



**OFFICIAL OWNERS MANUAL OF THE
ISFL**

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INTRODUCTION

Welcome

The Internet Simulation Football League is a fictional simulation football league run using Wolverine Studios' Draft Day Sports Pro Football. The league is always open to expansion and on the lookout for new General Managers. Please feel free to fill out the interest form [here](#) if you might be interested in joining us or learning more.

Pre-Launch History

The ISFL emerged as the result of a merger between the now-defunct leagues, the Internet Football League (IFL) and the Simulation Football League (SFL). Prior to the launch of the ISFL, each of these 8-team leagues played 10 14-game seasons, the results of which can still be found on the [Pre-Merger Page](#) of the league. The league officially kicked off during the 2028 season where each league formed one conference of a new 16 team, 16-game per season league. After the 2031 season concluded, four expansion teams were added to the mix bringing the league to its current size of 20 teams.

Communications

The ISFL commissioner communicates with the league through two channels: good, old-fashioned email and through a dedicated [Slack Channel](#). There are also sub-channels within slack that the league uses for drafting, owner meetings, and league press and banter in addition to the same Announcements that are emailed.

Cheating and Fair Play Expectations

General managers are expected to play with the best interest of the league in mind. The commissioner will do his best to ensure everyone is playing on an equal playing field. We expect our members to refrain from any kind of actions that are considered cheating in the game. The desire to win may lead a GM to bend/break rules in order to gain an advantage for their franchise and, while this kind of "gamesmanship" might be tolerated in the real world, if an action is considered in violation of the rules, the commissioner will rectify the situation by any means within his power up to and including a lifetime ban.

The most fundamental rule with regard to cheating is that only one person is allowed to control one team at a time. If someone is found guilty of running multiple teams, all parties involved will be banned from the league for life. There is absolutely zero tolerance for this behavior.

Glitches, Errors, and Bugs

It is likely there may be minor bugs and glitches. There are two areas of responsibility in this league: the website and the application.

The website is hosted at the expense of the ISFL commissioner and provided free of charge. Over time, you can expect the site to change in appearance and for features to be added to make our world more robust. However, with any new testing or rollout,

there are bound to be minor glitches and bugs. Please report anything to the commissioner so that the situation can be rectified as quickly as possible.

The application GUI is developed and maintained by the staff at Wolverine Studios. Should you have issues with the application, please be sure to quickly post a request in their forums and alert the Commissioner. Prospective members will not be allowed to join the ISFL until they have demonstrated they are able to export and import game files via the software's built-in FTP function.

It is fully expected that these issues will be resolved but more complex issues may take time. We will try to provide work around measures should something linger on or suspend league play as the situation requires. Should there be other technical issues, the Commissioner will endeavor to be as transparent as possible (some details have no probative value to the solution and end up as "noise") and work on a resolution that is the most equitable for all parties involved. As unfortunate as incidents are, typically sims will not be re-run or done over.

LEAGUE STRUCTURE AND SETUP

Structure

The ISFL currently runs as a 16-team league with two conferences of 8 teams each. The Internet Football Conference (or IFC) consists of the 8 teams that formerly represented the IFL and is split into the IFC East and the IFC West. The Simulation Football Conference (or SFC) consists of the 8 teams formerly representing the SFL and is broken into the SFC American and SFC International Divisions. All names, characters, and incidents portrayed in this league are fictitious. No identification with actual persons (living or deceased), places, buildings, and products is intended or should be inferred.

Schedule

The ISFL plays a 16 game regular season schedule in addition to four preseason games and three playoff rounds. Injuries will be disabled during the preseason. We sim two times per week during the preseason, regular season, and playoffs with order submission deadlines being on Tuesday and Friday evenings. During the offseason, most events (free agency, training camps) will occur every other day while the draft will run continuously and staff hiring will occur every day. We aim to complete at least two ISFL seasons per calendar year.

Rosters

Minimum & Maximum Roster Size

All teams are allowed to carry up to 53 players in addition to 9 practice squad players. There is no minimum total number of players that must be carried, as long as each member has the minimum number of players per position outlined below. The limit for the maximum number of players a member can carry at any position is 9.

