1. **Player Eligibility and Check-In:**
   a. All players must be registered on IMLeagues, and must be listed on the team roster to participate in a game. Write-ins will NOT be accepted until the player has registered on IMLeagues.
   b. All participants must be current members of the gym/recreational facilities. Non-members wishing to play intramurals must purchase a membership. Any non-student participant must be 18 years or older.
   c. Each player must check-in prior to game time and present their current Duke ID card. A player must be signed-in and checked off before entering the game on the game sheet.
   d. Players are permitted to play on ONE Coed League team and ONE Open League team; this is the ONLY exception when playing for two teams. Any player found to be on more than one team roster will be considered ineligible and suspended for a minimum of one game. Teams risk forfeiting any matches an ineligible player has participated in.
   e. Roster additions can be made at any time up until the final date for roster additions, and prior to the post-season. Please check the ultimate frisbee sport page on IMLeagues for this information. Following this date only special requests will be accommodated, but the intramural office must be contacted for approval.
   f. Coaches: Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game. Any ineligible coach found to be interacting with the intramural staff will be asked to leave the bench area. Teams and the Team Captain risk further penalty for any ineligible coach.

2. **Number of Players:**
   a. A team will consist of maximum of 7-players on the field.
   b. A team must have at least 5-players to begin and end the game.
   c. **Coed League Rules:** Coed teams must consist of at least 3 females and 3 males on the field at all times; there is no gender requirement on the 7th player (i.e. 4:3 or 3:4 ratio).
      i. If a team has 6-players to begin a game they may start with a female to male ratio of 4:2, 2:4, or 3:3. If a team has 5-players to begin a game, the team may have a female to male ratio of 3:2, or vice-versa. At no time may there be less than 2 or more than 4 players of a single gender on the field during game play. Any different combinations then listed above or if a team has only 3 players present at the beginning of the game the team will be forced to forfeit.

3. **Equipment:**
   a. Numbered pennies are provided for Intramural participants. Teams are allowed to wear their own uniforms as long as they are of the same likeness in color and are numbered.
   b. Shoes shall be made of a canvas, leather, or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleat-less. Metal cleats or metal tipped cleats are NOT permitted.
   c. Players may wear a knit or stocking cap. The cap may NOT have a bill; it can have a knit ball on top. Bandanas with a tied knots and hats with brims on them are NOT allowed. Cloth/Elastic bands may be used to control hair.
   d. No jewelry such as watches, rings, bracelets, necklaces or any other loose accessories.
   e. No hard casts or braces of any kind when worn on the elbow, hand, finger, wrist or forearm unless padded. Ankle or knee braces are acceptable; exposed metal parts must be covered and padded.

4. **Playing Field:**
   a. **West Turf Complex (located on Frank Bassett Drive across from the Science Drive Parking Deck):**
      i. The playing field will be 110 yards long by 40 yards wide. The playing area (not including the end zones) will be 74 yards long; the end zones will be 18 yards deep.

5. **Playing Time & Intermissions:**
   a. Games will consist of two 20 minute halves. Teams will play to a point limit of 15 points or the expiration of time (whichever comes first). The clock will run continuously for the entirety of the first half, and the first 18 minutes of the second half. The clock will be stopped when a timeout is called, an injury occurs, or at the discretion of the IM Sports Staff. In the last 2-minutes of the second half, the clock will be stopped for timeouts, injuries, when a point is scored, and other instances where the IM Sports Staff deems necessary (i.e. unexpected delays in game restarts).
   b. Each team will be allotted three (3) timeouts for the entirety of the game.
   c. When playing time of either half has expired and the disc is still in play, the team in possession will continue to possession until a member of their team scores, or the disc is turned over. A team receiving the disc from The Pull or retaining possession of the disc following an out of bounds situation is considered to still be in possession of the disc.

6. **Start of the Game:**
   a. Prior to the game a coin flip or “Flip the Disc” will be conducted to determine who receives the throw to begin the first half. The opposing team will receive the throw to begin the second half.

