?v=TRdH6s1dxnI).
6. **All players must weigh no more than 300lb / 136.078 kg at any time during the regular season (both Spring & Fall):**
	1. There is a $2,000 fine for anyone over the weight limit for every week they are overweight.
7. **Kicking Rules:**
	1. The kicker & punter positions will be merged into one (i.e. having one player who kicks all of the field goals, punts, & kickoffs).
	2. *All kickoffs will be administered from the kicking team's 25-yard line, as to decrease touchbacks and increase coverage opportunities:*
		1. *Kickoffs may be taken as either:*
			1. A place kick with a tee.
			2. A free kick (as is done after scoring a safety; i.e. like a punt or drop kick).
			3. The scoring team can also elect to run a play from its 35-yard line that must go at least 10 yards to retain possession; If the team fails, then the opposition will start their possession on their own 35-yd line.
		2. *Rules for the kicking team:*
			1. The kickoff team must have 5 players on each side of the ball (5x5 alignment).
			2. At least 2 players must be lined up beyond the yard-line number and 2 players between the inbounds line and the yard-line number.
			3. The kickoff team cannot be lined up more than 1 yard from the restraining line (i.e. the 24-yd line for the kickoff at the 25-yd line).
			4. The kickoff team must remain still until the ball is kicked (with the exception of the kicker).
			5. Once a kickoff passes the 45-yard line, fielding rules became similar to punts in that the kicking team is not allowed to recover and regain possession (except for the kicker & any players behind the kicker).
		3. *Rules for the receiving team:*
			1. 8 players on the receiving team must line up in a 15-yard zone that begins 10 yards from the kickoff line and extends back (i.e. between the kicking team's 50-yard and 35-yard lines; the setup zone) for the possibility of decreasing "high-impact collisions"; only 3 players can remain outside of the setup zone.
			2. Only single & 2-man wedge blocks are permitted; until the ball is touched or the ball hits the ground, no player on the receiving team may cross its restraining line, or initiate a block against the kicking team in the 15-yard area (i.e. blocks can take place anywhere on the field except in-between the 40-yd & 35-yd lines).
			3. Until the ball is touched or the ball hits the ground, no player on the receiving team may cross its restraining line, or initiate a block against the kicking team in the 15-yard area (i.e. blocks can take place anywhere on the field except in-between the 40-yd & 35-yd lines).
	3. The ball must go at least 10 yards before it can be recovered by the kicking team.
	4. All players are prohibited from leading with the crowns of their helmets.



* 1. *The No-Yards Rule (adopted from the CFL):*
		1. Like in the CFL, punts & kicks are allowed at any point of time in the game (i.e. any player can kick the ball at any time, including kickoffs).
		2. *All punt or kickoff coverage teams must give a 5-yard empty zone around the opposing receiver until he has received the ball.*
			1. Kick or punt receivers must field all kicks and punts, with no exceptions (i.e. Fair catches are not recognized).
			2. All of the players offside at the time of the kick may neither touch the ball nor be within 5yds of the member of the receiving team who fields the kick.
			3. The penalty for no-yards is 15yds (if the ball is in flight) or 5yds (if the ball has been grounded).
		3. *Any unhandled ball from any place kick or punt may be legally recovered by the kicker or any player behind the kicker at the time of the kick so long as the ball travels at least 10 yards:*
			1. The ball doesn't have to be touched by the receiving team in order for the possession to count.
			2. In such a case, the kicker is exempt from the No-Yards rule. Thus, a player from Team A may punt or kick the ball 40 yards, chase the ball upfield, then recover an untouched ball for a Team A first down. Such instances are rare since the player would have to elude plenty of blocking to reach the ball. When it does happen, this play is highly exciting.
			3. Examples = [Montreal at Toronto - Wild Ending - October 29, 2010](https://www.youtube.com/watch?v=d5BFaykcxGg), [Montreal Alouettes Perfect Fake Field Goal vs. Lions Wk. 11 2012](https://www.youtube.com/watch?v=oDOpTXqKGSI).
		4. The ball is live under almost all circumstances during a legal play within bounds at any time during the game (including if a punt or field goal attempt lands & stays in the end zone) except for incomplete forward passes & successful field goal attempts.
	2. With the exception of a rouge/touchback, kicking/punting the ball out of bounds is a 10yd penalty.
	3. *All teams must do either of the following on 4th downs (spring) or 3rd downs (fall) inside their opponent’s 30yd line:*
		1. Attempt to gain a 1st down.
		2. Attempt to score (either a field goal or touchdown).
		3. Punting on 4th down (spring) or 3rd downs (fall) is not allowed inside the 30yd line unless the defense punts the ball out of desperation, similar to what happened in this [CFL play](https://www.cfl.ca/2017/08/26/internet-loving-bombers-als-punt-off/).
		4. However, teams may punt the ball if the ball is snapped from the 30yd line.
		5. *Key (diagram):*
			1. Blue = punting is allowed.
			2. Red = punting is not allowed.