Roster Minimums:

QB: 2	DT: 2
RB: 2	DE: 2
FB: 0	LB: 4
TE: 1	CB: 3
WR: 4	FS: 1
C: 1	SS: 1
G: 3	K: 1
T: 3	P: 1

Practice Squads

Practice Squads consist of players who are not on the active roster but still under contract to the team whose squad they are assigned to. Currently, the maximum number of players allowed on the Practice Squad is 9. Poaching players from another team's squad is not allowed and there is no limit to the number of years a player may have. Practice Squad changes are voted on every season at the Owner's Meetings, along with other rule and league change proposals.

Importing and Loading the League

In order to import the initial ISFL file into DDS:PF, general managers should follow the following workflow:

1. Open the sim
2. Click "Load League"
3. Click the "Online" radio button
4. Type in <https://www.theisfl.com/ISFL.bin>
5. Click "Submit"

For future imports, general managers should ***always*** use the "Load League" (NOT "Continue League") option. From there, either select the URL from the drop down or type the above URL in again and press submit.

Exporting Changes

In order to make changes to and export them, general managers should follow the following workflow:

1. Open the sim
2. Click "Load League"
3. Either select the URL (NOT the "ISFL" league name) from the "Local League" drop down or type in <https://www.theisfl.com/ISFL.bin> into the "Online League" bar
4. Select your team from the drop-down menu on the left
5. Click "Dashboard"
6. Click "Team Login" and enter your password
7. Proceed with any changes you wish to make (specific details will depend on what point of the season we're in)
8. Return to your "Dashboard"
9. Click "Export Team" (Note: Do NOT use the "Export Data (CSV) button to try to send your orders in. This just exports a copy of the currently selected page to your local PC.)

GAME DAY RULES

Above anything else, this league is about community and fair play. We're playing a game developed by a small studio with a few developers. The good news is that this studio is extremely receptive and open to feedback, but the bad news is that there are bound to be some errors and growing pains with the software. Gameday is where you're most likely going to see a chance to leverage a cheat or unrealistic shortcut. To preserve the integrity of the league, please flag any abuse (or potential abuse) that you observe so that we can try to put in corrective measures.

Exports

On game day, it's hopeful and encouraged that every team will send an export, whether for depth chart/injury changes or game planning. On game day, the commissioner will advance one week. Any team found to be in violation of either roster rules or the salary cap is subject to having players added to or removed from their team or having a player move positions at the Commissioner's discretion; therefore, it is pertinent to stay on top of your exports.

Playbooks

General managers have the option to either have their head coach or coordinator call plays, or use custom playbooks in the ISFL. With regard to custom playbooks, NO custom plays are allowed. In addition, each custom playbook must have a minimum of 10 pass plays and 10 run plays in order to be valid. There is a dedicated channel on Slack called #football-101 where general managers can ask any question about playbook types, terminology, and strategies. This is the best resource within our community for helping to understand and comprehend the different types of playbooks and playcalls.

THE OFFSEASON

The offseason consists of nine steps: Owners Meetings, Retirement Announcements, Staff Movement, Restricted Free Agency, Pre-Draft Free Agency, the Rookie Draft, Post-Draft Free Agency, Camp Claims, and Training Camps. See below for instructions and descriptions on each step.

Owners Meetings

Prior to starting the new league year, ISFL Owners get together for the league's annual Owners Meetings. This is a period unique to the ISFL where all of the CBA and rules change discussions take place. There's a dedicated slack channel (#owners-meetings) where discussion topics will be introduced and voted on. The league aims to be more democratic than dictatorial, so for most topics, the simple majority will rule, though there are some special instances (i.e. expansion and contraction of the league) where either 2/3 or 3/4 of the votes will be required to move forward. In case of a tie, the commissioner will cast the deciding vote.

Examples of topics of discussion at the owners meetings include salary cap and minimum salary decisions, player bonus guarantees, practice squad limits and requirements, and potential enhancements to the league (i.e. participation bonuses and player training) as well as decisions on how and when to expand the league. Participation in the Owners Meetings is mandatory and discussions will typically take course over the period of one week.

Retirement Announcements

The first stage of new league year will see the commissioner export a new file after the season has been initialized. It is at this time that the new schedule will be generated and where players will announce their retirements. This is also when new rules voted on during the Owners Meetings will be put into place. The only action items needed prior to this stage are to be sure to get your Franchise Tags in, and to ensure that you've voted in the polls in the #owners-meetings channel. You can also fire any staff members you don't plan on bringing back at this point.

