Intramural Rules published by the Recreation and Athletics Department are not meant to be all inclusive. Some rules that govern play may not be outlined in this document. The department uses NIRSA or NFHS rules for the majority of our major sports. For a ruling on a specific situation not outlined here, please request one from the IM Supervisor or Manager.

Eligibility:

- All participants must present a S&T ID or Government Issued ID to participate
- All participants must be shown on the IM Leagues online team roster in order to compete
- All participants must fall into one of the following categories: Student, Faculty, Staff
- A participant must not have any current sanctions/suspensions outstanding against them
- A participant may not participate on more than one single gender team, and one co-rec team
- A participant must abide by all rules within the Intramural Participant Handbook and facility usage guidelines
- Participants must wear proper attire in order to compete in all Intramural events. This does not include; jewelry, billed hats (unless playing softball), metal spiked cleats, flip flops, slides, bare feet, etc.
- A member of the recreation staff has final ruling on all eligibility and permitted attire

Equipment

- Teams must wear matching jerseys, or pennies checked out from the Intramural Sport Supervisor on duty. (No "shirts/skins")

Players

- A team will consist of seven (7) players.
- A team may start and play a game with as few as five (5) people.

Play

The Game: Ultimate Frisbee is a no-contact sport. Contact will not be tolerated. 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 the play.

- The game will be played 10 for Men and 8 for Women with a 50 minute time limit. There will be a 3 minute half time when one team reaches: 5 for men and 4 for women.
- Each team will receive two one minute timeouts per game.
- Timeouts must be called when the team calling it is in possession of the disc, or after a goal and prior to the ensuing throw-off.
- The team with the most goals at the end of the game is declared the winner.
- If the score is tied at the end of regulation play, a sudden-death overtime period will be played until a winner is declared.

Substitutions

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

Starting and restarting the play

Start of Game

- A coin toss will start the game, and the winner will have the choice of; receiving the initial throw-off, or selecting which goal they wish to defend initially.
- The team losing the flip is given the remaining choice.
- The second half begins with automatic reversal of the first choice options.
- When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.

Throw-off

- Play starts at the beginning of each period of play and after each goal with a throw-off.
- Each time a goal is scored, the teams switch the direction of their attack and the team, which scores throws-off.
- Positioning prior to throw-off:
  - The players on the throwing team are free to move anywhere in their end-zone, but may not cross the goal line until the disc is released.
  - The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
    - The throw-off may be made only after the thrower and a player on the receiving raise a hand signifying the team's readiness to play.
    - The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
    - As soon as the disc is released, all players may move in any direction.
    - No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
    - If a member of the receiving team catches the throw-off on the playing field properly, that player must put the disc into play from that spot.
- If a player on the receiving team touches the throw off before it hits the ground and the disc then hits the ground it is considered a dropped disc, and results in a turnover.
- 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.
- If the throw-off lands out-of-bounds the receiving team makes a choice of
  - Putting the disc in play at the point where it crossed the line
  - Requesting a re-throw
Put the disc in play from the brick mark closest to the end zone that the receiving team is defending (The brick mark is located 20 yards from the front of each end zone in the middle of the playing field)

**Change of possession:**
- Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
- When play stops the player who was in possession retains possession.
- All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play restarts.
- The marker restarts the play by handing the disc to the thrower.

**Out-of-bounds**
- The perimeter lines themselves are out-of-bounds
- A disc is out-of bounds when it first contacts the out-of-bounds area or contacts anything which is out-of-bounds.
- For a receiver to be considered in-bounds after gaining the possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
- Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where she/he went out-of-bounds and puts the disc back into play at that point.
- To restart play after the disc has gone out-of bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play from that point.
- The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

**The Thrower**
- 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 in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
- If the disc is dropped by any thrower without defensive interference, it is considered an incomplete pass.
- The thrower may throw the disc in any way he/she wishes.

**The Marker**
- Only one player may guard the thrower at any one time; that player is the marker.
- The marker may not straddle the pivot foot of the thrower.
- There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting
- **Stalling:**
  - Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
  - The count consists of the marker calling "Counting" and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear.
  - If the thrower has not released the disc at the first utterance of the word ten (10), a turnover results.
  - If the defense decides to switch markers, he/she must start again from one.

*The Receiver*

- Bobbling to gain control of the disc is permitted.
- 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.
- If the receiver is running as he/she catches the disc, the receiver may then throw a pass without coming to a complete stop. However the pass must be made before the receiver takes three full steps.

