

### **Rosters**

1. The game shall be played between 2 teams with each allowed 7 players on the field.
2. Fusion IM rosters may contain up to 14 players.
3. In order to start the game and avoid a forfeit, 5 players from the Fusion IM roster are required to be present and checked in at the scorer's table.
4. Each player's UWM Panther card must be presented to an IM staff member at the scorer's table prior to the beginning of the game and that players participation.
5. All players on the roster must follow our eligibility policy.

### **The Playing Field**

1. The playing field is modified to the Klotsche Arena. All games are played indoors.
2. The field is divided in half with the initial offensive snap starting at the 7-yard hashmark
3. There is no physical punting allowed in the arena

### **Game Length**

1. Games will consist of two 20-minute halves with a 3-minute halftime intermission.
  - a. The clock will run continuously in the first half except for stopping at the 2-minute warning.
    - i. After the 2-minute warning in the first half the clock will again run continuously.
  - b. In the second half, the clock will run continuously until the 2-minute warning, The game will proceed according to NIRSA 2-minute mechanics following the 2-minute warning.
2. Timeouts
  - a. Each team will receive three 1-minute timeouts per half. The clock stops during all timeouts.
3. Tie Games
  - a. If the score is tied at the end of the second half, the game will be recorded as a tie game (game over) during the regular season.
  - b. During the playoffs an overtime period will be played.
4. Overtime
  - a. An overtime period consists of one possession by each team.
  - b. All overtime periods shall be played toward the same goal line.
  - c. Unless moved by penalty, each team will start first and goal from the 10-yard line. Each team will have four downs to score a touchdown and the corresponding extra point try.
  - d. If the score is still tied after one overtime period, as many periods as necessary will be played to determine a winner.
  - e. Each team will receive one timeout for the entire overtime session and timeouts do not carry over from regulation.
  - f. If the defensive team intercepts a pass or fumble and returns it for a touchdown, the game will end.

- i. If the ball is not returned and the defensive team has not yet played their offensive series, the ball will be placed at the 10-yard line and their try will begin.
  - ii. If the ball is not returned and the defensive team has already had their offensive try, the game will either conclude (if they scored), or a new overtime period will begin (if they did not score).
5. Mercy Rule
  - a. If a team is winning by 19 or more points (CoRec – 25 points) when the Referee announces the 2-minute warning for the second half, the game will conclude.
  - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more points (CoRec Rule – 25 points), the game will end at that point.

## Equipment

1. Different colored flag belts will be provided for each team.
2. **Players must wear shorts or pants without belt loops or pockets.**
3. Each player must wear close-toed indoor shoes. No cleats!
4. All members of each team are **REQUIRED** to wear shirts or jerseys consisting of the color their team has listed on Fusion IM.
  - a. Jerseys must be long enough so they remain tucked in or short enough so there is a significant gap from the bottom of the jersey to the player's waistline.
  - b. Jerseys cannot have sleeve openings of more than 4" under the armpit.
5. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch of padding for safety reasons.
6. Under no circumstances will a player wearing a cast or splint be allowed to play.
7. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
8. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
9. Players may wear a knit or stocking cap (no caps with bills). Bandanas which are tied with a knot are not permitted.
10. Participants are not permitted to wear any visible jewelry.
11. The OPEN league shall use a regulation-sized football. A regulation or junior football shall be used for Coed play. The team on offense has its choice of what ball it would like to play with. Game balls will be provided.

## Captain's Meeting

1. Captain's must meet with the officials a few minutes prior to the start of the game to go over rules and determine who will start with the ball
2. Each game will begin with a coin toss.
  - a. The winner of the coin toss shall have the option of starting on offense, defense, defending a goal or deferring the options until the second half. The remaining options

will be given to the opposing captain. Unless moved by penalty, play starts at the beginning of each half with the ball placed on the offensive team's 7-yard line.

## **Rules**

### **Scoring**

1. Touchdown Values
  - a. All touchdowns are six (6) points. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and a penalty will result.
2. Extra Points
  - a. The scoring team may choose to score one of the following extra points
    - i. One (1) point from the 3-yard line
    - ii. Two (2) points from the 10-yard line
    - iii. Three (3) points from the 20-yard line
  - b. Once the offensive captain has declared their choice, they may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try, the play is blown dead immediately
3. Safety
  - a. When an offensive player carrying the ball is deflagged in their own endzone or the offensive team commits a penalty in their own endzone.
  - b. Results in two (2) points for the defensive team and the ball on their own 7-yard mark

### **Series of Downs and Line to Gain**

1. Series of Downs
  - a. A team in possession of the ball shall have four (4) consecutive downs to advance to the next zone by scrimmage.
2. Zone Line to Gain
  - a. The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain. There is one zone line to gain at the half court mark. The following zone line to gain is the goal line. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

### **Pre-Snap**

1. Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A
2. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line.

