SECTION 1. LEAGUE FORMAT

I. League Overview
   A. The league will consist of three (3) regular season matches.
   B. Participants will be able to choose which day of the week and what time they play their regular season games via IMLeagues.

II. Playoff Format
   A. Following league play, a single elimination tournament will be played.
   B. Team rankings will be based on season performance and sportsmanship ratings.

III. Location
   A. Games will be played on the Gold Fields.
   B. Teams will have a designated field assignment.
      i. This assignment can be found online.
      ii. Please contact an Intramural Supervisor if you need assistance locating your playing location.

IV. Rosters
   A. Teams will be allowed to add additional players to their rosters during the season and through the end of the semi-final game in the playoffs.
   B. Teams will be allowed a maximum of 20 players.

V. Supervision
   A. No officials will be present.
      i. Players are responsible for making their own calls.
      ii. It is recommended that any disagreements should be determined by a replay of that play.
   B. An Intramural Supervisor will provide oversight and aid with operations of the sport.
      i. Please alert the Intramural Supervisor if assistance is needed.
      ii. ALL PARTICIPANTS MUST PRESENT THEIR ID IN ORDER TO PARTICIPATE.
      iii. GAME TIME IS FORFEIT TIME!
         a. All participants must be signed in and “ready to play” with the minimum number of players to avoid a forfeit.
         b. “Ready to play” includes having the proper game equipment and being at the court ready to begin at the scheduled time.

VI. Alcohol and Drugs
   A. The Division of Recreational Sports Facility Policy clearly states that:
      i. Alcohol, tobacco products, illegal drugs, firearms, and other weapons are strictly prohibited in DRS facilities.
      ii. Use of the facilities under the influence of alcohol or drugs is also prohibited.
   B. The Intramural Staff will strictly enforce these policies.

SECTION 2. THE GAME

I. Brief Overview
   A. Throw-offs begin each half and occur after every score (see Section 7).
   B. A whistle signifies the start or stop of each half.
   C. After catching a pass, the receiver is only permitted the fewest number of steps required to come to a
stop and establish a pivot foot.
D. Once a marker has established a legal guarding stance, a ten (10) second count may begin (see Section 10.3).
E. Callahan’s are permitted (see Section 6.II).

II. The Field
   A. The playing field is 70 yards long by 40 yards wide.
   B. Two (2) end zones, 25 yards deep, will be each team’s scoring area.

Object II.1

Taken from www.athleticfieldmarker.com.

III. Beginning Play
   A. The Intramural Supervisor will assist teams with field assignments.
   B. Captains’ Meeting
      i. Prior to the start of play, each team’s captain will be required to meet with the supervisor.
      ii. Follow the supervisor’s instructions and ask any desired rule clarifications at this meeting.
   C. Coin Toss
      i. Either a coin toss or even/odds game will determine the first choice.
      ii. The visiting team captain will be designated to make the call.
      iii. The captain winning the toss/game shall choose one of the following options:
         a. Choose to receive the throw-off in the first or second half.
            1. If this option is chosen, the remaining captain will choose which side of play to
               throw-off from in the first half.
         b. Choose which side of play to start on in the first half.
            1. If this option is chosen, the remaining captain will choose between throwing off in
               the first or second half.
      iv. Upon completion of the toss/game, each team will assume their respective sides and play will begin
          with a throw-off (see Section 7).
SECTION 3. EQUIPMENT

I. Equipment Provided
   A. Discs will be provided by the Intramural Staff.
   B. Players may use their own discs if both captains agree prior to play.

II. Illegal and Required Equipment
   A. Shoes
      i. Players must wear athletic shoes.
      ii. Shoes must be made up of soft, pliable upper material (molded plastics, canvas, leather, or synthetic) which covers the foot attached to a composition bottom.
      iii. Shoes with rubber cleats are acceptable, metal screw-in cleats are not permitted.
   B. Attire
      i. Players must wear athletic shorts or pants and shirts.
      ii. It is required that teams wear uniformly colored shirts to help distinguish one team from another.
      iii. Jeans are not permitted.
   C. No jewelry, metal barrettes or anything that would be considered potentially harmful to other participants may be worn.
      i. Sunglasses and baseball hats are permitted.
   D. No cast or brace with an outermost layer composed of exposed metal, hard and/or sharp plastic or other material will be permitted. These braces and casts must be covered by a standard sleeve or other soft, pliable material in order to be permitted.

III. Recommended Equipment
   B. Jerseys may be rented from the Equipment Center in the CoRec or TREC.

SECTION 4. PLAYERS

I. Team Composition
   A. An official team shall consist of seven (7) players on the field.
   B. (Co-Rec Modification) Teams with seven (7) players may have either four (4) males and three (3) females or three (3) males and four (4) females.
   C. (Co-Rec Modification) Teams with six (6) players must have three (3) males and three (3) females.

