PLAYERS AND EQUIPMENT

- **Number of Players:** The game shall be played between two teams of 7 players each. Four players are required to start the game.
- **All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate.**
- **Jerseys:** Players of the opposing teams must wear contrasting colored jerseys, without pockets. Jerseys should be tucked in at all times.
- **Shorts/Pants:** All players are required to wear either shorts or pants. There shall be NO belts, belt loops, pockets, zippers, buttons, or exposed drawstrings on the pants or shorts of the player. Players are not permitted to play in boxer shorts or any other form of undergarments.
- **Shoes:** Regulation rubber soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No steel cleats, metal tips or shoes with detachable steel cleats that screw onto the shoes may be worn. 5-finger shoes are not allowed.
- **Illegal Equipment:** A player wearing illegal equipment shall not be permitted to play. Types of equipment or substances which shall always be declared illegal include, but are not limited to:
  - A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots
  - B. Jewelry
  - C. Pads, Casts, or Braces worn above the waist
  - D. Shoes with metal, ceramic, screw-in, or detachable cleats. **Exception:** Screw in cleats are allowed if the screws are part of the cleat
  - E. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey
  - F. Shirts or jerseys with names that may be deemed vulgar by the Intramural Sports Staff
  - G. Pants or shorts with any belt(s), belt loop(s), zipper(s), or exposed drawstring(s)
  - H. Any leg or knee brace deemed unsafe by the Certified Athletic Trainer on staff.
  - I. Any slippery or sticky foreign substance on any equipment or exposed part of the body
  - J. Exposed metal on clothes or person.
- **Medical Bracelets:** Any participant required to wear medical bracelets or medical medals will be permitted to do so. They must be taped to the body with medial data visible by the Athletic Trainer on site.
- **Frisbee:** Frisbees will be provided by the Competitive Sports staff at the game site. Another regulation frisbee may be used if both teams agree.

FIELD AND TIMING

- **Playing Field:** The playing field is 80 yards long. The field of play will consist of two 10-yard end zones and 60 yards of playing space.
- **Timing:** The regulation game shall consist of two 15-minute halves. The clock will run continuously except for timeouts and official’s timeouts.
- **Start of the Game:** The officials will bring in both teams’ captains to flip the disc. The away team will call the flip. The team that wins the toss will have the option to choose to receive the throw-off or choose which end to defend. The other team will choose from the remaining options.
- **Forfeits:** Game time is forfeit time. If a team has one less than the minimum number required to play, they will be extended a five minute grace period. During the grace period, the game clock will run and play will begin once the opposing team has met the minimum requirements.
- **Mercy Rule:** The game will be over if a team is winning by 10 or more points with five or less minutes remaining in the second half.
**Timeouts:** Each team is entitled to one time-out during each half. While the disc is in play, only the player in possession of the disc may call time-out.

**Overtime:** If the game is tied at the end of regulation, a three-minute overtime period will be played. A disc flip will determine the options.

**Inclement Weather:** In the event of inclement weather cancellation, any game that has completed the first half of play will be considered an official game and will not be rescheduled.

**THROW-OFF**

- **Positioning:** Players are free to move anywhere within their own end zone but may not cross the goal line until the disc is released. Each team raises a hand to signal readiness.

- **Receiving Team:** After the disc has been thrown off, the receiving team takes possession where the disc comes to rest. The receiving team may try to catch the disc before it lands on the ground, but if they drop it, it is considered a turnover and the throwing team gains possession.

- **Out of Bounds:** If the disc flies out of bounds before reaching the end-zone, the receiving team takes possession at the point where the disc flew out of bounds. If the disc flies out of bounds, through the end-zone, the receiving team shall carry the disc to the goal line.

**GAMEPLAY**

- **Players:** The thrower is the offensive player in possession of the disc. The marker is the defensive player that is guarding the thrower. Receivers are any offensive player not in possession of the disc.

- **Passing:** The disc may only be advanced by passing. The disc may be passed in any direction by any player.

- **Traveling:** A player may not run with the disc. Upon catching the disc, a player must stop as soon as possible and establish a pivot foot. Any further movement is considered traveling. Traveling can be called by anyone on the field. If traveling is called, the disc will be returned to the thrower at the point of the infraction and a disc check takes place.

