Team Captain’s Meeting
Attendance at the team captain’s meeting is MANDATORY for new captains. The captain’s meeting is also highly recommended for every captain to attend.

Entry Fee
The entry fee of $40/team must be paid at the captain’s meeting. The acceptable forms of payment are cash or checks made out to: MSUM Intramurals. Payments can also be made online at IMLeagues.com via PayPal.

League Schedules
Schedules for league play and playoffs will be done through IMLeagues. Please go to the MSUM Campus Rec website at http://www.msumdragons.com/sports/2012/5/9/Logo.aspx?tab=homepage and click on the IMLeagues hyperlink to access the IMLeagues website.

Forfeit/Default
If you are unable to compete in a contest, please notify the Intramural Director by phone (218.477.2016) by 5pm day of competition. After ten minutes if your team does not show, or you do not have enough players, it will result in a forfeit.

Questions
Please feel free to contact the Intramural Staff with any questions or concerns.

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Kari Peterson</td>
<td>Intramural Director</td>
<td>218-477-2016</td>
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<td></td>
<td>Graduate Assistant</td>
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<td></td>
<td>Sports Coordinator</td>
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General Procedures
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests. The handbook can be found on the Intramural Sports at website (Insert webpage hyperlink here)

1. Each participant must present a valid MSUM student I.D. to the intramural staff stationed at the check-in desk.
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 he/she
participated on. Roster additions are only allowed during the regular season and cannot be made for post-season contests.

3. Each participant must wear appropriate apparel and non-marking athletic footwear.

4. First aid treatment is typically, but not always, available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. All visible jewelry: i.e. earrings, watches, and bracelets etc. must be removed or covered legally prior to participation.

Rules

1. TEAMS:
   a. Each team consists of seven players.
      • A team may start with six players.
      • A co-ed team must consist of at least three men and may start with no fewer than three women.
   b. Substitutions – players can only sub in after a score and during an injury timeout.
   c. Self-Refereeing – players are responsible for their own foul and line calls. Players resolve their own disputes.

2. GAME SETUP:
   a. Length of Game
      • Each half lasts for twenty minutes of running time
      • Overtime periods will last five minutes or running time.
      • If score is still tied after the one overtime, the score will be recorded as a tie game.
      • Halftime lasts for five minutes.
   b. Time outs
      • Each team is permitted two time outs per half and one time out in overtime
      • Each time out lasts up to one minute
      • A time out may be called by either team after a goal and before the ensuing accepted throw-off.
      • During play, only a player who has established a pivot foot and who has possession of the disc can call a time out.
   c. No physical contact is allowed between players.
   d. Picks and screens are prohibited
   e. Fouls
      • 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 call, the play is redone.
   f. Violations
      • A violation occurs when a player violates the rules in a manner which does not result in physical contact. (e.g. illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out-of-bounds, etc.)
• A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.