Rules of the Game

1. Players & Substitutes
   a. A team consists of 7 players on the field.
   b. There must be at least 4 players to start a game.
      i. If ejections or injuries cause one team to drop below 4 players, the game may continue as long
         as it remains competitive.
   c. All jewelry must be completely covered and secured. Safety is still our top priority. Any jewelry that
      remains a risk to any participant (even if covered) will not be permitted.
   d. For CoRec games, the following gender restrictions apply:
      i. 6 players → gender max 4
      ii. 5 players → gender max 4
      iii. 4 players → gender max 4
   e. Only two Sport Club or Registered Student Organization team members may be on a team roster in their
      sport or allied sport.
   f. Substitutions may be made after a score by either team.

2. The Game
   a. Play may be stopped at the discretion of the intramural staff at any time.
   b. All games will be played to 11 goals.
      i. Halftime will be called after either team reaches 6 points. Halftime will last 5 minutes.
      ii. “Hard cap” will be called 45 minutes past the scheduled start time if a team has not already
          reached 11 goals. When hard cap is called, the current point will be finished.
             1. If the score is not tied at the end of that point, the game is over.
             2. If the score is tied at the end of a regular season game, the game will end as a tie.
             3. If the score is tied at the end of a playoff game, there will be a final “universe point”
                meaning the next team to score wins.
   c. The object is to throw the disc from one team member to another traveling the length of the field and
      obtaining the disc in your opponent’s end zone.
      i. The disc may not touch the ground. A disc that touches the ground either by a missed catch or
         an opponent knocking it away will result in loss of possession and the defensive team will then
         be entitled to the disc.
      ii. When a disc hits they round and rolls, the new offensive team may play the disc from where it
          rolls to or pick it up while it is rolling and play it from that spot.
      iii. The defensive team may attempt to catch or knock down a disc as long as no contact is made
           with the opponent.
   d. There are no timeouts.

3. Grace Period
   a. If a team does not have the required minimum number of players checked in at the scheduled game
      time, a 10-minute period is given.
      i. If a team (or teams) doesn’t have the required number of players by the end of the 10-minute
         grace period, the game is recorded as a forfeit.
      ii. If one team is present at the start of the grace period (scheduled game time), that team has the
          option to start up by the mercy rule (3 goals) when their opponent arrives during the grace
          period. However, the present team may also elect to decline the penalty and start the game
          with a score of 0-0.

4. Scoring
   a. One point is awarded for each score in all leagues.
   b. To be considered a score, the receiving player’s first point of ground contact must be completely in the
      end zone.
      i. Possession must be maintained throughout all ground contact for a score to be awarded.
5. Pulls
   a. A game will begin with a pull taken by the team determined from the coin toss. The pull is taken from the pulling team’s end zone.
   b. A pull consists of one player on the pulling team throwing the disc to the opposing team.
   c. After a score, play will resume with a pull by the scoring team from their end zone.
   d. Players on the pulling team must stay within their end zone until the disc is released; players on the receiving team must stand with one foot on their own goal line, without changing position relative to one another until the disc is released.
   e. No player on the pulling team may touch the disc in the air until it has been touched by a member of the receiving team.
   f. If a receiving player touches the disc then drops it, this results in a turn-over and possession goes to the other team.

6. Fouls
   a. Any foul that happens to the thrower will result in a delayed foul penalty. If the throwing team loses possession, the foul will be assessed from the spot of the foul. If the play is successful, no foul will be called.
   b. If the receiver is fouled, the play will result in possession for the team that was fouled, at the spot of the foul.
   c. The thrower shall have 10 seconds to release the disc. The defender will conduct an audible 10-second count. The audible count must start at one (i.e., stall…1…stall…2…stall…3, and so on).
   d. Defenders are responsible for contact made by the person throwing the disc. A defender must give a minimum amount of space equivalent to the disc’s circumference to the thrower.
   e. Defenders cannot inhibit the movement of the offensive player. No screens or illegal contact will be allowed.
   f. Double-teaming the thrower is not allowed.

7. Overtime Procedure (Playoffs Only)
   a. When hard cap is called, the current point will be finished.
   b. If the score is tied after the final point during hard cap, there will be a final “universe point” meaning the next team to score wins.

8. Mercy Rule
   a. If a team is up by 4 goals or more with 2 minutes remaining, the game shall end.