Team Requirements

- Games will be played 7 on 7.
  - Minimum of 5 players
- Up to 12 players can be checked in per game
- All players must show their KSU ID to the Intramural Sports Staff to sign-in for each game. Players without their KSU ID will not be permitted to play.
- If one or both teams do not have the minimum number of players ready to play, the grace period will begin at game time, please see the grace period table in the IM Handbook.
  - If a team does not have the minimum number of players at the end of the grace period, that team will forfeit the match. If neither team has the minimum number of players, the game will be ruled a double forfeit.
- If a team knows that they will not be able to field a team for their upcoming match, they must complete the default form at www.ksuimsports.com by noon on the day of their game to report a default. The team will still be given a loss, but will not lose their forfeit deposit. A team can only default once per season.
  - 1 forfeit or 2 defaults in a season result in loss of forfeit deposit and removal from league
  - Following a forfeit, teams must call the Intramural Sports Office by 12:00pm the next day to remain in league
- Intramural Sports Participant must complete the Spectator Request form by 5pm to receive a Spectator Pass for their Guest at the Rec Center

Player Equipment and Behavior

Player Equipment

- The official disc must weigh between 165 grams and 175 grams.
- All players must wear appropriate athletic uniform consisting of athletic shorts or pants, sweatpants or jogging pants, a t-shirt or tank top.
- Players must wear athletic shoes or cleats
  - Cleats must be rubber, no metal.
- All jewelry must be removed.
  - Medical alert jewelry is the only jewelry allowed and it must be taped down
  - If jewelry is seen by a staff member, it must be removed. It cannot be taped over.
- Players on the same team must wear like colors
- Players may wear head gear so long as there is no knot, i.e. tied bandanas.
- Players may wear gloves as long as they do not endanger the safety of another player.
- Intramural Sports staff reserve the right to not allow an injured player to play or continue playing in a match
  - A player who is in obvious pain or discomfort by performing basic sport-specific skills will not be allowed to continue

Player Behavior

- Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul:
  - Refusal to comply with or abide by a request or decision of an official
  - Intentionally kicking, spiking, or throwing the ball aside from game play
- Attempting to influence the decision of an official
- Disrespectfully addressing an official or an opponent
- Playing or attempting to play without signing in with their KSU ID
- Participating in a fight (AUTOMATIC EJECTION)
- Any act deemed by an official to be unsportsmanlike

- Officials should not be pursued off the court to discuss game issues. Harassment of an official or Intramural Staff member will result in suspension from play.
- If a team accumulates 3 unsportsmanlike penalties in a game, they will forfeit the contest
- The team captain is responsible for the conduct of his/her spectators. A team can be penalized for the actions of their spectators, including influencing the sportsmanship rating for the game.
- No officials shall be used, however players are expected to play with the “spirit of the game” when handling calls and discrepancies.
  - Players will call their own fouls
  - If players cannot come to an agreement on the call, the play shall be redone
    - Ex: An offensive player calls a foul for pushing when attempting to catch the disc, if the defensive player disagrees, he/she says “I contest.” The disc is sent back to the thrower and the play is redone.

Game Length and Timing

Play Periods
- Games will consist of two twenty (20) minute halves with a five (5) minute halftime.
- The clock will run continuously, except when:
  - There is a timeout
  - There is an injury
- NOTE: The clock does NOT stop for call discrepancies.

Overtime
- Regular season games may end in a tie
- In the event of a tie at the end of regulation time, there will be a 3 minute period between regulation time and overtime. The captains will flip a coin to
- The overtime period shall be 5 minutes in length
- If the game is still tied at the end of overtime, the tie will be broken by sudden death overtime (first team to score wins).

Timeouts
- Each team is permitted one timeout per half and one per overtime period, each being one minute. Either team may call a timeout after a goal and before the ensuing throw-off. The team in possession may call a timeout from the field. Timeouts do not carry over into the second half or into overtime.

Mercy Rule
- The game shall end if one team is ahead by 10 goals with 10 minutes or less remaining in the game.

Facility Specifications

- The field of play shall be 100 yards by 40 yards total
- The end zones shall 20 yards each
- End zone corners shall be marked with pylons

Rules of Play

- The game can be canceled at the discretion of the IM Staff if arguing affects game play
- IM Staff will keep the clock and score, and may be called upon to settle questions regarding rules, fouls, etc.

**Pull**
- Play begins with the pull. The captains of the two teams will flip a coin or a disc to determine which team will throw, receive, or choice of goal. The teams shall alternate throws at the beginning of each period.
- All players must be on or behind their goal line until the disc is released. The receiving team must stand on their goal line without changing relative position.
- No player of the throwing team may touch the disc until a member of the receiving team touches it.
- The receiving team may catch the disc. If the disc is successfully caught, that player gains possession at that point. If the receiving team attempts to catch the disc and it is dropped, the throwing team gains possession where the disc touches the ground.
- The disc must land within the boundaries of the field. If it does not, the receiving team has the option to take the disc at the center of the yard line where it went out of bounds or have the disc re-thrown.
- Each time a goal is scored, the teams switch direction of attack, and the team that scored will pull on the signal of the receiving team.

**Play**
- The team that has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc any way he/she chooses. The disc may never be handed from player to player. In order to exchange the disc between players, it must spend some time in the air.
- No player may walk, run, or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops and he/she returns to the point at which he/she caught the disc, and play resumes.
- The player in possession may pivot on one foot, as in basketball. The player may not change his/her pivot foot once it has been established.
- Only one player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked out of his or her hand. The defensive team gains possession of the disc when the offensive team’s throw is incomplete, intercepted, knocked down, or goes out of bounds. A rolling or sliding disc may be stopped by any player but may not be advanced in any direction. After the disc is stopped, only players who gained possession may touch the disc.
- A player may catch his/her own pass only after it has touched the disc during its flight. Bobbing to gain control is permitted, but tipping it to oneself is not allowed.

**Fouls**
- Only the player who was fouled can call a foul. It is defined as any physical contact between an offensive and defensive player sufficient to deter the flight of the disc. Contact during the follow through is not grounds for a foul.
- If the pass is completed, the foul is automatically declined, and play proceeds without stopping.
- A foul is also called when any physical contact occurs as a result of the offense or defense player playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, kicking, sub-marining, etc.
- The player who is fouled calls “foul,” then play stops. Play continues when both teams are ready. Should a foul occur in an endzone, possession is gained at the goal line.
- A stalling violation occurs when the player guarding the thrower calls out stalling and counts aloud 10 seconds (Stall-1, Stall-2, etc.). If the disc has not been released at the end of the count (or at the t in ten) it is turned over to the defense at the spot.
Scoring
- A goal is scored when an offensive player receives a pass inside the endzone they are attacking with at least one foot legally touching inside the endzone without touching out of bounds. The first point of contact must be in bounds.
- A player in possession may not score by running into the endzone.
- All scores are worth one point.

Substitutions
- Substitutions can be made only: after a goal and before the ensuing throw-off, to replace an injured player, and after periods of play. NOTE: Players may not substitute after a timeout is called. All players on the field before the timeout must return to the field unless injured.

Corec Modifications:

Teams
- A maximum of 14 players may be signed in per game
- A minimum of 6 players is required to play
- Teams may consist of no less than 3 and no more than 4 of either gender.
  - Ex: 4 males 3 females; 3 males, 4 females; 3 males, 3 females

Scoring
- Regardless of which gender assists or catches a scoring pass, the goal will still count for one point.