Ultimate Frisbee Rules

Any rule and situation not specifically covered are subject to the USA Ultimate official rules and the judgement and discretion of the Intramural Sports staff.

All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules. When there is a conflict between the TN Tech IM Ultimate Rules and USA Ultimate Rules, the TN Tech IM Ultimate Rules shall take precedence.

Rule 1: Player Eligibility & Registration

Player Eligibility

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University with a current, active membership to the fitness center may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with a member of the IM staff.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league.** Once he or she checks-in for one (1) team, that player **CANNOT** transfer to another team in that league for the duration of the season.
- ✓ **For postseason eligibility, a player must have participated in at least one (1) regular season game.**
- ✓ Current varsity athletes cannot participate in their sport or related sport. Former varsity athletes cannot participate in their sport or related sport for one calendar year (365 days) after their official affiliation with a college or university team has ended.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

Registration

- ✓ Teams should register by the deadline by registering on the Fusion Play App.

Rule 2: League Format & Team Composition

League Divisions (Subject to Change Due to Number of Registered Teams):

- ➢ Men's
  - o Elite, Recreational
- ➢ Women's
  - o Elite, Recreational
- ➢ Co-Recreational
  - o Elite, Recreational
    - ▪ **Co-Rec: Equal number or more females than males (4:4, 5:3, 6:2, 7:1)**
    - ▪ **Co-Rec: There must be at least one (1) male on the field.**

League Format

- ✓ A pool play section shall precede the postseason tournament. The overall number of registered teams will determine the number of pools and number of teams in each pool.

- ✓ League standings will determine a team's eligibility for the postseason tournament. The following criteria will determine the league standings: (1) Winning Percentage, (2) Wins, (3) Sportsmanship, (4) Point Differential, (5) Games Played, and (6) Coin Toss.

Match Format

- ✓ Each match shall consist of two (2) twenty-minute (20:00) halves with a three-minute (3:00) intermission.

Team Composition

- ✓ Each team will have seven (7) players on the field at one time, and a minimum of five (5) players are required to start the game.
- ✓ For Co-Rec, each team will have eight (8) players on the field at one time, and a minimum number of six (6) players are required to start the game.
- ✓ **For all leagues, no more than three (3) sport club members may appear on a team's roster and sport club members for co-recreational and must play in the highest available league offered.**

Rule 3: Playing Area & Equipment

Game Disk

- ✓ The Intramural Sports Office shall provide the disc for competition.
- ✓ A substitute disc is allowed if both teams agree and is approved by Intramural Leadership Staff

Clothing & Equipment

- ✓ All attire and equipment are subject to the approval of Intramural Sports staff. Any clothing or equipment that is deemed unsafe or illegal must be removed prior to competition.
- ✓ IM staff reserves the right to ask participants to remove or conceal clothing that, in the opinion of IM staff, displays offensive or demeaning language or imagery.
- ✓ **Proper athletic attire is required.** Non-athletic clothing including but not limited to jeans, dress pants, dresses, khakis, and blouses is prohibited.
- ✓ Footwear
  - Players are required to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes, Non-Metal Cleats).
  - Footwear including but not limited to boots, metal-cleats, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**
- ✓ Jewelry
  - Religious or medical jewelry is permitted and must be taped down against the body.
  - Participants must remove all watches and necklaces prior to each contest.
  - **All Air Pods/Ear Buds/Headphones are PROHIBITED during IM Contests.**
- ✓ Headwear
  - Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
  - Headwear including but not limited to baseball caps, bandanas with knots, hard plastic hair devices, bobby pins, and safety pins is strictly **PROHIBITED.**
- ✓ Pads/Braces
  - Leg & knee braces covered with soft, pliable material and free of any sharp edges are allowed.
  - Compression sleeves and wrist sweatbands are permitted above the waist.
  - Casts and other equipment made of hard, unyielding materials may not be worn above the waist.
- ✓ Blood
  - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform must leave the field. The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed before the player can return to the game.

Rule 4: Forfeits, Defaults, & Protests

Defaults

- ✓ A default is a game not played without penalty (e.g. dropped from the league).
- ✓ To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00 PM on the day of the contest**.
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Defaulting Team = 5
- ✓ To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person. **Phone calls are not accepted.**

Forfeits

- ✓ A forfeit is defined as one (1) of the following:
  - Failing to field a team for an intramural contest without contacting the Intramural Sports Office.
    - The final score shall be 4-0.
  - Receiving three (3) or more conduct warnings before, during, and after an Intramural contest.
    - If the forfeiting team is ahead, the final score shall be 4-0 in favor of the opposing team.
    - If the non-forfeiting team has the higher score, the game shall end with the existing score.
  - Defaulting two (2) games during pool play.
- ✓ If a team forfeits its first (1st) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.
- ✓ **Forfeits automatically withdraws you from Post-Season play.**
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Forfeiting Team = 2
- ✓ A second (2nd) forfeiture may result in removal from the league.