Staff Movement

There will be five stages during the staff movement days, and we will be on the offseason schedule of one sim per day. Prior to Day 1 of staff movement, you should fire any coaches that you don't plan on bringing back the following year and who are still under contract. During Day 1 and Day 2 of Staff Signing, you have the option of trying to lure an Offensive or Defensive Coordinator from other teams, who would consider working for you. During Days 3-5, you'll be limited to coaches who are not currently under contract to another team. The workflow for submitting offers is as follows:

1. Launch the game and ensure you're on version 7.0.8 on the bottom right
2. Click "Load League"

3. Either select the URL (NOT the "ISFL" league name) from the "Local League" drop down or type in <https://www.theisfl.com/ISFL.bin> into the "Online League" bar and submit
4. Select your team from the drop-down menu on the left
5. Click "Dashboard"
6. Click "Team Login" and enter your password
7. Click "Staff"
8. Click "Sign Staff" once into the "Staff Page" (directly above your Def. Coordinator Spot)
9. Select the position you wish to fill
10. Select the row of the coach you wish to offer the position to in order to enable the negotiation box on the right
11. Enter the number of years and dollars you'd like to offer the coach and click "Submit Offer"
12. Repeat for any additional openings you wish to fill
13. Return to the "Dashboard" for your team
14. Click "Export Team"

Free Agent Bidding Instructions

There are three stages of free agency, which will be outlined further below. For all free agency, the process to submit bids is the same:

1. Launch the game and ensure you're on version 7.0.8 on the bottom right
2. Click "Load League" from the Home Screen
3. Either select the URL (NOT the "ISFL" league name) from the "Local League" drop down or type in <https://www.theisfl.com/ISFL.bin> into the "Online League" bar and submit
4. Select your team from the drop-down box on the left
5. Click "Dashboard" beneath the drop-down box
6. Click the "Team Login" button and enter your password
7. Click the orange "ADVANCE" button on the top left to open Free Agency Central
8. Click the "Bid On Free Agents" button to open the players list
9. Click anywhere on the row the player is in to activate the "Offer Contract" button on the right
10. Click the "Offer Contract" button and enter the terms you'd like to offer
11. Repeat for all players you want to offer on
12. Click "Dashboard" to return to your team's dashboard
13. Click "Export Team" from the Dashboard (NOTE: Do NOT click the "Export Data (CSV)" button at the very top. This only exports the current page to your local drive.)

Restricted Free Agency

After all staff movement rounds have been completed, we will move on to the first of three free agency "stages:" Restricted Free Agency (RFA). An RFA is a player with three

accrued seasons and an expired contract. RFAs are free to negotiate and sign with any team, but their original team can offer them one of various qualifying offers ("tenders") that come with the right of first refusal and/or draft-pick compensation. If the tender is withdrawn by a team, the RFA becomes an unrestricted free agent.

First Round Tender free agents are players who receive a high qualifying bid from their original team. For the 2032 league year, the amount is \$4,750,000. If this player signs with another team, the team who signed him forfeits their first round pick to the player's original team.

Second Round Tender free agents are players who receive a smaller qualifying bid from their original team. For the 2032 league year, the amount is \$3,500,000. If this player signs with another team, the team who signed him forfeits their second round pick to the player's original team.

First Refusal Tender free agents are players who receive the smallest qualifying bid from their original team. For the 2032 league year, the amount is \$2,250,000. If this player signs with another team, the original team has rights to match the offer. (Note: It is possible to negotiate a trade for this player with the player's new team as well.)

Pre-Draft Free Agency

At the conclusion of the two Restricted Free Agent rounds, the Pre-Draft or Early Free Agency rounds will occur. During this stage of free agency, you can expect that player contract demands will generally be at their highest point. There will be five rounds of free agent bidding as teams fill in their rosters and nail down talent, heading in to the rookie draft. Generally, we will sim one round of free agency every other day during this period.

NOTE: During this phase off the offseason, contract extensions are not permitted due to financial modifications made behind the scenes to player contract demands during free agency)

Rookie Draft

The ISFL Rookie Draft is the main event of the offseason, and typically takes around a week to complete. The commissioner will share two spreadsheets with the league prior to the commencement: one with the draft ratings and one with the draft results. In addition, a new file will be made available to download at the conclusion of each round.

