Intramural 7v7 Ultimate Frisbee League

**Please refer to the Participant’s Manual for a complete list of all Intramural Sport guidelines & procedures**


A. General IM Procedures
   A. Teams should arrive 15 minutes before the game to check-in with the supervisor. All participants must display a valid Carolina Card before each game in order to play. **No ID – No Play – No Exceptions!**
   B. Teams are expected to begin the game at the schedule time. **Game time is forfeit time!**
      i. Forfeits: If your team does not have the minimum amount needed to start your game at game time, you will receive a forfeit. You then have 3 business days to come into the IM office and pay a $15 forfeit re-entry fee or you will be withdrawn from the league. You will also receive a 1.0 sportsmanship rating for that game
      ii. Defaults: If you notify the IM office by 3p on the day of your game (*by 12pm on Sunday for Sunday games) your team will receive a default (instead of a forfeit). You will not need to pay the $15 re-entry fee and you will receive a 3.0 sportsmanship rating (instead of a 1.0)
      iii. The USC Intramural Sports Office can be reached:
         1. By email at intramurals@sc.edu
         2. By phone at 803.576.9387
         3. In person at the Strom Thurmond Wellness & Fitness Center – Room 201D
   C. To receive the latest USC Intramural Sports schedules, scores, and updates be sure to download the REC*IT app directly to your phone. www.recitcollege.com
   D. **No jewelry can be worn during games.** Captains are responsible for making sure all jewelry is removed before a player takes the field.
   E. Sportsmanship: Each team will be given a sportsmanship rating 0-4, in accordance with the Participant’s Manual, from the officiating crew/on-site supervisor following the game. If a player is ejected, their team may play down a person for the remainder of the game.
   F. Protest: The only 2 things that can be protested are rule interpretation & player eligibility.
      i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next disc is put into play.
      ii. Player eligibility protests can be made before, during, or after the game to any supervisor or pro-staff member.

B. Location
   A. All games will be played at the Strom WFC fields.

C. Equipment
   A. Frisbees will be provided for all games but if both teams agree on a different Frisbee, it may be used.
   B. All players must wear closed-toed shoes at all times.

D. Players
   A. Each team will consist of seven (7) players on the field at one time. To avoid a forfeit, a team may start with no less than five (5) players.
   B. CoRec-Teams may play with a combination of 4X3, 4X2, 3X3, 3x2
   C. The Thrower
      i. The thrower is the offensive player in possession of the disc, or the player who has just released the disc.
      ii. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
      iii. 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 the marker.
iv. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

D. The Marker
   i. Only one defensive player may guard the thrower at any one time; that player is the marker.
   ii. The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.
   iii. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
   iv. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

E. Timing
   A. Games will consist of two (2) twenty (20) minute halves with a three (3) minute half time.
   B. There are no time-outs.
   C. There will be no overtime in the regular season.
   D. Halftime:
      i. When time expires to end the first half, play will resume until the possession has been finished.
   E. End of the Game:
      i. A two (2) minute warning may be given at the end of every game.
         1. If the score is out of reach, the final two (2) minutes will be played out normally, ending the game as time expires.
         2. If the score is within one (1) point and the losing team has possession as time expires, they will be allowed to continue play until either a score occurs or possession is lost.

F. The Game
   A. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.
   B. If a member of the receiving team touches the disc during flight of the throw-off (whether in- or out-of-bounds) and the receiving team fails to catch it, the team which throw-off gains possession of the disc at the nearest point on the playing field proper. If a player drops the disc while carrying it to the point where the disc will be put into play, the team which throw-off gains possession of the disc at the nearest point on the playing field proper.
   C. If the receiving team allows the throw-off 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 disc initially lands in-bounds, then goes out-of-bounds, the receiving team gains possession at the point on the playing field proper nearest to where the disc first went out-of-bounds.
   D. If the throw-off lands outside the field of play, the receiving team may put the disc into play at a point 10 yards up field from the goal line they are defending. The player must let the disc hit the ground. On such a call, the offensive player may use a "self check," meaning he/she picks up the disc and the nearest defensive player says "in play." If the nearest player does not immediately say "in play," the offensive player may touch the disc to the ground and yell "disc in play."
   E. Players not in the game may replace players in the game only after a score or during an injury timeout.
   F. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a complete stop and establish a pivot foot.
   G. The person with the disc ("thrower") has ten seconds to throw the disc from the point when the defender guarding the thrower ("marker") has started counting out loud the stall count.
   H. When a pass in not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
   I. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
   J. No physical contact is allowed between players. Picks and screens are also prohibited.
   K. When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
I. Players are responsible for their own foul and line calls. Players resolve their own disputes.

G. Fouls
A. Throwing Fouls
   i. A throwing foul may be called when there is contact between the thrower and the marker.
   ii. When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower after a check.
   iii. 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.

B. Catching Fouls
   i. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
   ii. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.
   iii. A pick is called typically when an offensive player cuts across the field of play, causing the defender to avoid any player that may keep them from losing a step on their coverage.

H. Stalling
A. A defensive player within three (3) meters of the pivot foot of the thrower may initiate a stall count. If an offensive player moving into the throwing position "stands over the disc" (i.e., within three meters) without putting the disc into play, the marker may issue a "Delay of Game" warning. If the disc is not picked up, the marker may initiate a stall count.
B. The count consists of the marker calling "Stalling" or "Counting" and counting at one second intervals from one to ten (1-10) loudly enough for the thrower to hear.
C. If the thrower has not released the disc at the first utterance of the word "ten" ("10"), a turnover and a check result.
D. If the defense decides to switch markers; and if the new marker wishes to initiate a stalling count, s/he must start again from "one" ("1").
E. The thrower may contest a stall call if s/he feels that s/he had released the disc before the first utterance of the word "ten".
   i. In the event of a contested stall, if the pass is completed, play stops, and possession reverts back to the thrower. After a check, the marker starts the stall count at eight (8).
   ii. In the event of a contested stall, if the pass is incomplete, it is a turnover, and play continues without interruption.
F. Teams have 60 seconds after a score to line up and begin another pull to prevent stalling.

I. Scoring
A. Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

J. Playoffs
A. All teams are eligible for post season play provided that they do not forfeit more than once, default more than twice and have a 3.0 sportsmanship rating average.
B. If a contest is tied at the end of regulation, play will continue until the next score.
   i. Teams may elect to have a captains meeting to determine the team that receives first, or, they may continue play upon time expiring.