

USU Intramural Ultimate Frisbee Rules

Participation Warning

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe and fun program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of each sport as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

The Game

1. 2 teams of 7 players
2. Minimum to start is 5 players
3. Two 20-minute halves with a 3 minute halftime
4. Teams will have a 5 minute grace period from game time to get required players there

Eligibility Requirements

1. Current USU students, faculty and staff, spouses of students/faculty/staff who have purchased membership to the ARC.
2. Players must bring a valid physical ID to EVERY game
3. NO ID = NO PLAY, NO EXCEPTIONS!
4. One(1) club ultimate player is eligible per roster. Current practice players count towards this limit.
5. Professional athletes, current or former, may not participate in their respective or alike sport, activity or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team and/or compensated for trying out for a team.

Equipment

1. The intramural program will provide a frisbee for each game but teams are more than welcome to agree to use an alternative
2. Proper footwear and attire is mandatory
3. Any articles that may endanger other players are not permitted (ie. Jewelry, plaster casts, etc.)

Playing Field

1. If a pass is completed outside the lateral boundary, it is considered incomplete, and the defensive team gains possession of the disc
2. In order to be considered in-bounds, a player must land both feet inside the lateral boundary line
3. Should the disc land outside the lateral boundary, it is returned to play on the main playing field at the point where the disc went out of bounds
4. The player throwing the disc in-bounds must have his/her pivot foot on the line

Throw Offs

1. Play begins with a throw-off. The captains of the two teams Rock, Paper, Scissors to determine which team will throw or receive, or choice of goal
2. All players must be on or behind their own goal line until the disc is released
3. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team
4. The receiving team may catch the disc or allow it to fall untouched to the ground. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession on the disc where it stopped

5. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped
6. If the disc goes out-of-bounds, the receiving team makes the immediate decision of:
 - a. Having the disc thrown off again;
 - b. Gaining possession at the point the disc went out-of-bounds; or
 - c. If the disc goes out of bounds after crossing the goal line, the receiving team may elect to take possession on the goal line at the nearest corner
7. In situations 2 and 3, the receiving team may elect to take possession from the middle of the field at the point where the disc went out of bounds
8. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

Endzones

1. Any time a team gains possession in the endzone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at a goal line
2. A player may carry the disc up to the goal line, provided that he/she approaches it perpendicularly
3. The player may not pass the disc during the approach to the goal line. If a team gains possession in the endzone which it is attacking, a goal is scored

The Play

1. The team which has possession of the disc must attempt to move the disc into position so that they may score a goal
2. A player may propel the disc in any way they wish
3. The disc may never be handed from player to player
4. In order for the disc to go from one player to another, it must at some time be in the air
5. No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, a foul is called
6. A player in possession may pivot on one foot, as in basketball. The thrower may not change the pivot foot. If the thrower changes the pivot foot, a foul is called
7. Only one player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked from their hand
8. A turnover results if the disc is dropped by the thrower without interference by a defender. If the disc is simultaneously caught, offense retains possession
9. The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds
10. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction. Possession is gained at the point where the disc is stopped.
11. A player may catch their own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not.
12. Players may only hold the frisbee for a count of ten. Defender begins count once they begin the actual guarding. Change of possession at that spot if the frisbee is not released when the defender reaches ten.

Substitutions

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

Fouls

1. A throwing foul is called only by the player fouled
2. Any physical contact during the throw is a foul against the defender. The thrower may not push the player defending. Contact that occurs during the follow-through is not sufficient grounds for a foul.
3. If the pass is completed, the foul is automatically declined and play proceeds without stopping
4. Players must play the disc, not the opponent

5. They may not position themselves or move for the purpose of impeding other players. To do so is a foul
6. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable, and is not a foul
7. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul

Calling a Foul

1. The player who is fouled calls "foul", play stops, and the player gains possession at the point of the infraction
2. For a momentum or pivoting foul, play stops, a check of the disc occurs, but possession is retained by the thrower
3. Play continues when both teams are ready
4. Should a foul occur in the endzone, possession is gained at the goal line

Scoring

1. A goal is scored when an offensive player lands in bounds with any part of both feet in the endzone after receiving a pass from a teammate
2. The goal line is not considered part of the endzone
3. One point is scored per goal

Ties

1. During pool play games, ties will remain as such
2. Bracket play: if tied, a 5-minute period will be played; if still tied after 5 minutes, then sudden death with the first team to score being declared the winner

Injured Player(s) Policy

If someone on your team becomes injured, please contact the Intramural Program staff at intramurals@usu.edu or 435-797-8388 24 hours before your next scheduled game to inquire about replacing the injured player on your team. A Doctor or Athletic Trainers note may be required. Intramural Sports Program staff has the authority to determine if an injured player will be allowed a substitute. There are limitations when it comes to who can substitute during tournament play. If someone becomes injured during the tournament, an eligible participant may play in their place. Once the injured individual becomes approved to play again, that substitute is then removed from the team roster.

Sportsmanship Rating System

The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after a contest is included in each rating. Each team captain is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average in order to qualify for tournament play. Teams must also receive AT LEAST a 3.0 in order to advance in tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. The Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Captains inquiring about their team's sportsmanship rating can do so in a few ways:

- Contacting the Coordinator of Competitive Sports or Graduate Assistant of Competitive Sports by emailing intramurals@usu.edu the next day
- Asking the Supervisor at a break in the game that is currently being played
- Checking online in the "Rankings" area of FusionIM

Sport Code	Description
4.0	Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.

	Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.
3.0	Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty. Teams receiving one unsportsmanlike conduct penalty will receive no higher than this rating. A team defaults the contest, meaning they contact the Intramural Sports office before noon on the day they are scheduled to play to let them know they will not attend.
2.0	Team shows verbal dissent toward officials and/or the opposing team throughout the game, which may or may not result in an unsportsmanlike conduct penalty. There may be one player who consistently question calls in a rude behavior or speak negatively towards the opposing team throughout the game. A penalty may not be enforced as no one instance may warrant that, but the overall behavior may award the team this rating in sportsmanship. Team captain exhibits minor control over team/spectators, but is in control of himself/herself. Teams receiving more than one unsportsmanlike conduct penalties will receive no higher than this rating. Team is unable to produce a team at game time resulting in a forfeit.
1.0	Team continually dissents the officials and/or opposing team from the court/sidelines. There may not be an unsportsmanlike penalty enforced as no one scenario may mandate that, but if multiple players exhibit rude or negative behavior toward the staff or the opposing team, they will be awarded this rating. Team manager exhibits little or no control over team/spectators or himself/herself. Teams that have a player ejected will receive no higher than this rating. The team captain will be required to meet with a Competitive Sports Administrator
0	Team is completely uncooperative; manager has no control over team/spectators/self. Teams play with ineligible participants or withhold any information requested. Damage or destruction of any Campus Recreation facility/equipment. At least one player ejection or causing a contest to be forfeited by any reason than not having enough players will receive this rating. Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee. The team captain will be required to meet with a Competitive Sports Administrator

Teams that receive a sportsmanship rating lower than a 3.0 during any Tournament contest will automatically be disqualified from the tournament.

For full details and our entire Intramural Sports Program Manual, please visit https://www.usu.edu/campusrec/intramural_sports/homepage_intramural

Everything is at the discretion of the Coordinator of Competitive Sports and/or Graduate Assistant of Competitive Sports. If you have any questions, contact them at intramurals@usu.edu or 435-797-8388