



INTRAMURAL ULTIMATE FRISBEE RULES AND REGULATIONS

*INTRAMURAL ULTIMATE FRISBEE WILL BE PLAYED UNDER the NIRSA ULTIMATE FRISBEE
CURRENT RULES, WITH THE FOLLOWING EXCEPTIONS AND/OR AMENDMENTS*

TEAM CAPTAIN S MEETING

- Attendance at the team captain s meeting is MANDATORY. Any team not represented at this meeting will not be included in the league, unless the captain is able to come to the University Recreation Office and listen to an audiotape of the captain s meeting.

SCHEDULES

- Schedules can be picked up immediately after the captain s meeting or after listening to the audiotape during office hours (7:45 a.m. — 4:30 p.m.) at the University Recreation Office.

GENERAL PROCEDURES

1. All intramural participants must be registered with the UW-EC, and have a roster on hand with the University Recreation Department, or is a faculty/staff member affiliated with UW-EC.
2. All team sports will follow an unlimited roster policy. New players can come to the competition and be added to your roster as long as they have their UWEC Blugold I.D.
3. To be eligible for the playoffs, a player must have played at least one regular season game for that team.
4. The regular season of all competitive leagues will be followed by a single elimination playoff tournament when time permits.
5. Abusive, derogatory, and demeaning comments & gestures will NOT be tolerated in Intramural Sports. Violators will face suspension or expulsion from the program. Serious incidents or repeated abuses will be subject to sanctions under the UWEC Code of Conduct.

GAME RULES

1. Ultimate Frisbee teams is comprised of seven (7) players. A minimum of five (5) players is required to begin a game. In Co-Rec play there is a gender difference of one (1) that can be either male or female. If the game is played with less than the minimum amount of players, it will be declared a default. If no game is played at all, it will be declared a forfeit.
2. **Two periods of 20 minutes with a 5-minute half time shall constitute a game.** Time is continuous for each period except in the following circumstances:
 - (a) When the official calls time-out for an injury
 - (b) When one of the teams call a time-out
3. Each team will receive 1 (one minute) timeout per half; timeouts may be called by either team, after a goal and prior to the ensuing pull, or may be called by the player in possession of the disc during play.
4. In case of a tie. **Regular Season Games:** A 5-minute overtime period is played with a sudden death format. If the game is still tied after the overtime, the game is considered a tie. One timeout will be awarded to each team during the overtime period. **Playoffs:** A game continues until someone scores.

Substitutions

1. Substitutions can be made: after a goal and prior to the ensuing pull (throw-off), before the beginning of a period, or to replace an injured player.
2. **An ejected player may not be replaced.**

Starting and Restarting the Throw-off (Pull)

1. The players on the throwing team are free to move anywhere in their defending end-zone, but may NOT cross the goal line until the disc is released.
2. The players on the receiving team may not change position relative to one another and must have at least one foot in their end zone prior to the release of the disc.
3. As soon as the disc is released, all players may move in any direction.
4. If a member of the receiving team catches the throw-off on the playing field, that player must put the disc into play from that spot.
5. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops.
6. If the throw-off lands out of bounds the receiving team makes a choice of:
 - a. Putting the disc into play where it crossed the line
 - b. Putting the disc into play in the center of the field where the disc crossed out-of-bounds
 - c. Requesting a re-throw
7. Scoring — Each time that the offense completes a pass in the defense s end zone, the offense scores a point. Play is initiated after each score.

Possession and Basic Procedures

1. Two feet need to be in bounds to be considered a catch.
2. Momentum can carry a receiver out-of-bounds, then return to the field where s/he left the field and continue play.
3. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. Travelling can be called by the defense.
4. 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 him/her.
5. If the thrower without defensive interference drops the disc, it is considered an incomplete pass.
6. The thrower may toss the disc in anyway s/he wishes.
7. Only one player may guard the thrower at any onetime, this player is the marker.
8. An arm s length must be kept between the defender and the thrower; player with the disc can call back-off if defender is too close.
9. Once a marker has established a set-guarding stance on the thrower, s/he may initiate the count; the count consists of the marker calling Counting and counting out loud at one-second intervals from 1 to 10.
10. The thrower of the disc can call a fast count if the count is too fast, the marker must then start a new count.
11. If the thrower has not released the disc at the first utterance of the word ten, a turnover results.
12. If the defense decides to switch markers, s/he must start again from one.
13. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot (estimate would be three steps).
14. **NO PICKS OR SCREENS!**
15. Fouls are the result of physical contact between opposing players.
16. The offending player calls the foul. If the player committing the foul disagrees with the foul call, the play is redone.
17. The principle of verticality: All players have the right to the space immediately above them.
18. A player who has jumped is entitled to the space at the same spot s/he took off from without hindrance by an opponent.

SPORTSMANSHIP

1. Team managers are responsible for the eligibility and conduct of all their players.

2. Acts of unsportsmanlike conduct including: unnecessary roughness, constant arguing with other team or officials (Supervisor), or abusive language will result in a player(s) being ejected from the game.
3. If a player is ejected from a contest for any reason, the official and/or supervisor will document the reason for ejection on a daily report. Once on report, a player must meet with an Intramural Director before being reinstated for competition.
4. Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

EQUIPMENT

1. Metal spikes are **NOT ALLOWED**, Players are prohibited from wearing spiked shoes or removable cleats. Only tennis shoes, flat rubber, molded rubber cleats, or turf shoes are permitted. Players are not permitted to play barefoot.
2. A team may wear apparel of their choice. However, shoes and shirts must be worn at all times.
3. **NO JEWELRY** of any kind is permitted while participating in any Intramural activity. Failure to remove jewelry will result in ejection from the contest. Any exposed piercing must be taped.

FORFEITS

1. Captains of any team forfeiting a contest must stop by the UR Office, in person by 4:30 p.m. of the next business day to re-enter their team. Failure to do this will result in the team being dropped from further competition. Any team forfeiting a game will not be eligible for post-season play.
2. Any team forfeiting two games will be automatically dropped from competition. Any team may be charged with a forfeit for unsportsmanlike conduct.

DEFAULTS

1. A team unable to attend a game may default their contest, if this is done twenty-four (24) hours in advance of the scheduled game time. Sunday games must be defaulted by Friday noon. A default will result in a loss by the defaulting team, and will have no effect on playoff eligibility.

