Intramural Indoor Ultimate Frisbee
Revised: 07/03/13

Locations: MAC

Team: Each team can play with a minimum of 3 players and a maximum of 4 players on the playing field. For Co-Rec teams, the number of male players must be equal to the number of female players unless playing with 3 players in which case the +/- 1 rule is followed. Teams must maintain these numbers for the entire game.

Team Captains: Team captains are responsible for their team’s actions. They are also the only players allowed to talk with officials during the game. It is each team captain’s responsibility to ensure that all team members are listed on the team roster. A player may be added to a team’s master roster before the end of that team’s last regular season game. During playoffs, a participant must be listed on that team’s master roster and have played at least one regular season game to be eligible to participate. Team captains are not only in charge of their team’s actions, but also the fans that are present.

Forfeits: GAMETIME IS FORFEIT TIME. Team that is present and ready for play can choose to wait on the other team to play the game. However, the clock will be started and rolling until the other team is ready to play or 5 minutes has gone by, which is when the supervisor will call the game.

Playoff Eligibility: Teams must earn an average B (3.0) rating for sportsmanship. Teams who do not earn this will not be invited to the playoffs. Sportsmanship ratings can be viewed on IMLeagues.com under standings.

Equipment: Jewelry is prohibited. Jerseys will be provided. Shoes must be worn. Discs will be provided. Should teams choose to use their own discs, they must be accepted by the official.

Rules: Ultimate Players Association and NIRSA ultimate rules will be followed with the following adaptations.

Referee’s Authority: The referee has authority to rule promptly, in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee’s decisions are final in all matters pertaining to the game.

The Game: Games will be played to a score of 15 or a time limit of 40 minutes.
**Tie Games:** During regular season play, if the score is tied at the end of the 40 minute time then the game is considered a tie. During the playoffs, if the score is tied at the end of the 40 minute time then the game will continue until a team scores (sudden death overtime).

**Halftime:** When the first team reaches 8 points there will be a 2 minute halftime. When halftime is over the teams will alternate sides and the team that started the game receiving will begin the second half defending.

**Timeouts:** Each team will have 1 timeout per half. Timeouts are 1 minute long.

**Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.

**Scoring:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.

**Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

**Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

**Out of Bounds:** If the disc goes out of bounds the possession changes and the team with possession begins play at the point the disc went out of bounds. If the disc goes out of bounds on the pull it is put into play at the point it went out of bounds. If the pull goes out of the endzone the receiving team can put the disc in play at the middle of the endzone line.

**Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.

**Stalling:** When a marker has defensive position on the thrower they can begin the stall count. The marker must announce the stall count by yelling "counting". The marker then can begin counting to ten. If the thrower has not thrown the disc by the first utterance of the word “ten" the play is dead and there is a change of possession.

**Fouls:** When a player initiates contact with another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. If the player committing the foul disagrees with the foul call, the play is redone.
**Self Refereeing:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

**Spirit of the Game:** Ultimate 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.

**Safety Concerns:** THIS IS A NON-CONTACT SPORT! Jewelry or metal joint braces will not be prohibited. We have these rules to protect the participants’ safety.

**Blood Borne Pathogens:** If a player is found to be bleeding, they must immediately leave the game. Substitutions may occur at this time and the official may take a timeout. The player may not re-enter the game until all bleeding stops, and all injuries are properly cleaned and bandaged. All blood soiled clothing must be removed before the player can re-enter the game.

**Unsportsmanlike Conduct:** Any offensive behavior towards officials, fans, and opposing teams will result in an unsportsmanlike foul. If a player receives two of these fouls they will be ejected. Behavior that would be considered an immediate ejection would include foul language towards an official, hitting another player or fan, an alcohol related incident, and any other action an official deems worthy.

**Ejections:** If any one of these instances occurs, a player will be automatically ejected. All ejections will result in at least a one game suspension and scheduled meeting with the Assistant Director of Programs and Graduate Supervisor of Programs. The player that is ejected will be given 2 minutes to leave the playing area and field. If the player does not leave within 2 minutes their team will be penalized a misconduct penalty. If the player has still not left the playing area and field the game will be called a loss to the team the player was a member of.

- Combative behavior.
- Threatening the wellbeing of another person.
- Intentional contacting an official.
- Extreme circumstances deemed unsafe by officials.

**Fan Sportsmanship:** Team captains are in charge of their fans. If fans become unruly the acting supervisor may stop the game and ask the fans to leave the area or take action accordingly

**SPORTSMANSHIP**
The purpose of Intramural Sports is to provide participants with exercise, recreation, and fun in a relaxed, yet structured environment. Each participant is encouraged to play to the best of their ability to achieve success; however, a "win-at-all-cost" attitude is strongly discouraged. The emphasis in intramural sports should be in the playing of the game and not solely measured by the outcome.
- Being a good sport is a team captains, players and spectators responsibility. They will be held accountable for acts including abusive language, threatening remarks or abusive behavior before, during and after any intramural contest.
- The captain may address an official in a respectful manner concerning a rule interpretation but not concerning judgment.
- A player ejected during the game will be asked to leave the Rec Center. Any ejection will result in a one game suspension (if severe, additional restrictions may be imposed). Intramural Supervisors will assess each situation as it arises.
- Suspension may result for any harassment before or after the game is played.
- Using profanity, taunting, insulting or vulgar language or gestures will not be tolerated.

SPORTSMANSHIP RATING SYSTEM
The team rating system is intended to provide an objective scale in which teams can be judged on attitude and behavior throughout the intramural season. The rating system will be used in conjunction with rules that govern conduct in a specific sport. The rating system is designed to rate team and not individual conduct. The team rating system is not meant to penalize the team for one individual's actions. It is the responsibility of the captain to relay the information to all players and spectators affiliated with their team. These ratings apply to behavior before, during and after a contest. Each team will be given a sportsmanship rating for each game by the officials and scorekeeper. A 4 point scale will be used to find an average score for each game. If teams have a season average of below a 3 they will not be permitted to participate in the playoffs.

Rating Criteria:

“A” - Excellent Conduct and Sportsmanship = 4 pts:
Players cooperate with the officials and other team members. The captain calmly converses with officials about interpretation and calls. The captain has full control of his/her teammates.

“B” - Good Conduct and Sportsmanship = 3 pts:
Team members verbally complain about some decisions made by officials and/or show minor dissension. Captain exhibits minor control over his/her teammates.

“C” - Below Average Conduct and Sportsmanship = 2 pts:
Team consistently comments to the officials and/or opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, or him/herself.

“D” - Poor Conduct and Sportsmanship = 1 pt:
Team is completely uncooperative. Captain has no control over him/herself or teammates. Examples of conduct deserving a “D” rating:
- Unnecessary roughness
- Showing disrespect to officials, players
- Repeatedly arguing with officials
- Disregard for the rules or policies of the program
- Officials, supervisors, and administrators may warn, penalize, or eject players or teams for poor sportsmanship. Such actions will be considered judgment calls and are therefore final and not subject to appeal.
• Any participant who repeatedly exhibits poor attitude and lack of sportsmanship will lose their right to participate in Intramural Sports.