II. Minimum Team Requirements
   A. Games may be started with a minimum of five (5) players.
   B. (Co-Rec Modification) Teams with only five (5) players may have either three (3) males and two (2) females or two (2) males and three (3) females.
   C. Once the game has started, it may not be continued with fewer than the minimum number of eligible players on either team. If a team has fewer than the minimum number of eligible players due to any reason, including, but not limited to: a player being required to complete documentation due to misconduct, an injured player being attended to or no longer able to continue, the game shall be terminated and a default (results in a loss) shall be declared.

III. Substitutions
   A. Teams may substitute:
      i. Before the beginning of the second half.
      ii. During timeouts.
      iii. After goals prior to the ensuing throw-off.
      iv. After injuries (the opposing team has the option to also substitute a player).
   B. Players arriving late must first sign in with the Intramural Supervisor before entering play.
SECTION 5. TIMING

I. Periods
   A. A regulation game will consist of two (2) 20 minute halves.
   B. The clock will not stop and will be managed by the Intramural Supervisor.
   C. Halftimes will be a maximum of five (5) minutes long and teams will switch sides at the start of the second half.

II. Whistle
   A. A whistle signifies the start or stop of each half.
   B. If a team is in the middle of a possession when the whistle blows for the end of a half, play continues until there is a score or change in possession.

III. Timeouts
   A. Teams will not receive any timeouts.
   B. Injury time outs may be determined only by the Intramural Supervisor.

IV. Concession of the game
   A. Teams will have the option of conceding the game at any point after halftime without loss of sportsmanship if they desire.
   B. Teams must notify the Intramural Supervisor if this decision is taken.

V. Overtime
   A. During league play, there are no overtime periods and games will result in a tie.
   B. During the playoffs, the first team to score one (1) point wins.
   C. A coin toss or even/odds game will decide playing side and possession (see Section 2.III).

VI. Official Game
   A. If at least one (1) half has been completed and inclement weather stops play, the game will be over and its score will be considered official.
   B. If at least one (1) half has not been completed and inclement weather stops play, the game will be considered cancelled.
      i. Cancelled games will not count toward playoff qualification.
      ii. Cancelled games will only be made up if time and space permits.

SECTION 6. SCORING

I. Winning the Game
   A. Each successful catch in the offensive endzone results in one (1) point for the scoring team.
      i. Throw-offs will follow every score (see Section 7).
      ii. Teams will switch attacking ends after every score.
   B. The team with the most points at the end of the second half wins the game.

II. Callahan’s
   A. Callahan’s occur when a defender intercepts a disc in their own offensive endzone.
   B. Callahan’s are permitted and count as one (1) point.

III. Mercy Rule
   A. There will be no mercy rule scores.

IV. Forfeit Score
   A. In the event of a forfeit, a score of one (1) game to zero (0) will be given.
SECTION 7. THROW-OFFS (PULLS)

I. Throw-off Positioning
   A. The person throwing the disc must signal their team is ready by raising their hand.
      i. This indicates the throwing team is ready to play.
      ii. The thrower must wait for their opponents to return a ready-to-play hand raise before the disc may be thrown.
   B. The throwing team may move freely as long as they remain completely in their defensive endzone until the disc has been thrown.
   C. The receiving team must have one (1) foot on their defensive goal line.
      i. The receiving team may move along the defensive goal line; however, they may not change positions relative to one another.
   D. Once the disc is in the air, each team may move freely to any position on the field.

II. Resuming Play After Throw-offs
   A. If the throw-off is caught by the receiving team, that team immediately begins its possession at that location.
      i. Should the throw-off be dropped by the receiving team, the throwing team gains possession at that location.
      ii. The throwing team is not allowed to interfere with the receiving team’s attempt to catch the throw-off. Any interference results in automatic possession for the receiving team.
   B. If the throw-off is not caught but lands in bounds, the receiving team starts possession at the location where the disc comes to a complete stop.
   C. Should the throw-off land out of bounds on the fly, the receiving team chooses to:
      i. Put the disc into play where it crossed the line.
      ii. Play the disc in the middle of the field – signaled by the thrower raising both hands together above one’s head.
   D. Should the throw-off roll out of bounds, the receiving team begins play at the initial point where the disc crosses the out of bounds line.
      i. If the disc rolls out in the endzone, the disc may be advanced to the front of the endzone nearest to where it crossed the out of bounds line.
   E. If the throw-off lands in the endzone, the receiving team may not advance the disc to the front of the endzone and must play the disc where it is picked up.

SECTION 8. CHANGE OF POSSESSION AND OUT OF BOUNDS

I. Change of Possession
   A. Change of possession occurs when a pass is not completed between two (2) offensive team members.
   B. The following may cause a change in possession:
      i. The disc is dropped or hits the ground.
      ii. A stalling violation occurs.
      iii. The disc falls out of bounds.
      iv. The defense blocks or intercepts the disc.
   C. Once a change in possession occurs, the new offensive team does not have to wait for the defensive team to begin its attack.

II. Out of Bounds
   A. The boundary lines are considered out of bounds.
   B. If a change of possession occurs from the disc landing out of bounds, the team gaining possession must
walk the disc to the point of exit and signal for play to resume by tapping the disc on the ground.

C. For a receiver to be considered in bounds after a catch, the first point of contact with the ground must be completely in bounds.
   i. If momentum carries a player out of bounds, the player may return in bounds (see Section 9).
   ii. The player should play the disc from the point of exit – not the point of the catch.

