

GAME TIME IS FORFEIT TIME!

Team members **must** be listed on the team roster in the Intramural Office before playing. As a captain, you have up until **24 hours prior to your first game** to add players and make sure your roster is legitimate! To add a player, their waiver must be submitted at least one business day prior to the next contest (example: if your next game is on Sunday, the waiver must be **received** by 5:00 PM on Friday.)

1. Play will be 7-on-7 for **two (2) twenty-minute halves**. The clock will be a running clock and will only be stopped for an injury. Halftime will not exceed five minutes. Each team will receive 1 timeout per half.

2. A team must have five players to begin play, anything less is a forfeit.

3. Substitutions are made after a goal and prior to the ensuing pull (throw off), before the beginning of a half or to replace an injured player.

4. Starting and Restarting the Throw-off (Pull)

- The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released
- The players in the receiving team may not change positions relative to one another and must have at least one foot in their end zone prior to the release of the disc.
- As soon as the disc is released, all players may move in any direction.
- If a member of the receiving team catches the throw-off on the playing field, that player must put the disc into play from the spot.
- If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops.
- If the throw-off lands out of bounds the receiving team makes a choice of: a) Putting the disc into play where it crossed the line. b) Putting the disc into play in the center of the field where the disc crossed out-of-bounds. c) Request a re-throw
- Scoring---- each time that the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after a score with a throw-off.

5. Possession and Basic Procedures

- Two feet need to be in bounds to be considered a catch
- Momentum can carry a receiver out-of-bounds, then return to the field where s/he left the field and continue play.
- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. Traveling can be called by the defense.
- The thrower has the right to pivot in any direction. However once the marker has established a legal defensive position, the thrower may not pivot into him/her.
- If the thrower without defensive interference drops the disc, it is considered an incomplete pass.
- The thrower may toss the disc in any direction in anyway s/he wishes.
- Only one player may guard the thrower at any onetime, this player is the marker.
- An arm's length must be kept between the marker and the thrower; the thrower can call back-off if the marker is too close.
- Once a marker has established a set-guarding stance on the thrower, s/he may initiate a 10 count.
- The thrower can call a fast count if the marker is counting too fast.
- If the thrower has not released the disc at the time of the 10 count is complete, a turnover is called.
- If the defense decides to switch the marker, the count will start over.
- After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot (estimate would be 3 steps)

- NO PICKS OR SCREENS
- Fouls are the result of physical contact between opposing players.
- The offending players call the foul. If the player committing the foul disagrees with the foul call, the play is redone.
- The principle of verticality: All players have the right to the space immediately above them.
- A player who has jumped is entitled to space at the same spot s/he took off from without hindrance by an opponent.

6. Equipment

- Metal spikes are NOT ALLOWED, players may wear tennis shoes, flat rubber, molded rubber cleats, or turf shoes. NO BARE FEET.
- A team may wear apparel of their choice. However shoes and shirts must be worn at all times.
- NO JEWELRY.
- NO BILLED HATS, or BANDANAS.