University of Minnesota Intramurals

The following set of rules addresses gameplay for intramural ultimate frisbee. Any additional situations that arise will be determined in accordance with the USA Ultimate 11th Edition Rules. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in Policy and Procedure
1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster
All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/ for more information.

Adding Players as a Captain
- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team
- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
Ultimate Frisbee® Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. There are no exceptions to this rule. Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

A player is eligible if s/he plays on:
- 1 co-rec and 1 open team
- 1 co-rec and 1 women’s team

A player is not eligible if s/he plays on:
- 1 open A and 1 open B team
- 1 open and 1 women’s team

Players who do not play in a regular season game with their team will not be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural frisbee
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.

Participants should wear the same or similar colored jerseys to identify with their team.

Cleats may be worn so long as they are molded plastic or rubber. Metal cleats are prohibited.
Players may not wear anything that is hard and unyielding during play. This includes watches, rings, necklaces, bracelets, baseball caps, or hard casts. Hard braces may be worn only if all hard pieces are covered with a soft pliable material.

**Equipment:**

Discs will not be provided. Teams must bring their own disc. The disc used must be agreed upon by both captains. If teams cannot come to an agreement, the intramural staff will make the decision.

**Forfeits:**

Game time is forfeit time. If a team has no players check in with legal equipment at game time, the game will be declared a forfeit, and the team will be disqualified from playoffs. Additionally, if a game must be ended due to major sportsmanship issues, the result will be a forfeit.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the league without a refund.

**Defaults:**

Teams must have at least 5 players checked in with legal uniforms at game time in order to avoid a default. A default will result in a 2.5 sportsmanship rating.

If at game time, a team has at least one player checked in but is short the minimum number of players, that team will have five minutes to get all checked in and ready to play. After five minutes, the game will be called as a default.

If the game begins late because of one team’s lack of players, that team can get no higher than a 2.5 sportsmanship rating for that game. The game clock will begin at game time regardless of whether teams are ready to play.

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this case, the team will receive the loss, but will not need anyone to show up at game time.

1st Default: Recorded as a loss for the team and a 2.5 sportsmanship rating, however the team is still eligible for the playoffs.

If a team has one player arrive at the game or calls the Intramural Office to inform them of the inability to play by the default time, the game is a DEFAULT. If no one shows up for a team and there is no contact with the Office prior to the game the game is a FORFEIT.

**Timing:**

The game consists of two 24-minute halves. The clock does not stop for any reasons, and there are no timeouts.

When the whistle is blown to signal the end of a period, the period is over. Teams are not permitted to finish the point.

**General Rules:**

Teams may have up to 7 players on the field at all times.
Before the game begins, each team should designate one player (captain) to settle any disagreements in called fouls.

Players may not run or walk while in possession of the disc. Players must advance the disc by passing it to their teammates. The disc may be passed forward or backwards.

To score a point, a player must receive the disc in his/her attacking endzone. In order for him/her to be considered in the endzone, the first point of contact must land entirely in the endzone. The player may not run into the endzone.

The team that scores the most points will win the game.

**Positions:**
- The **thrower** is the offensive player in possession of the disc.
- The **marker** is the player who defends the thrower.
- The **receiver** is an offensive player not in possession of the disc.

**Substitutions:**
Substitutes may only enter after a goal, between playing periods, and to replace an injured player.

If an injury substitution occurs, the opposing team may substitute any number of players.

**Overtime:**
If the game ends in a tie, players will continue at the point of interruption until the next point is scored. The scoring team will be the winner.

**Starting the Game:**
Each team captain flips a disc, while one captain calls “same” or “different”. The winner of the flip has the option of who throws or initial direction. The loser of the flip will choose from the remaining options.

The throwing team to begin the first half will be the receiving team to begin the second half. Additionally, teams will begin the second half going opposite directions of the way they began the game.

**Turnover:**
An incomplete or intercepted pass will result in possession for the opposing team.

The following actions result in a loss of possession and a check:
- The marker’s count reaches 10
- The thrower hands off the disc to a teammate
- The thrower catches or touches his/her untouched throw

**Pull:**
The pull is used to start a new period and to start a new point after a goal is scored. After a goal, each team switches sides, so that the receiving team walks down to the far end.
Players (on the throwing and the receiving team) may not cross the goaline until the disc is thrown. Once the disc is released, all players may move in any direction.

