Intramural Rules published by the Recreation and Athletics Department are not meant to be all inclusive. Some rules that govern play may not be outlined in this document. The department uses NIRSA or NFHS rules for the majority of our sports. For a ruling on a specific situation not outlined here, please request one from the IM Supervisor or Manager.

Eligibility:

- All participants must present a S&T ID or Government Issued ID to participate
- All participants must be shown on the IM Leagues online team roster in order to compete
- All participants must fall into one of the following categories: Student, Faculty, Staff
- A participant must not have any current sanctions/suspensions outstanding against them
- A participant may not participate on more than one single gender team, and one co-rec team
- A participant must abide by all rules within the Intramural Participant Handbook and facility usage guidelines
- Participants must wear proper attire in order to compete in all Intramural events. This does not include; jewelry, billed hats (unless playing softball), metal spiked cleats, flip flops, slides, bare feet, etc.
- A member of the recreation staff has final ruling on all eligibility and permitted attire decisions.

The Rules:

- Disc golf is played like golf, but using a flying disc. One stroke is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score.
- Tee throws must be completed within or behind the designated tee area.
- After the tee-off the player whose disc is farthest from the hole always throws first. The player with the least amount of throws on the previous hole is the first to tee-off on the next hole.
- Fairway throws must be made with the foot closest to the hole on the lie. The other foot may be no closer to the hole than the lie. A run-up and normal follow-through, after release, is allowed.
- Within 10 yards of the pole, a player may not step past the point of his or her lie in making their putt.
- Falling or jumping is not allowed.
- A disc that comes to rest in, not on top of, the hole basket constitutes successful completion of that hole.
- A player may not move, alter, bend or hold back any part of a tree or bush between the lie and the hole. However the player may obtain relief from casual water, loose leaves or debris, broken branches no longer connected to tree, or motor vehicles.
- A thrown disc that hits another player, spectator, or animal shall be played where it comes to rest.
- A disc that comes to rest more than 6 ft above the ground is considered unplayable. After declaring an unplayable lie the disc must be thrown from the new lie on the ground, directly underneath the unplayable lie (1 throw penalty).
- A disc shall be declared lost if the player cannot locate it within Five minutes after arriving at the spot where it is believed to be.
- A throw that lands out of bounds must be played from where the disc went out of bounds. Over a fence, in the road and across the road is out of bounds (1 throw penalty).
- Do not throw until the players ahead of you are out of range. If people are on the fairway, call "fore" to let them know that you are playing through, or that you have thrown in their direction.

**Out of Bounds and Tree Hazards:**

- A disc that comes to rest more than 2 meters (6'6") above the ground is considered out of bounds. The disc must be thrown from the ground directly below the suspended disc, with a one stroke penalty.
- Breaking branches from trees and plants before your throw is strictly prohibited and will result in a two stroke penalty.
- A throw that lands out-of-bounds is to be carried in and played from the point where the disc went out-of-bounds, with a one stroke penalty.
- Out-of-bounds areas include roadways, water, paths, parking lots and other recreational areas.

**Sportsmanship:**

- The Intramural Program encourages fair and honorable play between its participants and spectators. Below are the criteria of how teams are graded. If there is an issue of fairness or sportsmanship during your match, contact a member of the Intramural staff and explain the situation.

4 – Excellent Conduct and Sportsmanship- Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates, bench, and spectators. Teams that win by forfeit will receive a “4”. Teams that receive 1 verbal warning for use of profanity cannot receive higher than a “3” rating.

3 – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Teams that receive 1 yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball) cannot receive higher than a “3” rating.

2 – Average Conduct and Sportsmanship- Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Captain exhibits minor control over his/her teammates, bench, and spectators, but is in control with himself/herself. Teams receiving multiple yellow cards (soccer, volleyball, softball), unsportsmanlike flags (flag football), or technical fouls (basketball) cannot receive higher than a “2” rating.
1 – Below Average Conduct and Sportsmanship - Team consistently comments to the officials and/or the opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, bench, spectators, and/or himself/herself. A team which receives one red card (soccer, volleyball, softball) or an ejection (flag football, basketball) cannot receive higher than a “1” rating.

0 – Poor Conduct and Sportsmanship - Team is completely uncooperative. Captain has no control over teammates, bench, spectators, and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections will receive a “0” rating.

Forfeit Policy:

- Participants who do not show up to the venue and check in prior to the start of the event have forfeited their opportunity to participate