

Intramural Ultimate Frisbee Rules Co-Rec

Participation Warning

There are inherent risks of mental and physical injury in Intramural Basketball; therefore, you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe program. This does not mean that injuries will not happen. We ask for your full cooperation in the following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of basketball 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.

Intramural Policies

1. **Eligibility:** All students and their spouses are eligible to participate in intramural basketball. (An individual is considered eligible if registered for at least one credit.) If a spouse participates, they must purchase a spouse card from the Card Office before participating. The cost is \$40.00.
2. **Bleeding:** During any basketball game, if a supervisor, scorekeeper, or official detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game will be stopped. The participant must receive medical attention. In order for the participant to continue to play, the bleeding must be controlled, the wound covered, and clothing changed if needed.
3. **Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: *watches, bracelets, earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, hats, etc.)*. Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.
 - a. Each time a player, manager, and/or spectator is ejected from a **league** game, the player will be ineligible for their next game in that league (ie. If a player is ejected in a men's game, they will miss their next men's game).
 - b. If a player is ejected during a **tournament** game, that player will miss their next scheduled game, regardless of what league it is in, and even if the team they were ejected from loses.
 - c. Any player who receives **two or more** technical fouls during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional technical foul received, he/she must miss another game.
5. **Identification Requirements:** All participants **must present their USU ID** to an Intramural supervisor and/or scorekeeper **each game**. If they do not have their USU ID, **they will not play**.
6. **A player cannot play on two men's open, 6' & under, women's, or co-rec teams.** However, a male player can play on a men's open, 6' & under, and co-rec team and a female player can play on a women's and co-rec team.
7. **Intercollegiate Eligibility:** Teams cannot have more than two current USU basketball varsity members. For Co-Rec teams it must be one of each gender.
8. **Awards and Refunds:** All awards and refunds must be picked up in the Intramural Office before the last day of the semester.
9. **Protests:** Any team has the right to file a protest. Any protest must be filed by the team manager with 24 hours of the intramural contest. A \$10.00 protest fee must be paid to the HPER Service Desk at the time of filing the protest. If ruling is overturned, the team will receive their \$10.00 back, but if the ruling stands, they will not receive a refund.

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** an intramural contest is included in each rating. Each team manager is responsible for education **ALL players and spectators** affiliated with his/her team about the system. **Teams must receive at least 12 sportsmanship points in order to qualify for tournament play. Teams must also maintain a 3-point average during tournament play.** The intramural staff will determine the score for the teams after each intramural contest. Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Coordinator in HPER 102A, call 435-797-1504, or check on Imleagues.com.

The sportsmanship rating system is based on the following criteria, **but not limited to:**

4 = Excellent Conduct and Sportsmanship

- Team members cooperate with and demonstrate good sportsmanship toward members of the opposing team, 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 = Good Conduct and Sportsmanship

- 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 a "3" rating.

2 = Average Conduct and Sportsmanship

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Manager exhibits minor control over team and/or spectators, but is in control of himself/herself.
- Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "2" rating.
- Team is unable to produce a team at game time resulting in a forfeit.

1 = Below Average Conduct and Sportsmanship

- Team continually dissents the officials and/or opposing team from the court and/or sidelines.
- Team manager exhibits little or no control over team and/or spectators or himself/herself.
- Teams who have a player rejected will receive no higher than a "1" rating.

0 = Poor Conduct and Sportsmanship

- 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.
- Multiple player ejections or causing a contest to be forfeited by any reason other than not having enough players will receive a "0" rating.
- Any threatening behavior (verbal or nonverbal) towards any player, spectator, or campus recreation employee.

Teams receiving a "0" rating during tournament play will not be allowed to advance.

Teams receiving a “1” rating during tournament play must have their manager meet with the Intramural Director before their next scheduled game.

Teams that do not maintain a 3-point average during tournament play will be required to meet with the Intramural Director before their next scheduled game.

Further information on intramural participation policies can be found in the USU Intramural Sports handbook.

Rules of Play

All rules and definitions not listed below will be governed by the Ultimate Players Association (UPA) Rules.

Team Regulations

1. The integrity of Ultimate Frisbee depends on each player’s responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly.
2. Cones, discs and jerseys will be provided. Other disc can be used upon mutual agreement.
3. **Length of games:** Two 20 minutes halves. A running clock will be used except for timeouts. There will be a 3 minute half-time. If a game ends in a tie, an additional 5 minutes will be played.
4. Games will be played until time limit has run out. Upon scoring, the teams switch sides, while the scoring team throws off (pulls) to the other team and declares the score .
5. Two (2) time-outs per half by each team. Time outs are 30 seconds long.
6. Each team will consist of 5 players. 4 players are needed to avoid a forfeit. Teams will be provided a 5 minute lee-way, after 5 minutes of the scheduled time the game will be called a forfeit. Co-Rec Rule: Teams consist of 5 players with no more than three males at one time and at least one male and two females at all times.
7. Substitutions are hockey style and can be at any time from midpoint of the field or during time outs.