3. An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap.

### **Plays from Scrimmage**

1. Lines of Scrimmage
  - a. The offensive scrimmage line is the yard line and its vertical plane which passes through the forward point of the ball.
  - b. The defensive scrimmage line is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line.
2. Snapping and Passing the Ball
  - a. The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his/her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.
  - b. The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.
  - c. The offensive team must have a minimum of one player on their line of scrimmage at the snap.
  - d. Offensive Player in Motion
    - i. One offensive player may be in motion, but not in motion toward the opponent's goal line when the ball is snapped. Such a player must be behind the line of scrimmage when the ball is snapped. Only one offensive player may be in motion at a given time.
3. After a ball is declared ready for play, the offensive team has 25 seconds after the Referee has sounded the whistle to put the ball in play.
4. Substitutions
  - a. Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them

### **Live Ball and Dead Ball**

1. Live Ball:
  - a. Any time from when the ball is snapped to when the whistle declares it dead, a ball is declared live
2. The ball is declared dead when:
  - a. A forward pass strikes the ground or is caught simultaneously by opposing players.
  - b. A backward pass or fumble by a player strikes the ground.
  - c. A runner has a flag belt removed legally by a defensive player.
  - d. A runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
  - e. A snap hits the ground.
  - f. The passer is deflagged before releasing the ball
    - i. The flag belt must clearly be taken

- ii. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- iii. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes a 'tackle'. A runner is also down if any part of that runner touches the ground other than the feet, hands or the ball while in the hand of the runner.
- a. A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else which is on or outside a boundary line.
  - iv. If the runner in-bounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play

### **Blocking and Rushing Contact**

1. Offensive Screen Blocking:
  - a. Screen blocking is permitted and shall take place without contact. The screen blocker shall have their hands and arms at their side or behind their back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on their feet before, during, and after screen blocking.
2. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
3. Player Restrictions:
  - a. No player shall make contact with an opponent which is deemed unnecessary.
  - b. There shall be no clipping or tripping.
  - c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
  - d. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.
    - i. Penalty: Illegal Contact, 10 yds.
  - e. A defensive player may not bump or push a runner out of bounds.
  - f. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being deflagged as long as he/she does not charge during the spin.

### **Passing**

1. All players are eligible to touch or catch a pass.
2. A forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand. Only one (1) forward pass can be thrown per down.
3. A forward pass is counted as a completion or interception as long as one foot is inbounds
4. Backwards or lateral passes are allowed to occur without limit
5. Simultaneous Catch: If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

### **Fumbles**

1. A player may hand the ball forward or backward at any time.
2. A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.
3. Out of Bounds - A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.

## **Punts**

1. No kick will be made.
2. The offense may choose to punt. The decision can be made on 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> down.
3. The captain must notify the referee. On 4<sup>th</sup> down the referee will ask the offensive captain if they elect to go for it or kick. The clock will stop once the referee is notified of a punt if fewer than 2 minutes in a half.
4. The Defending team will get the ball where the offense starts a series (the 7-yard line).

## **Penalties**

1. Five-Yard Penalties
  - a. False Start
    - i. Any simulation of the snap by the offense
  - b. Encroachment
    - i. Offensive player lined up in the neutral zone once the ball is set
    - ii. Defensive player lines up or jumps in the neutral zone prior to the snap
  - c. Illegal Motion
    - i. an offensive player in motion who moves toward the line of scrimmage prior to the snap
  - d. Illegal Shift
    - i. Offensive player in motion who does not get set prior to the snap
  - e. Illegal Snap
    - i. A snap not done in a single fluid motion
    - ii. A snap received less than two-yards from the center
  - f. Illegal Participation – any player who leaves the field of play and is the first to touch the ball
  - g. Delay of Game – is given out when the offense does not snap the ball within 25 seconds of the ready for play whistle
  - h. Illegal Forward Pass
    - i. A forward pass is a foot or more beyond the line of scrimmage or
    - ii. Two or more forward passes by the offense anywhere on the field or
    - iii. If thrown after team possession has changed during the down or
    - iv. If a passer catches their untouched forward pass.
    - v. Always comes with a loss of down
2. Ten-Yard Penalties