- **In/Out of Bounds:** The player's first contact with the ground after catching the disc determines whether he/she was in or out of bounds. The boundary lines are considered in-bounds.

- **Unsuccessful Throw:** After an unsuccessful throw, possession of the disc is turned over to the defensive team. A player may not catch his/her own throw unless tipped by a member of the opposing team.

- **Stall Count:** A thrower is allowed ten seconds to throw the disc once he/she is marked. The marker shall keep a verbal count. If the disc is not thrown before the ten seconds elapses, the disc will be turned over to the defense. If the count is too fast, the thrower may say “too fast,” and the marker must immediately go back two in the count. If the stall is contested, the disc will go back to the thrower and the marker will restart the count at eight.

- **Illegal 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. If there is a pick, the obstructed player must immediately call “pick.” If the disc is caught by the offensive team, it is resent to the thrower.

- **Marking:** Only one marker is permitted to guard the thrower and may not be closer than 18 inches from the thrower. No other defensive player may establish a position within three yards of the thrower.

- **Double Teams:** Should the thrower recognize a double-team situation, he/she first calls “double-team” as a warning. If the defensive team continues to double-team, the thrower calls double-team again, and it is a violation.

- **Contact:** Defensive players may not touch the disc while in the hands of the throw excluding the check. In case of a strip, the stall count will go back two counts.

**SCORING**

- **Goal:** A goal is scored when an offensive player the disc in the defender’s end zone. To be considered in the end zone, the player’s first point of contact with the ground must be completely in the end zone.

- **Momentum:** A player cannot score by running into the end zone with the disc. If the receiver’s momentum carries him/her into the end zone, he/she must carry the disc back to the closest point on the goal line and play from there.
• **Goal Value:** Each goal counts for one point.
• **Restarting Play:** The scoring team stays in the end zone where the goal occurred, and the other team receives the succeeding throw-off from the opposite end zone.

**TURNOVERS**

• **Checking the Disc:** To check the disc, the thrower holds the disc and the marker counts down “2, 1, disc in” then taps the disc.
• **No Check Turnovers:** A check is not required for an incomplete, intercepted, knocked down, or out of bounds pass. The defending team may put the disc back in play immediately.
• **Check Turnovers:** The following turnovers require a check before the disc is put back in play:
  A. If the marker's count reaches ten
  B. If the disc is handed from player to player
  C. If the thrower catches his/her own pass without the disc being touched by another player
  D. If the thrower intentionally deflects a pass to him/herself off another player
• **End Zone Turnovers:** After a turnover in the end zone, the disc may be put back into play from the closest point along the goal line.

**FOULS**

• **Contact:** It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided. Contact fouls include picking, blocking, and shoving for position.
• **Calling Fouls:** A foul can only be called by the player who was fouled and must be called immediately. After a foul is called, all players must freeze, the stall count goes to zero, and play resumes after the disc is checked.
• **Play On:** If a fouled pass is completed, the foul is automatically declined. Play continues after calling “play on.”
• **Uncontested Catch:** On uncontested catching fouls, the receiver takes the disc as if caught and the disc is checked before being put in play.
• **Offensive Fouls:** On offensive fouls or travels, the stall count stays the same or goes back to six, whichever is lower.
• **Receiver Fouled in End Zone:** If a receiver is fouled in the end zone, the offense must walk the disc to the goal line and start play from there.
• **Contested Calls:** Either team can contest a foul call, at which point the disc goes back to the thrower.

**CO-REC MODIFICATIONS**

• **Number of players:** The game shall be played between two teams of 7 players. The number of players of one gender may not exceed the number players of the other gender by more than one. Four players, at least 2 men and 2 women, are required to start the game.
• **Scoring:** A goal scored by a man will count as one (1) point. A goal caught or thrown by a woman will count as two (2) points.

**PROTESTS**

• **Protests must be made during the game immediately after the play in question has ended. A team must call a time-out and notify the official of the protest. Protests will only occur when there is a rules interpretation in question. No Protests will be made on judgment calls made by the officials. Eligibility Protests may be made after the game as long as the protest is in compliance with the Policies and Procedures of The University of Alabama Intramural Sports Department.**

*Revised October 2017*