*Fouls*

- Fouls are the result of physical contact between opposing players.
- The offended player calls out the foul. (i.e. the player who was fouled)
- 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 thrower is fouled in the act of throwing, and the disc is not caught by an offensive player, the disc should be reverted back to the thrower, and play should be restarted.
- If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
  - If the pass is completed, the play is stopped, and the disc is reverted back to the thrower. Play is restarted.
- Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.

*Positioning*

**Picks:**

- 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: to do so is a pick.
- A pick is considered a violation.
- Play stops, the player who called the pick then establishes position on the player they are guarding, play is then restarted.
  - When the disc is in the air, players must play the disc, not the opponent.
  - The principle of verticality: All players have the right to the space in-immediately above them.
  - A player who is jumped is entitled to land at the same spot without hindrance by opponents.
Protests

- Rule interpretations and player eligibility are the only protests that will be considered.
- Rule protests:
  - Rule protests must be completed at the same time a question occurs and will be settled at that time by the Supervisor.
  - NO contests or portions thereof will be replayed due to improper rules' enforcement. If you have a question, ASK it.
  - SUPERVISORS' JUDGEMENT IS NOT PROTESTABLE.
- Player eligibility protests:
  - Should be filled as soon as you have a question, but MUST be submitted in writing to the Intramural Office within 24 hours.
  - Eligibility protests will be decided at the time the question is raised whenever possible.
  - Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

Player Conduct

1. Team captains (you) and manager/coaches are responsible for the conduct of their players and fans.
2. Only the Captain or designated Coach are allowed to question the officials during play.
3. Coaches must stay at the team bench area during play.
4. Acts of unsportsmanlike conduct including: unnecessary roughness, arguing with official (supervisor), fighting, abusive language directed towards officials/opponents will result in a player(s) being ejected from the game.
5. Any player ejected from a game will be ineligible to participate in any and all of the remaining games.
6. Ejected players must leave the playing area for the remainder of that contest and any other contests of that day.

Miscellaneous

1. All fans must remain along the sidelines of the field, out of play.
2. Players will not be allowed on the field to warm-up until the preceding game on their field is finished.

Sportsmanship:

The Intramural Program encourages fair and honorable play between its participants and spectators. Below are the criteria of how teams are graded. If there is an issue of fairness or sportsmanship during your match, contact a member of the Intramural staff and explain the situation.

4 – Excellent Conduct and Sportsmanship- Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates, bench, and spectators. Teams that win by forfeit will receive a “4”. Teams that receive 1 verbal warning for use of profanity cannot receive higher than a “3” rating.
3 – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Teams that receive 1 yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball) cannot receive higher than a “3” rating.

2 – Average Conduct and Sportsmanship- Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Captain exhibits minor control over his/her teammates, bench, and spectators, but is in control with himself/herself. Teams receiving multiple yellow cards (soccer, volleyball, softball), unsportsmanlike flags (flag football), or technical fouls (basketball) cannot receive higher than a “2” rating.

1 – Below Average Conduct and Sportsmanship- Team consistently comments to the officials and/or the opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, bench, spectators, and/or himself/herself. A team which receives one red card (soccer, volleyball, softball) or an ejection (flag football, basketball) cannot receive higher than a “1” rating.

0 – Poor Conduct and Sportsmanship- Team is completely uncooperative. Captain has no control over teammates, bench, spectators, and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections will receive a “0” rating.

Forfeit Policy:

- IF a team has not SIGNED IN the minimum number of players required to play at the game site before game time it is considered a forfeit (Exception: the opposing team may grant a 10 minute grace period).
- A forfeit of this nature will count as a loss and result in an automatic 1(one) for sportsmanship rating.
- After ONE (1) forfeit a team is no longer eligible for playoffs).
- A team will be removed from the league once the second forfeit is received.
- Teams must be signed in and ready to play at the time of the scheduled contest to avoid penalties. Therefore, it is suggested that teams arrive at least 15 minutes before game time to allow for parking, signing in, and warming up.
- If neither team is present and ready to play, a double forfeit will be issued.
- IF only one team has at least the minimum number to play, they will have the option of taking the win or allowing up to a 10 minute grace period for the other team to arrive. The play clock will begin at game time. After 10 minutes, a forfeit will be declared against the team not ready to play. The following penalties will be assessed for failure to start the game on time. The final score listed below will be awarded if the game results in a forfeit at the end of 10 minutes. The other 2 columns are awarded to the “ready” team if second team arrives within the designated time frame and play commences.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Within 5 minutes of game time</th>
<th>5-10 minutes after game time</th>
<th>Final Forfeit Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Frisbee</td>
<td>2pts; start with disc</td>
<td>Additional 2pts</td>
<td>4-0</td>
</tr>
</tbody>
</table>