How to Play

1. **Putting the disc into play** - is when a player establishes a pivot foot and is ready to play.
2. **Where the disc stops** - is where the disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.
3. There are no scrimmage lines or off-sides (except on throw-offs).
4. The disc may be passed in any direction. No defensive player may ever pick up the disc.
5. The rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
6. Substitutions can be made only: 1) from midpoint of field during play; 2) to replace an injured player(s); and 3) time outs.

Starting and Restarting Play

1. The team winning the flip has the choice of: 1) receiving the initial throw-off; or 2) selecting which goal they wish to defend initially. Team losing the flip receives the other choice. The second half begins with an automatic reversal of the first choice of the options. For overtime periods the disc flipping procedure is repeated.
2. **Throw-off:**
 - a. At the start of each half play begins with a throw-off.
 - b. Positioning prior to the throw-off:
 1. The players on the throwing team are free to move anywhere in their defending endzone, but may not cross the goal line until the disc is released.
 2. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

- c. The throw-off consists of one player on the throwing team throwing the disc towards the opposite goal line to begin play. As soon as the disc is released, all players may move in any direction.
- d. No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.
- e. If a member of the receiving team touches the disc during flight of the throw-off (whether in or out of bounds) and the receiving team fails to catch it, the team which threw-off gains possession of the disc where it stops.
- f. If the receiving team allows the throw-off to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops.
- g. If the throw-off lands out of bounds the receiving team, before touching the disc, makes a choice of:
 - 1. Putting the disc into play at the point where it crossed the out of bounds line.
 - 2. Requesting a re-throw.
 - 3. Invoking the middle rule. To invoke the "middle rule", the member of the receiving team who is going to receive the throw-off shall fully extend one hand above his/her head and call "middle". The player must let the disc hit the ground.

3. **The Check:**

- a. When play stops, the player who was in possession retains possession.
- b. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
- c. The marker restarts play by handling the disc to the thrower.

4. **Out of Bounds:**

- a. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out of bounds in order to make a play on the disc.
- b. A player is out of bounds when he/she is contacting an out of bounds area. When a player is in the air, his/her in or out of bounds is determined by where he/she last contacted the ground.
- c. In order for a receiver to be considered in bounds after gaining possession of the disc, the first point of contact with the ground must be completely in bounds. If any position of the first point of contact is out of bounds, the player is considered out of bounds.
- d. If a player carries the disc out of bounds, the disc is put into play at the point where he/she went out of bounds.
- e. The thrower may pivot in and out of bounds, providing that some part of the pivot foot contacts the playing field.
- f. If a pass does not come in bounds the opposing team gains possession of the disc where it left the field of play only if the defense did not contact the disc. If the defense contacted the disc must be put into play at the point closest to the playing field where contact occurred.

5. **Endzones:**

- a. If a team gains possession in the endzone which it is defending:
 - 1. The player taking possession must make the immediate decision to either:
 - a. put the disc into play from that spot, or
 - b. carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession may not throw a pass during the approach.
- b. If, as a result of a pass **from a teammate**, a player receives the disc in the endzone which they are defending, that player does not have a choice of advancing the disc to the goal line.
- c. If a team gains possession in the endzone which it is attacking (intercepts the Frisbee), the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.

6. Scoring:

- a. A goal is scored when an offensive player completes a pass to a teammate in the endzone.
- b. In order for the receiver to be considered in the endzone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the endzone.
- c. A player cannot score by running into the endzone with the disc. Should a receiver's momentum carry him/her into the endzone after gaining possession, he/she must carry the disc back to the closest point on the goal line and put the disc into play from there.
- d. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off (pulls) the disc towards the other goal.

7. Turnovers:

- a. An incomplete, intercepted, knocked-down, or out of bounds pass results in loss of possession.
- b. The following actions results in a loss of possession and a check:
 1. If the marker's count reaches the maximum number (10 Seconds).
 2. If the disc is handed from player to player.
 3. If the thrower intentionally deflects a pass to him/herself off another player.
 4. If the thrower catches his/her own non-touched throw.

8. The Thrower:

- a. If the disc is on the ground, whether in or out of bounds, any member of the team becoming offense may take possession of the disc. Once an offensive player has picked up the disc, that player is required to put the disc into play.
- b. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. The thrower has the right to pivot any direction.
- c. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- d. The thrower may throw the disc in any way he/she wishes.