- **Ratings:** The draft ratings are published at the beginning of the offseason. The commissioner will keep the list updated as players are selected.
- **Selections:** The draft itself will be held in the #draft-picks Slack channel while the discussion and commentary occurs in the #draft-discussion channel. The first pick can be announced by the team holding the #1 overall pick at any point leading up to the official draft date, to "unofficially" start the ceremonies. GMs will

announce their own picks (or submit a list or pick to the commissioner who will announce it) and will then tag the next person in the Draft Order.

- **Time Limit:** There is no “official” time limit, but all GMs are expected to make their draft picks in a reasonable amount of time to ensure that we are progressing smoothly. As a general rule, we will aim to complete one round of the draft every day to day and a half. GMs will also receive less time to make picks as we get to the later rounds.
- **Trades:** General managers may trade their draft picks in the current, or the next two drafts (for three years total) at any point up until their pick is made. If two teams wish to complete a trade, they should create a chat group on Slack with both parties and the commissioner and post the terms there.
- **Skipped Picks:** If a General Manager fails to make his or her pick within a reasonable amount of time, they will be skipped and the next team up will be on the clock simultaneously. Once that pick is submitted, the next team will be on the clock simultaneously. Teams will have until their next pick to submit their draft choice. If they fail to do so, the commissioner will resort to using the CPU auto-pick.

Rookie Draft

At the conclusion of Pre-Draft free agency, we will advance to the ISFL Rookie Draft, which will be conducted in the #draft-picks channel on Slack. The draft will consist of seven rounds with expansion teams (if any) drafting first, then teams who missed the playoffs based on regular season performance, then playoff teams based on postseason performance meaning the champions will pick last.

We have a distributed group of GMs in the ISFL in time zones across the world, so we don't hold the draft over the course of just one or two days. Rather, general managers will post their pick in the Slack channel and tag the next general manager up in the order. There is no set clock for making picks, however, general managers are expected to make their pick in a reasonable amount of time.

Failure to make your pick in a reasonable amount of time will result in your team being skipped by the proceeding team(s). A team who has been skipped can make their pick any time before their *next* draft pick is up. If no pick is made by that time, the team will revert back to league control.

Post-Draft Free Agency

After the Rookie Draft is complete, the Post-Draft or Late Free Agency rounds will occur. During this stage of free agency, you can expect that player contract demands will begin to come down as players try to catch on with teams heading into training camps. There will be five more rounds of free agency during this period. Generally, we will sim one round of free agency every other day during this period.

NOTE: During this phase off the offseason, contract extensions are not permitted due to financial modifications made behind the scenes to player contract demands during free agency)

Training Camp Waiver Claims

Just before teams break for training camps, there will be one more round of “bids” after free agency. During this round, all teams can put in claims for remaining players who did not sign during the free agent period. The player will evaluate all of the claims put in for him, before making his decision on where to sign. The signing team will get the player on a one-year league minimum salary. Instructions for submitting these claims:

1. Load the game and ensure that you're on version 7.0.8 on the bottom right
2. Click "Load League" from the Home Screen
3. Either select the URL (NOT the “ISFL” league name) from the “Local League” drop down or type in <https://www.theisfl.com/ISFL.bin> into the “Online League” bar and submit
4. Select your team from the drop-down box on the left
5. Click "Dashboard" beneath the drop-down box
6. Click the "Team Login" button and enter your password
7. Click the "Sign Free Agent" button at the top right of the screen to open the FA list
8. Select any cell on the player you want to put a claim on; this will enable two buttons on the right
9. Click "Sign to Active Roster" or "Sign to Practice Squad" from the right
10. Repeat for all players you want to bid on
11. Click "Dashboard" to return to your team Dashboard
12. Click "Export Team"

Training Camps

The last event before games are played are team training camps. You're able to set up to 25 points for each regimen. However, **players will fatigue and sit out, so it is highly not recommended to use all of the points!** It's up to you to decide how you want to approach camps. Possibilities are by position (i.e. OL trains one way, LB another, QB another, etc.) by skillset (i.e. we need to get faster/smarter/stronger), by individual player (i.e. I want Ben to be faster, Parm to be smarter, and Chris to be stronger), by time of year (i.e. I want to train differently for camps than I do during the season), or any other combination you want. Follow this procedure to set player training. To submit camp orders, follow this workflow:

1. Load the game and ensure that you're on version 7.0.8 on the bottom right
2. Click "Load League" from the Home Screen
3. Either select the URL (NOT the “ISFL” league name) from the “Local League” drop down or type in <https://www.theisfl.com/ISFL.bin> into the “Online League” bar and submit
4. Select your team from the drop-down box on the left

5. Click "Dashboard" beneath the drop-down box
6. Click the "Team Login" button and enter your password
7. Click the "TRAINING" button on the left-hand side.
8. On the Training page, you'll see one Default schedule already made. You're able to assign up to 25 points to the four categories. Moving your mouse over the "?" icon on the right of the page will give you a brief description of what each category does.
9. Click "Create New Schedule" to create a new regimen, and assign the points how you see fit. Follow the same procedure for each regimen you want to make.
10. Next to each player you will see a drop-down box. Select which regimen you want the player to follow. Repeat for each player.
11. Click "Dashboard" to return to your team's dashboard
12. Click "Export Team"

In-Season Contract Extensions

Once training camps for the season have been completed and we've advanced to pre-season, players will become eligible for contract extensions again. To submit a contract extension offer, follow this workflow:

1. Load the game and ensure that you're on version 7.0.8 on the bottom right
2. Click "Load League" from the Home Screen
3. Either select the URL (NOT the "ISFL" league name) from the "Local League" drop down or type in <https://www.theisfl.com/ISFL.bin> into the "Online League" bar and submit
4. Select your team from the drop-down box on the left
5. Click "Dashboard" beneath the drop-down box
6. Click the "Team Login" button and enter your password
7. Click the "Roster" button on the left-hand side
8. Click the name of the player you wish to offer an extension to
9. Click the "Contract" tab to open negotiations with the player
10. Enter the terms you wish to offer and click the "Submit Offer" button on the right
11. Repeat for all players you'd like to offer on
12. Click "Dashboard" to return to your team's draft board
13. Click "Export Team"

Franchise Player Tags and RFA Tenders

To tag a player with your franchise tag or submit a Restricted Free Agent tender, follow this workflow:

1. Load the game and ensure that you're on version 7.0.8 on the bottom right
2. Click "Load League" from the Home Screen
3. Either select the URL (NOT the "ISFL" league name) from the "Local League" drop down or type in <https://www.theisfl.com/ISFL.bin> into the "Online League" bar and submit
4. Select your team from the drop-down box on the left
5. Click "Dashboard" beneath the drop-down box

6. Click the "Team Login" button and enter your password
7. Click the "Roster" button on the left-hand side
8. Click the name of the player you wish to offer an extension to
9. Click the "Contract" tab to open negotiations with the player
10. To give a player your franchise tag, toggle the "Franchise Player" switch to the right
(Limit: One franchise tag per team)
 - a. To tender a RFA, choose which of the three tender tiers you'd like to offer from the drop down list.
 - i. Repeat for all players you'd like to tender
11. Click "Dashboard" to return to your team's draft board
12. Click "Export Team"

CURRENT CBA AND IN-GAME RULES

The CBA and financial rules are typically revisited each offseason during the Owners Meetings. The simple majority determines most of these decisions, with the commissioner casting the deciding vote in tiebreakers. Outlined below are our current league rules as of 2031.

In-Game Rules

- **Roster Size:** Max 53 Active Players
- **Practice Squad:** Max 9 Players
- **Practice Squad Experience:** No limit
- **Overtime Format:** Modified Sudden Death
- **Playoff Structure:** 8 Team, 4 WC Playoff
- **Schedule:** 4 Preseason Games (No Injuries) + 16 Regular Season Games
- **Trade Deadline:** Week 7

Financial Rules

- **Hard Salary Cap:** \$229,320,000
- **Player Salary Guarantee:** 25%
- **Veteran Minimum Salary:** \$600,000
- **Rookie Minimum Salary:** \$600,000
- **First Round RFA Tender:** \$4,750,000
- **Second Round RFA Tender:** \$3,500,000
- **First Refusal RFA Tender:** \$2,250,000