D. To be in bounds, a player’s pivot foot must always remain in bounds; however, the non-pivot foot may rotate in and out of bounds as long as the pivot foot is legally placed.

E. Should the disc go out of bounds in the endzone, the team gaining possession brings the disc to the front goal line parallel to the location where the disc crossed over the line.

SECTION 9. RECEIVING AND MOMENTUM

I. Receiving
   A. Bobbling the disc to gain control is permitted.
   B. The receiver may throw a caught disc before taking three steps after a catch.

II. Momentum
   A. After catching a pass, the receiver is only permitted the fewest number of steps required to come to a stop and establish a pivot foot.
      i. Excess steps, with no effort to stop is a travelling violation.
   B. Should momentum carry a player into the endzone, the score shall not count and the receiver shall return to the point where goal line was crossed. A ground check (tapping the Frisbee on the ground) is required at this spot to resume play.

SECTION 10. THE THROWER, THE MARKER, AND STALLING

I. The Thrower
   A. The thrower may pivot in any direction.
      i. The thrower may not change pivot feet until the disc is released.
      ii. However, once the marker has established a legal defensive position, the thrower may not pivot into them.
   B. If the disc is dropped by the thrower without defensive interference, the defense obtains possession at that location.
   C. Passes may be thrown in any direction.
   D. Throwers may not catch their own throw, and the defense obtains possession if this occurs.

II. The Marker
   A. Only one (1) player may guard the thrower at a time.
      i. A second defensive player may not be within ten (10) feet of the thrower unless they are guarding a second offensive player.
   B. The marker may not do anything to attempt to prohibit the thrower from natural movement.
      i. The marker may not straddle the pivot foot of the thrower.
      ii. The marker cannot position their arms in such a manner as to restrict the thrower from pivoting.
   C. There must be at least one (1) disc’s diameter between the upper bodies of the thrower and marker.

III. Stalling
   A. Once a marker has established a legal guarding stance, a ten (10) second count may begin.
      i. The thrower must release the disc before the tenth second. If the thrower does not release the disc, a change in possession occurs.
The marker must count aloud so that the thrower can hear.

The intervals must be full seconds. No quick counts.

B. Should a team switch markers, the stall count must restart from the beginning.

SECTION 11. FOULS AND VIOLATIONS

I. Defensive Fouls
   A. Physical contact by the defense is not permitted.
   B. Defensive players are not permitted to touch the disc while it is possession of an offensive player.
   C. Should the thrower or receiver be fouled:
      i. And a pass is completed, the foul is automatically declined and play continues.
      ii. And a pass is not completed, the thrower retains possession and the stall count restarts.

II. Offensive Fouls
   A. Physical contact by the offense is not permitted.
   B. Any undisputed offensive foul results in a change of possession at the spot of the foul.

III. Offensive Violations
   A. Travelling: After receiving a disc a player must establish a pivot foot immediately. Failure to do so is a travelling violation, play will stop and the disc will return to the player who committed the violation.
      Each of the following also results in a traveling violation:
      i. A player receives a disc and either speeds up, changes direction, or does not stop as quickly as possible before establishing a pivot.
         • Exception: If a player catches the disc and releases it before his third step establishing a pivot is not required.
      ii. Lifting or moving the pivot foot before releasing a throw.
      iii. A thrower fails to properly put the disc in play (ground check or defensive check (allowing defender to tap the Frisbee to acknowledge readiness)) when necessary.
   B. Picks: Offensive players are not permitted to restrict a defenders freedom of movement. This applies whether the restriction of movement is intentional or not. This only applies if the defender is actively guarding (and within 10 feet of) an offensive player.
      i. After a pick is called, play will stop and the obstructed player is allowed to regain relative position lost with the offensive player he was guarding.

IV. Defensive Violations: These violations will result in the stall count being reset to 0.
   A. Fast count: Defenders may not stall at a rate faster than one count per second.
   B. Double-Team: There may only be one defender within 10 feet of the player with the disc. (Exception: If the second defender is within 10 feet of another offensive player).

SECTION 12. SPORTSMANSHIP

I. Minimum Rating
   A. A. Teams must receive an average of 2.75 sportsmanship rating during league play to be eligible for the playoffs.
   B. Sportsmanship ratings will range between 0-4 with detailed explanations available in the Participant Handbook Article 9: Sportsmanship and Player Conduct

II. Supervisor
   A. The game’s Intramural Supervisor will determine sportsmanship ratings for each of the game’s teams.
SECTION 13. PROTESTS

I. Eligibility Protests
   A. If a player is believed to be ineligible (please see our Policy and Procedure Manual Section I. Eligibility for more details), the game may be played under protest.
   B. Please contact the Intramural Supervisor to file a protest form.

II. Rule Interpretation Protests
   A. Rule interpretation questions must be declared immediately after the play in question.
   B. Rulings involving judgment MAY NOT be protested.
   C. Team captains must announce this protest to the Intramural Supervisor and both captains will be required to fill out information on the protest form.