9. The Marker:

- a. Only one defensive player may guard the thrower at any one time; that player is the marker.
- b. The marker may not straddle the pivot foot of the thrower.
- c. The maker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- d. There must be at least 3 feet of space between the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is establish.
- e. Stalling:
 1. Once a marker has established a set guarding stance on the thrower, he/she may initiate a count.
 2. The count consists of the marker calling "counting" and counting at one-second intervals from one to ten (1-10), loudly enough for the thrower to hear.
 3. If the thrower has not released the disc at the first utterance of the word "ten", a turnover and a check results.
 4. If the defense changes markers, the count starts over again from "one".

10. The Receiver:

- a. Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself in order to advance the disc is considered traveling and is not allowed.

- b. 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.
- c. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.
- d. If the disc is caught simultaneously by offensive and defensive players, offense retains the possession.
- e. If an airborne receiver jumps and makes a catch, and is contacted by a defensive player before landing, and that contact causes the receiver to land out of bounds instead of landing in-bounds, the receiver must either call him/herself out of bounds, or call a foul on the defensive player.
- f. First ground contact determines possession; the ground can cause an incomplete pass.
- g. If it is ever unclear whether a receiver catches the disc or whether he/she was in or out of bounds, the player(s) with the best perspective makes the call. If an agreement cannot be reached, the Intramural Staff will make the final decision on the play.

11. Fouls:

- a. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled.
- b. Throwing Fouls:
 1. A throwing foul may be called when there is contact between the thrower and the marker.
 2. Contact occurring during the follow-through is not sufficient grounds for a foul, but should still be avoided whenever possible.
 3. When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower after a check.
 4. 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.
 5. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
- c. Catching Fouls:
 1. 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.
 2. If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.
 3. If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, that player has committed a foul.
 4. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
 5. 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.

12. Violations:

- a. A violation occurs when a player violates the rules in a manner which does not result in physical contact (e.g., throwing a pass during an approach to the goal line, illegal guarding position by the marker; not establishing a pivot foot after carrying the disc in from out of bounds, etc.).
- b. A violation may be called by any player who recognizes that a violation has occurred.
- c. Traveling:
 1. The thrower must keep all or part of the pivot foot in contact with a single spot on the field.
 2. If the receiver obviously takes more steps than are required to stop after catching a pass.

3. 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.
- d. Strip:
 1. No defensive player may touch the disc while it is in the hands of the thrower. Thrower picks up the disc and play continues. If a count was in progress as the disc was stripped, the count is temporarily halted until the thrower regains possession.
- e. Double-Team:
 1. Only one marker is permitted to guard the thrower.
 2. No other defensive player may establish a position within three (3) feet of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.

13. Positioning:

- a. It is the responsibility of all players to avoid contact in any way possible.
- b. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that he/she does not cause personal contact in taking such a position.
- c. Picks:
 1. 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.
 2. The obstructed player must immediately call "Pick", play stops and it is resumed after a check.
- d. When the disc is in the air, players must play the disc, not the opponent.
- e. The principle of verticality: All players have the right to the space immediately above them. A player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent.
- f. A player who has jumped is entitled to land at the same spot without the hindrance by opponents.

14. Clarifying Statements on Fouls, Violations, and Picks:

- a. Cardinal Rule: Whenever an infringement of the rules or a time out occur, play is halted and the disc is put back into play into play at the point of the last possession before play was stopped. Exceptions: Turnovers, strip, and catching fouls.
- b. Play on rule:
 1. If a foul, violation, or pick is called while the disc is in the air, the play is always completed.
 2. If the team which made the call gains possession as a result of that pass play continues unhalting.
- c. If offsetting catching fouls are called by offensive and defensive players on the same play, the disc reverts back to the thrower after a check.
- d. Any time the marker's count is interrupted by the call of a foul, violation, pick, or time out, the count is resumed as follows:
 1. If the call is against the defense, the count is reset to zero (0), unless the foul is contested at which time the count remains the same if the count was less than five (5), or is reset to five (5) if the count was over five (5).
 2. If the call is against the offense, the count continues from the point at which it was stopped, except the thrower is given a minimum of five (5) seconds.
- e. When play resumes after a time out, the stall count is continued from where it was when the time out was called.
- f. If the marker counts too fast, the thrower may call "fast count". The first "fast count" is a warning. The second "fast count" during the same count, play stops and is resumed with 2 seconds subtracted from the current count.

15. Etiquette:

- a. If a foul is committed and not called, the player who commits the foul should inform the infracted player of the foul.
- b. It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.
- c. If the receiving team wishes to have an out of bounds throw-off re-throw, they should give the re-throw signal as soon as possible.
- d. It is a violation against the spirit of the game for a defensive player to call for a pass from the thrower.
- e. 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.
- f. In the case where a novice player commits a violation out of sincere ignorance of the rules, it is common practice to stop play and explain the violation.