The thrower must wait until the receiving team is in correct position and has raised their hand before throwing the disc. The receiving team must complete this act within 70 seconds after the goal has been scored.

If the pull is caught by the receiving team, it may be played immediately from that spot. The player who caught the disc must put the disc into play.

If the pull is dropped by the receiving team, it is considered a dropped disc and the throwing team takes over at the spot that it touches the ground.

If the pull hits the ground and rolls, it is to be put into play when it stops rolling or rolls out of bounds, whichever happens first.

If the pull exits the playing field, the receiving team may bring it back to the approximate spot that it left and put it into play from there.

If the pull lands out of bounds, the receiving team has four options:

- Put the disc in play from the spot where it crossed the sideline
- Put the disc in play from the center of the field, 10 yards from their goaline.
- Put the disc in play from the center of the field, even with where the disc crossed the sideline.
- Request a re-throw.

Once a decision is made, it is final and cannot be changed.

**Playing Area:**

The playing area is defined by two sidelines, two goalines, and two endlines.

The disc may exit the playing area and re-enter, so long as the disc does not contact anything that is not inside of the playing area.

A defensive player may leave the playing area to deflect the disc, which in effect makes the disc dead.

An offensive player must be in bounds when s/he leaves the ground, and must still land with his/her first point of contact entirely in bounds for a catch to be called.

A player’s momentum may cause him/her out of bounds after establishing possession of the disc. In this case, s/he may return inbounds to the spot of the catch to continue play.
If the disc leaves the playing field and does not re-enter, the team that is gaining possession may put the disc in play where it left the playing field. (Exception: if the defense touched the disc out of bounds, then they may only bring it to the nearest inbounds spot to the contact).

If a team first gains possession in either endzone, the player should bring the disc to the nearest goaline spot and put the disc in play from there.

**Fouls:**

Fouls are the result of physical contact between opposing players. The player initiating contact is guilty of a foul.

A foul can only be called by the player who has been fouled and must be announced by calling out the word "**Foul!**" loudly immediately after the foul has occurred.

A throwing foul may be called when there is contact between the thrower and the marker. When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower after a check.

If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.

If a player contacts an opponent before the disc arrives, that player has committed a foul. Additionally, if a player’s attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, it is considered “harmful endangerment” and is a foul.

Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.

If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul (with the exception of a force-out foul) occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

**Violations:**

A violation occurs when a player violates the rules in a manner which does not result in physical contact.
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.

**Travel:**

The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.

If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.

If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

**Strip:**

No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."

If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero (0).

A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone is a goal.

**Double-Team:**

Only one marker is permitted to guard the thrower. No other defensive player may establish a position within three (3) meters of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.

Should the thrower recognize a double-team situation, s/he first calls "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero (0).

**Stalling:**

The thrower must release the disc before the marker counts to ten. The marker is the only player allowed to initiate the stall count, and the count must be made loudly enough for the thrower to hear it.

If the marker gets to ten seconds prior to the thrower releasing the disc, the marker should shout "stall" to let everyone the disc is dead, and possession reverts to the defense.

If the stall count is interrupted by a foul or violation, the count should revert back to the following times:

- Uncontested defensive foul or violation: 0
- Uncontested offensive foul or violation: Count plus 1 (Maximum of 9)
- Contested foul or violation: Count plus 1 (Maximum of 6)
- Offseting calls: Count plus 1 (Maximum of 6)
• Unresolved calls: Count plus 1 (Maximum of 6)
• Pick: Count plus 1 (Maximum of 6)
• Fast Count: Count minus 2
• Double team: Count minus 2
• Strip: 0
• Contested Stall: 8

**Pick:**
No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team.

In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check, unless the continuation rule applies.

**Continuation:**
If a foul, violation, or pick is called while the disc is in the air, the play is always completed. If the team which called the foul, violation, or pick gains possession as a result of that pass, play continues unhalted. In this situation, players should call "play on." If the pass is completed, but the defensive effort on the pass was affected by the violation, the pass does not count and possession reverts back to the thrower.

If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover. If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.

**Etiquette:**
If a foul is committed and not called, the player who commits the foul should inform the infracted player of the foul.
It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.

If the receiving team wishes to have an out-of-bounds throw-off re-thrown, they should give the re-throw signal as soon as possible.

Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.

The site supervisor has the right to eject players for dangerous and/or unsportsmanlike behavior, as well as stop games that are becoming too dangerous for participants.