Grace Period

- ✓ If at least **one (1)** team member is **checked-in** at game time, the team will be granted a **five-minute (5:00)** grace period.
- ✓ Once a team reaches the minimum number of players to start the game, the game will start.
- ✓ A team may not wait for additional players once the minimum number of players have arrived.
- ✓ If the team has not reached the minimum number of players required to play at the end of the grace period, a forfeit will be declared.

Protests

- ✓ Intramural Sports Graduate Assistants and Professional Staff will consider protests.
- ✓ During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.
- ✓ Protests regarding the judgement of the game officials will not be recognized.
- ✓ When protesting player eligibility:
  - *Regular season*: The eligibility of any player may be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
  - *Postseason Tournament:* Player eligibility must be protested before the start of the contest. **Protests made after the start or end of the game will be not recognized.**

Rule 5: Timing & Scoring

Game Length

- ✓ Each game will consist of two (2) twenty-minute (20:00) halves with a five-minute (5:00) intermission.

Overtime

- ✓ **<u>Overtime shall be played during the postseason tournament, not the regular season.</u>**
- ✓ If the score is tied at the end of regulation, a five-minute (5:00) overtime period shall be played.

Timeouts

- ✓ Each team will be allowed three (3) sixty-second (0:60) timeouts per game.
- ✓ Timeouts will only be acknowledged after a goal and before both teams are ready to play.

Scoring

- ✓ Each goal is worth one (1) point.
- ✓ A goal is scored when the offense completes a pass in the end zone of the defense.

Mercy Rule

Point Differential	Time Remaining	Result
Twenty (20) or more points	Twenty minutes (20:00) or less in 2nd half	End of Game
Ten (10) or more points	Ten minutes (10:00) or less in 2nd half	End of Game
Five (5) or more points	Two minutes (2:00) or less in 2nd half	End of Game

<u>Rule 6: Playing Rules</u>

Players should honor the legitimate calls of their opponents. The Field Observer will settle disagreements that cannot be resolved in a reasonable time. The Field Observer shall make a decision or seek the advice of Intramural Staff or Professional Staff.

The Field Observer has the authority to stop a match and remove players that play with reckless abandon or repeatedly commit unsportsmanlike actions. Intramural Staff may ask uncooperative participants to leave the Intramural Complex.

<u>Any team that has two (2) or more players removed due to reckless play or unsportsmanlike actions shall forfeit the contest.</u>

General Rules

- ✓ A disc will be provided by the TN Tech IM office.
  - Both captains must agree on an alternate disc.
  - Must be approved by Intramural Leadership Staff
- ✓ Rules regarding player eligibility, team composition, forfeits & defaults, timing, and scoring are not subject to the discretion of the playing captains.
- ✓ An offensive player in possession of the disc has ten (10) stalls (or seconds) to release the disc.
- ✓ Defensive players may guard one (1)-disc length or more away from the offensive player.
- ✓ If the disc goes out of the endzone on a pull, the receiving team may bring the disc up to the brick (it will be marked on the field).
- ✓ If the disc lands out of bounds on the pull, the disc may be brought to the center of the field on the line that it went out on.
- ✓ **<u>If the disc lands in the end zone, they get it where it lands</u>**.

<u>Ultimate in Ten (10) Simple Rules (Courland & Dambra)</u>

- ✓ **The Field**: A rectangular shape with end zones at each end. A regulation field is seventy (70) yards by forty (40) yards with end zones twenty-five (25) yards deep **<u>(*Note: Actual measurements may differ due to field conditions*).</u>**

- ✓ **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. A regulation game has seven (7) players per team, eight (8) players per team for Co-Rec.
- ✓ **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 (10) 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, stalled), the defense immediately takes possession of the disc and becomes the offense.
- ✓ **Substitutions**: Players not in the game may replace players in the game after a score and during an injury timeout.
- ✓ **Non-contact**: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- ✓ **Fouls**: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- ✓ **Self-Officiating**: 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.

Ejections

- ✓ When two (2) members of a team is ejected, that team shall forfeit the contest.
- ✓ Ejected players must leave the Fitness Center and/or Intramural Fields immediately and cannot return to play **ANY** sport until he/she has been cleared for participation by a professional staff member of the Intramural Sports Office.