I. Policy and Procedures
A. For all Policy and Procedures, please refer to Columbia University’s Intramural Handbook which can be found on perec.columbia.edu under Intramurals, Rules & Policies, as well as under Handbooks/Manuals on the Columbia University’s imleagues.com website. All Intramural participants are responsible for knowing all of the Intramural Policy and Procedures.
B. Leagues offered:
   1. Open-Recreational: a mixed gender league that is open for anyone to register and participate. This league is encouraged for teams not looking for gender-specific requirements. *No Co-Rec rules will apply*
C. All players must present a valid Columbia University identification (CUID) or Dodge Fitness Center identification (DFCID) to Intramural Staff in order to play.
D. All games are played at Baker Athletics Complex at 533 W. 218th Street. Teams must arrive ready to play no more than 10 minutes after the scheduled game time or a forfeit will be declared.

II. Team Size
A. Seven (7) players constitute a full team.
B. Teams may start and finish the game with five (5) players.

III. Equipment
A. Players must wear close-toed, athletic type shoes at all times. No metal cleats allowed, rubber cleats can be worn.
B. Players must wear athletic clothing such as shorts or sweatpants. Jeans or dress pants are not permitted
C. Pinnies will be provided and must be worn unless a team has matching jerseys with legible numbers and the officials can differentiate between the teams. **Players must wear a t-shirt underneath their pinnies. A player cannot just wear a pinnie.**
D. No hats, jewelry, or watches may be worn during a game. Exceptions may be made for mandatory religious paraphernalia, at the discretion of the Columbia Intramurals Department.
E. Any equipment that, in the official’s judgment, would be injurious to the participants, would aid the individual who is wearing it, or is not within the spirit of the rules is illegal.
F. Discs will be provided, but teams may bring their own to use for the game.

These rules are modified UPA 11th Edition Rules. Please refer to USA Ultimate for the full rules.
IV. Time Factors and Substitutions

A. Games will be played to 15 points or 40 minutes, whichever comes first.
B. When 40 minutes have passed, the team with the highest score will be deemed the winner.
C. Each team is entitled to one (1) 45-second timeout per game.
D. Substitutions are allowed only after a score or in the event of an injury.
E. Intermission will occur when the first team scores their 7th point, or when the first 20 minutes expire.
F. Games may end in ties except in the playoffs, in which a sudden death period will occur. The first team to score wins.

V. Basic Rules

A. Winner of the pre-game disc toss shall have the choice of receiving the throw-off or defending a goal. Teams shall alternate these roles at the beginning of the second half.
B. Play begins with a throw-off or pull.
   1. All players must be on or behind their own goal line until the disc is released.
   2. A member of the throwing team throws the disc toward the other team.
   3. As soon as the disc is released, all players may cross the goal lines.
   4. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.
   5. The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the throwing team gains possession at the point where it is stopped. If the disc goes out of bounds (end line and/or side line), the receiving team makes the immediate decision of walking the disc to the middle of the field or taking the disc at the spot it went out. This must be announced to both teams before the disc is tapped into play.
C. 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 in any manner or direction she/he wishes. The disc may never be handed from one player to another. In order for the disc to go from one player to another, it must at some time be in the air.
D. No player may walk, run, or take steps while in possession of the disc. A player catching a pass is, however, allowed three momentum steps before passing it on. The player in possession may pivot on one foot, as in basketball.
E. 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 from their hand. If the thrower, without interference by a defender, drops the disc, a turnover results.
F. If the disc is simultaneously caught, the offense retains possession.
G. The defensive team gains possession whenever the offensive team’s pass is incomplete, intercepted, knocked down, or goes out-of-bounds.
H. Any member of the team gaining possession of the disc may throw it. A player may catch their own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.

I. Any one player may not be in possession of the disc for more than 10 continuous seconds. The defender is responsible for initiating the stall count, which will expire when the “T” of “Ten” is spoken at “stall ten.” A defender must be within 10 yards of the offensive player with the disc in order to begin the stall count.

J. Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped or at the goal line. A player may carry the disc to the goal line. The player may not pass the disc during the approach to the goal line.

K. A disc thrown out-of-bounds will result in a turnover and will be marked at the point where the disc went out of bounds.

L. A player must have at least one foot inbounds when making a catch near the boundary line or end zone. If momentum carries a player out-of-bounds on a successful catch, that player must return to the field of play (one step from sideline) to put the disc back into play.

M. A goal is scored when an offensive player lands in bounds with either foot in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. A player in possession may not score by running into the end zone (even on momentum steps). The team that scores receives one point.

VI. Fouls

A. A foul is any unnecessary or excessive physical contact. Fouls are called by the players on the field; a referee will not make the call.

B. Contact occurring during the follow-through (after release of the disc) is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.

C. Players must play the disc, not the opponent. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established position of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be avoided.

Only the captain or designated captain can approach officials or activity supervisors during or after the game.

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