League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced the mandatory in-person captains meeting.

Entry Fee:
The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $7.50 for a single team, $15 for a semester, or $25 for a year.

for a single team, $15 for a semester, or $25 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the Intramural Sports staff by email (campusrec@uwrf.edu) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee of $2.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

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<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
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General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team they participated on.
3. Each participant must wear appropriate apparel and athletic footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

RULES:

1. GAME SETUP:
   a. An intramural supervisor with check participants in and record the scores.
   b. Participants will generally be scheduled 2 games per night vs. different opponents.
2. PARTICIPATION:
   a. All leagues are “open” and not gender specific.
   b. Doubles teams may have up to 3 people on the roster.
   c. Doubles teams must compete with 2 players at all times and may not switch mid-game.
3. GAME PLAY:
   a. Play consists of four players divided into two teams of two. Members of the same team (partners) stand at opposite sides.
   b. The team to start with The Hammer (second throw) is determined of a flip of the disc.
   c. One partner throws the flying disc and, when necessary, the other partner redirects (deflects) it toward or into the goal.
   d. After both players complete one throw each, the flying disc is passed to the opposing team.
      i. The thrower can score points with a direct hit to the goal or the deflector can score by deflecting the flying disc to hit or land inside the goal.
      ii. Players waiting to tip may NOT touch the goal in any way, even to let it edge up to their legs for support. It must remain free standing at all times to be legal.
   e. Deflectors can move anywhere within the playing area to redirect the disc, including in front of the goal if necessary.
   f. Once the game start with the first throw, players must finish the game from the same end. Partners are not allowed to sway ends in the middle of a game.
      i. If in a “best-of” series, players can switch ends after the completion of a game.
   g. No player substitutions are allowed in the middle of a game. Players can sub after each game of 21.
   h. A team must achieve an exact score of 21 points to win, and teams must complete an equal number of turns (except when an Instant Win is scored).
   i. If the team that starts the game reaches 21 points first the team with The Hammer always has their last turn to either catch up in points, or, if 21 points is not attainable from one round of throwing, toss an Instant Win. If the team with The Hammer reaches 21 points first, they are the winners; the other team does not have another round to tie.
   j. Each match will be played with an unlimited number of games within the time period.
   k. Matches will be limited to 25 minutes to ensure both games that night are played.
      i. The intramural supervisor will notify the teams when there is 5 minutes left in the match and again when there is 1 minute left.
      ii. Whichever team is ahead at the end of the 25 minutes will receive the victory.
4. SCORING:
   a. DINGER - 1 point: Redirected Hit
      Deflector redirects thrown disc to hit any part of the goal.
   b. DEUCE - 2 points: Direct Hit
      Thrower hits the side of the goal unassisted by partner.
   c. BUCKET - 3 points: Slam Dunk
      Deflector redirects the thrown disc and it lands inside the goal. This will almost always occur through the top of the goal, but may also occur if the disc is deflected into the slot opening.
   d. INSTANT WIN! Direct Entry
      Thrower lands the disc inside the goal unassisted by partner. The disc can enter through the slot opening on the front or through the open top of the goal. When an Instant Win occurs, the throwing team is declared the winner and the opposing team does not receive a "last toss" option.
e. No points are awarded when a throw hits the ground or object (such as a tree) before striking the goal directly or making a tip.

5. GOING OVER
a. Since a team must score exactly 21 points, if a given throw results in points that raise a team’s total score above 21, the points from that play are deducted from their current score and play continues.
   i. For example if a team has 19 points and accidentally dunks a BUCKET (3 points), their score is reduced to 16 points (current score of 19 points - 3 points = 16 points).
   ii. If a team has 20 points and hits the goal on the fly for a DEUCE (2 points), their score is reduced to 18 points (current score of 20 points – 2 points = 18 points).

b. Players from the same team must each complete one throw every turn, except when an Instant Win is thrown on the first shot of a turn and certain situations in Overtime (see Overtime below). Once again, anytime an Instant Win is thrown, the game is automatically over.

c. Once a team reaches 21 points on the first throw of their turn, they still must toss the disc back to the starting end. In the event the disc happens to hit the goal on the fly on the toss back or their partner accidentally tips it to score points, that team will be over 21 points, and follows the rules described above for going over.

6. OVERTIME
a. If both teams reach 21 points in the same number of rounds, the game is extended to overtime.
b. Overtime consists of each team taking a single turn; this would mean that each partner will get one throw. After the first team completes their turn, the team with The Hammer must either tie the opposing team's overtime score to force a second overtime round or simply score more points for the outright victory.
   i. For example, team #1 throws and scores 2 points total. If the team with The Hammer scores a clean BUCKET (3 points) on their first throw, the game is over as a victory for team #2. In this case, there is no need for the team with The Hammer to throw the disc back, as they already won the game.
   ii. If both teams score 4 points, for example, another round of overtime begins. The game proceeds as one round of overtime as needed until one team outscores the other.

c. It is not uncommon to have a game extend to multiple overtime rounds.
d. An Instant Win thrown in overtime still ends the game. The opposing team does not get a chance to complete their turn, even if they have The Hammer.

7. INTERFERENCE
a. Players must have both feet behind the BACK EDGE of the goal when releasing the disc. Players cannot step up to the 50’ line in front of the goal, as this is simply for measuring the distance between the goals. This is not a stepping line. The rule applies to ALL players, regardless of age or gender.
b. When a throw is deemed illegal (foot fault), the correct etiquette would be to issue that team a warning. The second violation of this rule by the same team would result in no points from that play. There will be no re-throw or make up of that play. In a situation where there is a blatantly obvious violation of the release rule (i.e., a player steps completely past the back edge of the goal), then points from that play will be automatically voided.

c. Enforcement of the release rule is the responsibility of each team.
d. Physically challenged players may be offered individual accommodations regarding the release rule.

8. DEFLECTING/TIPPING
a. When fielding a partner’s throw, the deflector may not carry or control the disc in any way. No points will be awarded if a deflector double-hits or "carries" the disc.
   i. Legal: slapping, hitting, striking, kicking, kneeling, and redirecting.
   ii. Illegal: catching, throwing, lifting the disc, stopping the disc in mid-air to cause it to fall straight down, palming of the disc to control its flight, pulling the disc, pushing the disc, double hitting the disc, and any other action taken that controls the disc in any way.

b. More comparisons of carrying vs. clean deflections:
i. CARRY - Tipping style with hands apart, each on one edge of the disc from left to right
ii. CLEAN DEFLECTION - Tip with hands together, striking the disc's middle edge or the disc's top center