1. **Passing Rules:**
	1. *A "defenseless player" now includes receivers tracking the quarterback or looking back for the ball, including inside the legal contact (10 yards from the line of scrimmage) zone:*
		1. Bump and run coverage (i.e. defensive backs being allowed to hit wide receivers any time before the quarterback releases the ball as long as the hit comes from the front and/or the side) is only allowed with the first 10yds from the line of scrimmage.
	2. No "Tuck Rule" = If a passer brings his arm forward in a passing motion and then loses possession of the ball as he is attempting to tuck it back toward his body, it is considered a fumble.
	3. The defensive line can only hold up or block a receiver within 5 yards of the line of scrimmage.
	4. *No more than 6 (or 7 with the DH) with the defenders can rush the passer:*
		1. The penalty for violating this rule is illegal defense (signaled as unsportsmanlike conduct), with a 10-yard penalty and a first down.
	5. *All players behind the line of scrimmage will be eligible receivers, including those on the offensive line:*
		1. i.e. eliminating the "illegal touching of a forward pass" penalty at other levels of the game.
		2. Offensive linemen would still be prohibited from advancing downfield before a forward pass that crosses the line of scrimmage is in the air.
	6. Illegal contact on a receiver is still eligible to be a play coaches can challenge (and send to video review).
	7. *If a defender goes to press a receiver on the outside, and his hand happens to make its way up into the facemask of the offensive player, it’s a 5-yard penalty:*
		1. However, this will no longer result in an automatic first down.
	8. *Pass Interference Rules:*
		1. Team A’s ball at the spot of the foul, first down (if the foul occurs fewer than 10 yards beyond the previous spot).
		2. Team A’s ball, first down, 10 yards from the previous spot (if the foul occurs 10 or more yards beyond the previous spot).
2. **Prior to the snap of the ball:**
	1. All offensive & defensive backfielders and receivers, except the quarterback & designated hitter, are allowed unlimited motion if they remain more than one yard behind the line of scrimmage, but all offensive & defensive linemen must not move.
	2. *There must be at least 5 players on the offensive line of scrimmage & 2 players on the defensive line of scrimmage:*
		1. Formations don’t need to include at least 1 eligible receiver on either side, but may do so.
		2. Defensive linemen must line up immediately opposite the line of scrimmage (i.e. 11” away).
		3. *All offensive & defensive linemen (except for the center) must be in a 2-point stance for all plays where the offense must gain at least 5yds:*
			1. Otherwise, they may be in a 3-point or 4-point stance at the snap.
3. **Tackling & Contact Rules:**
	1. *A 15yd penalty is awarded against the team who commits either of the following:*
		1. *Both types of fouls are called “targeting” fouls:*
			1. Any “forcible contact” to the head or neck area of a “defenseless” opponent. Example of a “defenseless” player are players who:
				1. are in the act of, or having just thrown, a pass (or has just thrown a pick).
				2. are catching a pass or kick (or trying to) and hasn’t had time to become a “ball carrier.”
				3. are in the act of kicking, or has just kicked.
				4. are on the ground, or a player out of the play.
				5. gets blocked from his blind side.
				6. has the ball and has had his forward progress stopped.
				7. has the ball and is sliding or giving himself up.
			2. Leading with the crown of the helmet to make “forcible contact” anywhere (i.e. a head-down hit or spearing).
		2. “Inadvertent” helmet contact won’t be treated as a penalty.
	2. Defensive players are prohibited from leaping over or hurdling the offensive line in an attempt to block field goal or extra point attempts.
	3. The nameplate area of the jersey has been added to the current horse-collar tackle rule.
	4. When a runner now slides feet first, the runner is considered defenseless, and a hit on the runner will result in a targeting penalty (i.e. meaning a 15-yard personal foul will be enforced and the player will be ejected for at least the remainder of the game after the second offense).
	5. Defenders can no longer trip the runner to bring him to the ground; however, this rule does not include defenders attempting to tackle a ball carrier below the waist.
	6. All players who leave the tackle box are prohibited from blocking below the waist toward the initial position of the ball.
	7. All players must practice tackling and blocking without their helmets at least once per week during the season, & at least once every 2 weeks during the offseason.