- a. Illegal Contact
    - i. Any extended touching of the ball in the opponent's hand or stripping the ball out of the ball carrier's hands
    - ii. Excessive contact against player who is not a receiver
  - b. Pass Interference
    - i. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental.
    - ii. Any contact that inhibits a players' ability to catch a ball is illegal
    - iii. Screening a player's eyes or waving the hands or arms in their face to distract a receiver is considered interference.
  - c. Roughing the Passer
    - i. Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as they are considered out of the play after the pass.
  - d. Holding
    - i. Any player physically restraining another player from advancing on the field
    - ii. Includes grabbing their jersey or any part of their body
  - e. Unsportsmanlike Conduct
    - i. Dead ball penalty due to poor behavior of a player; can be trash-talking, spiking a ball, obscene or foul language, arguing or yelling at another player or an official
    - ii. The fourth unsportsmanlike foul by the same team results in their forfeiture of the game.
  - f. Flag Guarding
    - i. The ball carrier shall not guard their flags by blocking with hands or the ball.
    - ii. Stiff arming by the ball carrier is illegal.
    - iii. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal.
    - iv. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. (LOSS OF DOWN)
3. Personal Fouls
- a. There shall be no personal fouls committed by players' substitutes or coaches.
  - b. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through). Diving to advance the ball, pull flags, or any dive ruled to be dangerous will also be considered a personal foul.
  - g. Players, coaches, and spectators are to position themselves between the 20-yard line markers on their team's respective sideline.

### **ENFORCEMENT OF PENALTIES**

1. 1. Penalty Enforcement at the basic spot:
  - a. Pass play or during the punt (see exception below) – basic enforcement spot is the scrimmage line (where ball was snapped).
  - b. Post Scrimmage Kick Foul- Any foul by the receiving team on its side of the expanded neutral zone prior to the end of the kick, the receiving team shall retain possession of the ball. The basic spot is the spot at which the kick ends and the penalty will be enforced using the “all but one principle”.
  - c. c. On all running plays - basic enforcement spot is the end of the run.
2. d. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul, or the “all but one principle”.)
3. e. The only exception to the above regulations is roughing the passer; this penalty will be added on to the end result of the play.
4. f. If there is a foul by the offensive team, other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score.
5. g. If there is a foul by the defensive team during a down that results in a score, the offense may choose to enforce the penalty on the try or on the defense’s ensuing possession.

### **CoRec Modifications**

1. CoRec games shall be played between two teams of eight players on the field with a gender difference of no greater than 1 player at any given time.
  - a. If a team has only 3 members of one gender present, they would only be eligible to play with 7 members on the field.
  - b. A team must have at least 5 players present to start and continue a game. The 5 players must contain at least two members of the opposite gender.
2. All touchdowns scored by females as well as touchdowns following a legal forward pass from a female passer count for 9 points.
3. Mercy Rule
  - a. If a team is 25 or more points ahead when the Referee announces the 2-minute warning for the second half, the game is over.
  - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 or more points, the game will end at that point.
4. Closed and Open Plays
  - a. The term “closed,” means a male player may not throw a forward pass completion to any other male player. The term “open” means any player can complete a forward pass to any other player.
  - b. During the offensive team’s possession there may not be two consecutive forward pass completions from a male passer to a male receiver. This rule also applies for all try (point after touchdown) attempts. If the previous scoring play was male to male, the try will be closed.
  - c. If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or female receiver for positive yards.



- d. If a female passer completes a forward pass to a male receiver behind the scrimmage line who then runs beyond this scrimmage line, it is an illegal forward pass.
  - e. The penalty for an illegal forward pass is five yards from the spot where the pass is released, and a loss of down.
  - f. Any foul, whether accepted or declined, will have no effect on whether the next forward pass completion is “open” or “closed.”
5. Running the Ball
- a. An offensive male runner (this includes a pass receiver) cannot cross the offensive line of scrimmage with the ball.
    - i. There are two exceptions to this rule:
      - 1. A male runner may advance the ball through the offensive line of scrimmage only after the ball has been previously advanced legally beyond the line.
      - 2. Female runners have no limitations on their advancement behind or beyond the line of scrimmage.

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