General Rules & Guidelines for Intramural Ultimate Frisbee

- All players must present their own UGA 81# ID Card at the beginning of the tournament. Any player not providing his/her own valid UGA 81# ID card will not be permitted to participate.
  - Any player caught violating this rule or any other rules/policies will face the sanctions listed under the Disciplinary and Ejection Policy section

- All Intramural Participants must meet all eligibility guidelines which can be found in the Intramural Sports Participant Guide at http://recsports.uga.edu/uploads/docs/2015-2016_IM_Participant_Guide.pdf

- A team’s roster may only have 15-players on it for the entire season. Once a player joins a team’s roster on IMLeagues and participates in a regular season game, they are considered to be a part of that team, and cannot switch teams, or be removed from the roster.
  - All players must login to IMLeagues and sign up on a team prior to being eligible to participate.

- A Team must have 5-players present at its assigned court, signed in, and ready to play at its scheduled game time. If not, the clock will start, and the following penalties will occur:
  - 1-MINUTE LATE = 1-0; 2 MINUTES LATE = 2-0; 3 MINUTES LATE = 4-0; 4 MINUTES LATE = 8-0 (END OF GAME AFTER 5 MINUTES, SCORE 8-0)
  - Ex. If a match is scheduled for 5:30pm, once the Competitive Sports Staff’s official clock reads 5:35pm, that game will be declared a default/forfeit.

- Players may only participate on one same sex team (which include: Fraternity, Men’s Recreational & Men’s Competitive, Women’s Independent & Sorority), and one Co-Rec team.
  - Any player found violating this policy will face a minimum penalty of being ineligible for participation in the league in which the violation took place.

Club Ultimate Frisbee Player’s status and eligibility:

- A club sports member shall be eligible for intramural participation in the sport of his/her specialty, but can only have TWO such participants on its roster. All co-recreational teams can have one female club player and one male club player. No co-recreational teams can have multiple same sex club players on their roster.
- A club sports member is defined as any individual who is on the club sport’s roster and participates in practices and/or plays in games. Any student who practices with the team is also considered by our program to be on the club team and thus considered a club team member. Once you are on or considered on the club team these restrictions apply for the entire school year which runs from the fall, spring and through the summer respectively. Those who violate this rule will be suspended for one calendar year from the date of infraction and may be subject to further penalty as deemed appropriate by the Competitive Sports Staff.

Officiating

- All games will be SELF-OFFICIATED
- Players are responsible for their own foul and line calls. Players are also responsible for their own conduct and the conduct of their spectators, teammates, and coaches. Any misconduct could result in the ejection of players and/or forfeiture of the game.
- Competitive Sports Staff will sign-in participants, keep score, and provide a copy of the rules upon request if needed. The Competitive Sports staff will not make any judgment calls.
Player Uniforms
- Teams will be designated **Light (Home)** and **Dark (Away)** on the game schedule
- All players must be in appropriate colored uniforms or they will not be permitted to play
- **NO GREY SHIRTS ARE PERMITTED TO BE WORN BY ANY PLAYERS**

Equipment
- Game discs will be provided by the Intramural Sports Department.
- Teams may use their own discs, however, both teams must agree to use the same one.
- Discs must be at least 175 grams.

Field Dimensions
- A regulation field is 70 yards by 40 yards with 25 yard end zones.

Players and Substitutions
- Men’s and Women’s teams will consist of 7-players, Co-Rec will consist of 8-players; however, 5 players may start and complete a game.
- Substitutions may occur after a goal before the next pull, before the half begins, or during an injury timeout.

Length of the Game and Timing
- Games will be 45 minutes in length with a continuous running clock.
  - The clock will stop for timeouts or injuries. The clock is not stopped for violations.
- **Championship game** will be a one hour time limit
- The first team to reach 11 points or the team with the highest point total at the end of 45 minutes will be the winner.
  - Teams do NOT need to be up by two points to be deemed the winner of the contest.
  - If the contest is tied in score at the end of this 45 minute period, the result will be a tie. There is no overtime during the regular season.
  - When time expires, if the team with a lower point total is in possession of the disc, play will continue until a change of possession occurs. At this point, the game will be final.
- Each team will be allowed 2 time-outs per game.
- Overtime: There is no overtime during the regular season. During the post season tournament, contests that are tied at the end of regulation will play an overtime period. The overtime period will begin with a coin toss to determine possession. The first team to achieve 3 points or have the highest point total after a 15 minute time limit will be the winner.