	8. Players must sit at least 1 game after sustaining a concussion.
	9. *All illegal contact results in just a 5-yard penalty, not an automatic 1st down:*
		1. Within the area 10 yards beyond the line of scrimmage, a defensive player may chuck an eligible receiver in front of him. The defender is allowed to maintain continuous and unbroken contact within the five-yard zone, as long as the receiver has not moved beyond a point that is even with the defender.
		2. Beyond the 10-yard zone, if the player who receives the snap remains in the pocket with the ball, a defender cannot initiate contact with a receiver who is attempting to evade him. A defender may use his hands or arms only to defend or protect himself against impending contact caused by a receiver.
	10. *The Designated Hitter (DH) Rules:*
		1. *The Designated Hitter (DH) is an extra defensive back that has to start the play at least 15 yards away from the line of scrimmage:*
			1. i.e. an additional 12th player on the field for the defense (the yellow player on the diagram).
			2. The DH must be in either a 3-point or 4-point stance prior to the snap.
			3. They are not allowed unlimited motion prior to the snap like the other offensive & defensive backfielders.
			4. They can only blitz the QB unless they pass and/or hand off the ball to another player.
			5. Only defensive backs (i.e. safeties & cornerbacks) can be designated as the DH.
		2. *They can only be played on 3rd downs, & no one’s allowed to block them until any of the following occurs:*
			1. They reach the original line of scrimmage.
			2. The QB leaves the pocket.
			3. The QB passes and/or hands off the ball to another player.
			4. The QB fumbles the ball.
4. **All players (both offensive & defensive) get a max of 4 fouls (i.e. flags) per game:**
	1. *Referees are required to announce how many penalties each player has committed, & keep notes on which players have committed fouls (preferably on a little notebook):*
		1. Example = “Pass Interference. Defense, #40. That is his 1st/2nd/3rd/4th foul. The ball will be placed at the spot of the foul, automatic first down”.
	2. 1st = warning (Blue Card).
	3. 2nd = sent off the field for the next 4 plays or the end of the current possession (whichever comes first) with a substitute (Yellow Card).
	4. 3rd = sent off the field for the next 4 plays or the end of the current possession (whichever comes first) without a substitute (Black Card).
	5. *4th = sent off the field for the rest of the game without a substitute for next 8 plays or the end of the current quarter/overtime period (whichever comes first) (Red Card):*
		1. *All players sent off the field are still eligible to start in the next game, unless the player either a) committed a targeting foul and/or b) has 3 straight games of receiving red cards:*
			1. In such a case of committing a targeting foul, such players are ineligible to start the first half of the next game regardless of whether they got ejected for targeting before or after halftime.
			2. In such a case of having 3 straight games of receiving red cards, then the player must be sent down to the NFDL for at least 1 week while an NFDL player takes their spot on the NFL roster.
		2. *All targeting fouls (see above) are still automatic ejections (i.e. red cards) in addition to the 15yd penalty:*
			1. All targeting penalties must be subject to video review. If hit is not deemed to be targeting by the video review, player allowed to stay in the game and yardage not enforced.
5. **Coaching Challenges:**
	1. Each team gets 1 challenge per half.
	2. Coaches can challenge anything, including penalties.
	3. However, coaches will have unlimited challenges if they keep winning them.
	4. The only time he loses the right to challenge a play is if they get one of their challenges wrong.
6. **Scoring System**:
	1. 6 points for a touchdown (TD).
	2. *Conversions or Points After Touchdown (C or PAT):*
		1. 1 point for a kicked convert (or PAT) kicked from the 15yd line (i.e. 25yds out).
		2. 2 points for a passed or rushed conversion (2yds).
		3. 3 points for a passed or rushed conversion (5yds).
		4. 4 points for a passed or rushed conversion (10yds).
		5. All teams can waive "unnecessary" extra point attempts at the end of the game.
		6. All defensive players are prohibited from leaping or hurdling over offensive linemen on field goal or PAT attempts.
		7. On a convert attempt after a touchdown, the defending team may return a missed kick convert to the kicking team's end zone for 1 point, or if the convert was a rush or pass play may return a fumble or interception for 2 points.