7. **Overtime (Playoffs Only):**
   a. Overtime will consist of one, 10-minute period of continuously running time. If time has expired and the disc is still in play, play will continue until someone scores or the disc is turned over. A team retaining possession of the disc following an out of bounds situation is considered to still be in possession of the disc.
   b. Overtime periods for playoffs will continue until a winner is determined.
   c. The first score that occurs will end the overtime period and the scoring team wins.
   d. The same coin toss to start the game is used to determine who receives at the beginning of overtime.
8. General Game Play:
   a. The Pull: Play starts at the beginning of each period of play and after each score with a throw-off. The pull consists of one player on the throwing team indicating readiness to begin play.
      - Following a score, the teams switch the direction of their attack and the team, which scored throws-off.
      - On a pull, players must remain in their end zone (not cross the goal line) until the disc is released. Players on either team are free to move anywhere within their end zone.
      - Offside: If a player on the pulling team crosses the goal line before the disc is released, it is offside. After the second offside call on one team, the receiving team will start with the disc at midfield. Every offside call on a team with two previous calls already will continue to result in the receiving team starting at midfield.
      - The pull may be made only after the thrower and a player on the receiving team raise a hand signifying that team’s readiness to play.
      - As soon as the disc is released, all players may move in any direction.
      - No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.
      - If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point where the team stops the disc (the receiving team may stop the disc from moving further downfield and pick up the disc to begin play from that point), excluding the end zone, nearest to where it crossed the out-of-bounds line. The receiving team may NOT strike, kick, or redirect the disc so it changes direction.
      - If the pull lands out of bounds the receiving team puts the disc back into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out of bounds line. If the pull lands out of bounds within the end zone, the disc is put back in play in the center of the field 20 yards from the goal line of the end zone.
      - If the receiving team drops the pull, or it contacts a receiving player in any way before falling to the ground, it is a turnover and the pulling team puts the disc in play where it lands.

   b. A Turnover Occurs When:
      - A pass is not completed (dropped, hits the ground, is caught or falls out of bounds, blocked, intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
      - The marker’s count reaches the maximum number (10) before the throw is released.
      - When a turnover occurs any member of the opposing team may take possession of the disc.
      - To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

   c. Out of Bounds:
      - The perimeter lines themselves are out of bounds.
      - A disc is out of bounds when it first contacts an out of bounds area or contacts anything which is out of bounds.
      - For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out of bounds, the player is considered to be out of bounds.
      - Should the momentum of a player carry him/her out of bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out of bounds and puts the disc into play at that point. To restart play after the disc has gone out of bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out of bounds, and put the disc into play at that point.
      - The thrower may pivot in and out of bounds, provided some part of the pivot foot contacts the playing field.

   d. Fouls & Violations (Infractions):
      - A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules.
        - When an infraction (a foul or violation) occurs:
          o The offending player loudly calls out the foul or violation.
          o A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that s/he did not commit the infraction.
          o After a call, play stops and players remain stationary until the parties involved have resolved the call.
          o If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. E.g., 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
          o If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position he/she occupied when the disputed infraction allegedly occurred.
          o If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
          o If the marker is fouled in the act of throwing and the pass is not completed, play continues and it is a turnover.
      - Infractions Include:
        o Foul: Contact between opposing players.
        o Fast count: When the marker counts at intervals of less than one second.
o Double-team: When more than one defensive player is guarding the thrower within 10 feet. If two players are marking the thrower within 10 feet, and there is not a second offensive player in the 10-foot area, then it is a double-team. Play will be stopped and the stall count will restart at 0.

- Disc space: If the marker touches or is less than one-disc diameter away from the thrower.
- Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: When a defensive player knocks the disc out of a thrower’s hands.

- Pick: Obstructing the movement of a player on the opposing team.

- Infractions do not result in a change of possession unless the foul or violation was committed by the attacking team and a turnover occurs. If the attacking team commits a foul or violation and a completion was made the completion is voided and the disc goes back to the thrower of the attacking team that committed the infraction.

e. Stalling:

- Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count. The marker must also be within ten (10) feet of the thrower to initiate and sustain the stall count.
- The count consists of the marker calling “Stalling” and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear. If the stall count is disputed (Fast Count), the thrower gets the disc back with stall count beginning at “stalling 8”.
- If the thrower has not released the disc at the first utterance of the word ten (10) it will be a turnover.
- If the defense decides to switch markers, he/she must start again from one.
- If the marker is forced to back up because he/she is not positioned within the required distance from the thrower, then the count must be restarted.

f. Positioning & Picks:

- No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick. If a player believes he has been picked by the opposing team, he may signal by yelling “pick”.
- When the disc is in the air, players must play the disc, not the opponent.
- The principle of verticality: All players have the right to the space immediately above them.
- A player who has jumped is entitled to land at the same spot without hindrance by opponents.

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9. Miscellaneous Rules of Game Play:

- A disc may NEVER be handed from one player to another. It MUST be thrown.
- The thrower may not subsequently catch or contact the disc in any way until it contacts another player from either team first.
- Substitutions: Substitutions may be made by either team following the scoring of a point, during a stoppage of play for an injury, at halftime, or on a timeout.