Definitions
- **Pull** – Initial play of game where one team throws to the other. Done after each goal as well.
- **Brick** – A brick is any pull that lands out of bounds untouched by the receiving team.
- **Brick Mark** is the mark on the field where play starts if a brick occurs.
- **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** – Play is out of bounds when a player in possession of the disc or the disc itself contacts an area out of bounds. The field line is considered out of bounds.
- **Play Out of Bounds** – The disc may “float” out of bounds in a throw, as long as it returns to inbounds before a player catches it. A player may run out of bounds to make a play as long as the disc is caught in-bounds. If a player’s momentum carries him/her out of bounds but the catch was made while in contact with in-bounds, the disc is still in play. One foot is considered contact.
- **Turnovers** – Any drop, block, interception, out of bounds play, or marker’s count to 10 results in a turnover of possession.
- **Out of Bounds** – The player who gained possession as a result of an out of bounds turnover has the option of starting play at the Brick mark or as close to the point of lost possession as possible.
- **Drop** – A player fails to catch the disc and it falls to the ground. If deflected off one player and caught by another, the disc is still in play.
- **Block** – The defensive player knocks the disc to the ground before the offensive player catches it.
- **Interception** – The defensive player intercepts a pass meant for the offensive player.
- **Call** – A call is anytime a player announces a foul or violation.
- **Traveling** – When a player walks with the disc in hand. A player is only allowed 2 to 3 steps after catching a pass (this is a violation).
**The Game**

- The game will begin with a coin toss by the supervisor. The winning team will have the choice of throwing or receiving, or which end to defend. The opposing team will be given the other choice.
- 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.
  - If the disc is not caught, hits the ground and remains inbounds, play starts from the initial hit.
  - If the disc is not caught and hits the ground but moves out of bounds before being touched by the receiving team, play begins from the nearest spot where the disc crossed the line.
  - If the disc goes out of bounds after being touched by the receiving team, play starts nearest the point where the disc crossed the line. There is no turnover.
  - If the pull is caught and then dropped the result is a turnover.
- Throwers may pivot and throw in any direction, but not travel with the disc. A travel is defined as three or more steps in any direction.
- Throwers have 10 seconds with the disc to attempt a throw and the defender is required to keep the stall count.
  - The stall count will be kept, out loud, at the pace of 1-Mississippi. A fast count can be called if this policy is not upheld and the count will re-start.
  - The distance of the defender must be at least 1 disc in diameter. Hands and arms may not be extended in this distance. If a player is too close, a foul may be called and the count re-starts.

**Violations**

- Violations or fouls must be called at the time they occur in order to be enforced. If not called immediately, the foul cannot be enforced.
- The following violations will result in a change of possession:
  - An attempt to throw the disc is not made within the 10-second count.
  - The disc is handed to another player, not thrown.
  - A time-out is called when none remain.
  - During a pull, a player is offside. Meaning, a player is not behind their end zone line at the time of the pull. This will result in a re-pull.
  - A player uses an unfair act to block or catch a pass
  - Any player may stop a rolling or sliding disc, but advancing it in any direction is a violation.

**Fouls**

- A foul is the result of physical contact between opposing players that affects the outcome of the play.
- All fouls lead to stoppage of play. All players must return to the same position occupied at the time of the foul for play to restart.
- If a foul occurs in the end zone, the player fouled gains possession on the end zone line nearest the infraction.
- Players must play the disc, not the intended receiver.
- No player may take the disc away from another player.
- A player may not block an opponent from moving into an unoccupied space.
- The marker may not make contact with the thrower.
- If a defensive player other than the marker is within six feet of any pivot of the thrower without also being within six feet of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
  - If a double team is called by the thrower, the second defender must retreat and the count will restart.
Co-Rec

- Teams will play 8 vs. 8, and must have a minimum of 5-players to start and finish a game.
- All scores will be worth one point.
- At no time may the number of males or females on the field be greater than four.
- If two club players are on a co-rec team’s roster, it must be one male and one female.
- Teams may legally play with the following male/female combinations:
  - 4-males & 4 females
  - 4 males & 3 females
  - 4 males & 2 females
  - 4 males & 1 female
  - 3 males & 4 females
  - 3 males & 3 females
  - 3 males & 2 females
  - 2 males & 4 females
  - 2 males & 3 females
  - 1 male & 4 females

Disciplinary and Ejection Policy

- The following suspensions apply for misconduct during Intramural activities:
  - Ejection
    - Any participant ejected by any Competitive Sports employee will serve a two (2) game suspension for the team from which the athlete is ejected.
    - If the ejection is the result of violence or misconduct aimed at any Intramural Sports employee, the participant will be suspended indefinitely from all Intramural activities sponsored by the Department of Recreational Sports until the participant meets with the Graduate Assistants for Competitive Sports.
  - Student Identification Card Infraction
    - Any participant who attempts to partake in any activity by fraudulently using a UGA 81# ID Card will be suspended for six (6) months from all activities sponsored by the Competitive sports Program. The rightful owner of the UGA ID Card will also be suspended for six (6) months from all activities sponsored by the Competitive Sports Department. The confiscated UGA ID Card can be claimed from the Competitive Sports Staff in room 201 Ramsey.

- Meetings
  - Purpose: The suspensions listed above are final unless the player meets with the Graduate Assistants for Competitive Sports. Meetings will provide players receiving disciplinary suspension the opportunity to appeal for reduced suspension. The Graduate Assistants have full authority to reduce or remove suspensions.
  - Procedure: Meetings can be set up via email with the Graduate Assistants for Competitive Sports (imsports@uga.edu)
    - Meetings will give the player direct contact with at least three members of the Department of Recreational Sports. If members of the appeal committee are involved in the incident, they will be removed from the specific meeting.