		8. *The team being awarded the touchdown has the option of either:*
			1. Scrimmaging from their own 35-yard line (but must gain at least 10yds to retain possession), or
			2. Kicking the ball off from their own 25-yard line (can punt, drop kick, or place kick the ball).
	3. *Field Goals (FG):*
		1. 3 points for a field goal under 50 yards.
		2. 4 points for a field goal 50 yards and longer (the 33yd line must be painted dark gray to symbolize a 4-point line).
		3. If the field goal is missed, but the ball is not returnable after crossing the end line, then it constitutes a rouge/single as long as the attempt was at least 50yds.
		4. On a field goal attempt, the defending team may return a missed field goal to the kicking team's end zone for a Touchdown.
		5. Any punt that [goes through the uprights](https://www.youtube.com/watch?v=NLJZVWkbzEM) will also count as a field goal.
	4. *2 for a Safety Touch (St):*
		1. *A safety is scored when any of the following conditions occur:*
			1. The ball becomes dead in the goal area of the team in possession of the ball, except for an incomplete forward pass. (Examples = ball-carrier runs out of bounds, ball-carrier is tackled/takes a knee, & the ball is fumbled out of bounds).
			2. The ball touches or crosses the dead line or a sideline in goal after having been directed from the field of play into the Goal Area by the team scored against or as the direct result of a blocked scrimmage kick.
			3. The offense commits a foul in its own end zone (examples = the ball carrier is penalized for intentional grounding or an offside pass in his own goal area).
		2. *The team being awarded the 2 points has the option of either:*
			1. Scrimmaging from their own 25-yard line, or
			2. Kicking the ball off from their own 25-yard line (can punt, drop kick, or place kick the ball), or
			3. Having the opposing team kick off the ball from their own 20-yard line (can punt, drop kick, or place kick the ball).
		3. This is different from a Rouge/Single (see below) in that the team scored against begins with possession of the ball & loses possession after the score occurs.
	5. *1 for a Rouge or Single (Ro or Si):*
		1. *A rouge is awarded to a kicking or punting team (Team A) if an opposing player (Team B) either:*
			1. Catches or recovers a punt or missed field goal in their own end zone but is prevented by Team A from returning the ball back out onto the field of play,
			2. Elects to drop to one knee while still in the end zone before having returned the ball to the field of play, or
			3. Elects to run with the ball from the end zone out of bounds rather than enter the field of play.
		2. *A rouge is also awarded to a kicking or punting team when any of the following scenarios occurs:*
			1. A field goal attempt at least 50yds or longer that goes out of the end zone through the endline.
			2. A [punt](https://youtu.be/6CjYWtf_jqE) at least 50yds or longer that goes out of the end zone through the endline.
			3. A kickoff goes that either a) [goes through the uprights](https://www.youtube.com/watch?v=rYx7l8yASTw), b) lands in and bounces out of the end-zone, or c) goes out of the end zone on the full regardless of whether it is touched or not.
		3. *A rouge is also awarded to a defense (Team A) if they either:*
			1. Force an interception,
			2. Recover a fumble,
			3. Block a field goal, or
			4. Force a turnover on downs (unless the turnover happens on a 4th & 1 or 3rd & 1 play).
		4. *A rouge is not awarded in the following situations:*
			1. If a ball is downed in the end zone after being intercepted in the end zone.
			2. If a ball is fumbled outside the end zone.
			3. If the kicked ball hits the goalposts.
			4. Kicks that pass out the sidelines of the end zone (punts & field goal attempts only).
		5. After a rouge, the team conceding the score is given possession of the ball on their 25-yard line (i.e. the touchback rule).
		6. This is different from a Safety (see above) in that team scored against receives possession of the ball after the score.
7. **If an IDFL player enters and leaves, from the moment he leaves the player is considered "dead" and cannot return to play until the designated time is served, or if a player is injured.**
	1. *“dead time” is 2 possessions (1 offensive & 1 defensive):*
		1. Exception: a "dead" player may participate on kickoffs and conversions, or as long snapper or holder.
	2. *All Spring League players are required to play in every game unless an injury occurs:*
		1. Each player must play a minimum of 2 possessions (or 8 plays).