10. Sportsmanship:

- The goal of Duke Intramural Sports is to provide recreational environments for its participants who are safe, fun, and inclusive and further promotes teamwork, communication, integrity and healthy lifestyles. While the game environment can be competitive, ensuring player safety, providing a fun atmosphere, and promoting sportmanlike behavior for participants, spectators, and staff are the program’s primary concerns and are the sole responsibility of its participants, spectators, and staff.

- Participants and spectators are expected to maintain good sportsmanship throughout their participation in Duke Intramural Sports as it applies to Intramural Staff, fellow participants, team followers, and spectators.
• The team and captain(s) are responsible for the actions of the individual team members and spectators or team followers. Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game.
  ➢ Only the recognized head team captain (1) and/or coach are permitted to speak to the officials regarding administrative matters such as protests, ejections, rule clarifications, etc. Intramural staff will only recognize these persons when communicating matters in an intramural game, and only when addressed in a civil, good-natured manner.
  ➢ Furthermore, it is expected of team captains and/or coaches to assist the intramural staff and its officials to calm difficult situations, restrain troubled teammates, and assist in other administrative matters as asked by the intramural staff and its officials.

11. Sportmanship Rating:
• The Sportmanship Rating System is designed and intended to be an objective scale by which a team’s overall sportsmanship (which includes attitude and behavior) can be assessed during an intramural game and throughout a team’s season, which includes playoffs. Behavior before, during and after an intramural game is included in this rating. The team captain(s) is/are responsible for educating and informing all players and spectators associated with their team about this rating system.
• Playoff Eligibility: All teams are required to maintain and conclude the regular season with an average sportmanship rating of 3.5, regardless of league standing and record. Any team below the minimum requirement will NOT be eligible for playoff games and scheduling. Any team participating in the playoffs must maintain at least a 3.0 rating following the conclusion of each game. Regardless of the outcome a team’s sportmanship rating could and will determine their advancement to the next round. If the winning team is removed from the playoffs due to sportmanship then their opponent will advance, but only if the opposing team’s sportmanship rating was not below a 3.0, as well. If in any case both teams are rated below a 3.0 following the conclusion of the game, then neither team will advance.

12. Team/Individual misconduct:
• Profanity and/or any other forms of derogatory or abusive language towards officials, supervisors, administrative staff, other participants, and spectators are unacceptable actions during participation in Intramural sports, events, and tournaments.
• Physical misbehavior, such as fighting, will not be tolerated when participating in Intramural sports, events, and tournaments. All participants are subject to removal from the team/league and disciplinary action from Duke University on any such occasion.

13. Cancellations (Weather or Unforeseen Circumstances):
• For any game that is cancelled due to hazardous conditions (weather or facility) and not played or rescheduled, a tie will be assessed to both teams with a score of (0-0). In addition, both teams will receive a sportmanship rating of 5.0.
• If a cancellation to a game in play is made due to hazardous conditions, the game will count if the 1st half has been completed. The game score at any time thereafter will be the final, recorded score.
• For any and all sightings of lighting teams must be removed from the field, and play will be suspended immediately; a 30-minute time limit will be implemented form the first sight of lighting and will reset each time if seen again.
• Officials and other staff have final say over rain related suspension of play or cancellations.

14. Forfeits & Defaults:
• Forfeits will result in a match differential of 15-0. In addition, the forfeiting team will receive a sportmanship rating of 2.0
• Defaults will result in a match differential of 8-0. In addition, the defaulting team will receive a sportmanship rating of 3.0.
• Any team forfeiting 2 games during the regular season schedule will not be eligible for playoffs.
• For further information, please review the Participant Manual.

15. Game Time & Delayed Starts
a. When a team arrives, at GAME TIME, with less than the minimum requirement of players the game clock will start. The team with at least the minimum requirement of players will be awarded points based on elapsed time, and until a team meets the minimum requirement of players.
  i. Delays between Game Time to 5-minutes: 2 points to the opposing team.
  ii. Delays between 5-minutes to 10-minutes: addition of 2 points to the opposing team.
  iii. Delays at 10-minutes (or more): forfeit to the opposing team.
  iv. In addition, the team that does not have the minimum requirement of players at Game Time will begin with a maximum sportmanship rating of 4.0. If the game is forfeited the forfeiting team will receive the necessary score differential, as mentioned above, and a sportmanship rating of 2.0.

b. If both teams do not have the minimum requirement of players at Game Time, the clock will start. Points will be awarded based on when a team meets the minimum requirement of players in conjunction with any elapsed time.