## Fall:

1. 12 players on the field during a play.
2. 3 downs to make 10 yards.
3. **Four 15-minute quarters with a 15-minute period at half-time & 2-minute periods between quarters:**
	1. *The official time clock runs continuously unless stopped by any of the following:*
		1. Plays in which a touchdown or safety is scored (which must be automatically reviewed).
		2. When a time out is called by either team.
		3. Official reviews of penalties (including coaches challenges; instant replay reviews will be limited to 30 seconds).
		4. PAT conversion plays after a touchdown.
		5. The referee stops play to allow opposing teams to align properly after a play.
		6. *The mandatory play stoppage with 3 minutes remaining in each half:*
			1. After the three-minute warning, the play clock is run only from the snap of the ball to when the referee declares that play dead.
	2. An offense has 20 seconds from the referee's signal to begin a play.
4. Defensive linemen must line up at least 1yd away from the line of scrimmage.
5. Penalties will be called using the current CFL rules (unless explicitly mentioned here in this document).

## Spring:

1. 11/12 players on the field during a play.
2. 4 downs to make 10 yards.
3. **Four 15-minute quarters with a 15-minute period at half-time & 2-minute periods between quarters:**
	1. *The official time clock runs continuously unless stopped by any of the following:*
		1. Plays in which a touchdown or safety is scored (which must be automatically reviewed).
		2. When a time out is called by either team.
		3. Official reviews of penalties (including coaches challenges; instant replay reviews will be limited to 30 seconds).
		4. PAT conversion plays after a touchdown.
		5. The referee stops play to allow opposing teams to align properly after a play.
		6. *The mandatory play stoppage with 2 minutes remaining in each half:*
			1. After the two-minute warning, the play clock is run only from the snap of the ball to when the referee declares that play dead.
	2. An offense has 35 seconds from the referee's signal to begin a play.
4. Defensive linemen must line up immediately opposite the line of scrimmage (i.e. 11” away).
5. Penalties will be called using the current NFL rules (unless explicitly mentioned here).

**Salary:**

1. The IDFL pays players only for room and board, out of financial necessity.
2. To be eligible to participate in the league, a player may not be under contract with a pro league nor be eligible for the current year's draft.
3. **All potential players must also pay a 2019 $2,000 application fee for either season:**
	1. The application deadline for the fall season is February 15, & October 15 for the fall season.
	2. If any player from the spring season isn’t signed by any professional gridiron football team or has been cut after being signed prior to the start of the fall season, then that player can apply to play for fall season with a $1,000 application fee & vice versa.
	3. The application fee must be annually adjusted for inflation.

**IDFL Ticket Pricing Minimums:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type: | Individual: | Half-Season: | Full-Season: | Group (1 game):  |
| Adults (18-64) | $8 per person | $35 per person | $70 per person | $7 per person |
| Children (up to 17) & Seniors (ages 65 & up) | $4 per person | $17.50 per person | $35 per person | $3 per person |
| All ticket prices are in 2017 US$, & must be adjusted for inflation. | Includes only a single game | Includes either a) the Saturday game at 2:30pm EST orb) the Sunday game at 5:30pm EST games | Includes All IDFL Games (either Fall or Spring season) | The group must include at least 10 people, regardless of their ages |

**Miscellaneous Rules:**

1. All IDFL games will be aired live on Bleacher Report Live.
2. All IDFL Telecasts will feature no television timeouts and 60% fewer commercials, with the league aiming for an approximate real-time game length of 150 minutes, down from just over 180 in the NFL.
3. Game-day inactive players must be announced at the same time for all IDFL games regardless of when they kick off.
4. **Player Celebrations:**
	1. All player celebrations (individual or group) for scoring are permitted only in the end zones or the bench areas.
	2. *Referees can no longer penalize players for celebrations as long as the following rules are adhered to:*
		1. Celebrations are not excessively long (i.e. more than 2 minutes in the end zone; no restrictions for bench areas).
		2. Celebrations are not obscene in any manner (examples = overtly racist, flashing genitals, etc.).
		3. So if a player like Antonio Brown wants to twerk, let him. If Tajae Sharpe pretends to sleep, allow it. If Josh Norman wants to shoot a bow and arrow after a pick, allow it.
5. Each end zone and 50-yard line will be decorated with the IDFL Logo.
6. **National Anthem Policy:**
	1. Personnel who choose not to stand for the Anthem may stay in the locker room or in a similar location off the field until after the Anthem has been performed.
	2. All players and team personnel present on the sideline “shall stand and show respect for the flag and the Anthem.”
	3. *The leagues have the power to fine any player & their respective franchise that has representatives who do not stand or "show respect" while present on the sideline for the anthem:*
		1. The minimum fine is 2017 US $350 per Spring League player, which will double for each offense.
		2. Each individual player(s) will no longer eligible to play in any games after their 4th offense, but they will still be paid.
		3. These rates must be annually adjusted for inflation.