2011 UTHSC Ultimate Frisbee Rules

Eligibility

- All players must present their UT ID in order to participate in an event.
- A team may have at most 2 Non-UT Fitness Center Members per team

Equipment

- Only sneakers or non-metal cleats may be worn.
- Players must remove ALL jewelry prior to participating, regardless of timing of piercings. Any exceptions - wedding bands, religious, etc - must be cleared by the IM Coordinator at least 24 hours prior to the contest.
- Teams should wear the color(light/dark) as indicated on the schedule. Pennies will be available for those who do not match their team.

Players

- A team will have six (6) players on the field.
- A team may start and play a game with as few as four (4) players.
- Co-Rec: 3 men/3 women on the field at a time. One sex may not outnumber the opposite sex by more than one.

Forfeits

- All teams must turn in a $20 forfeit check. The check is only deposited in the case of a forfeit.
- **Game time is forfeit time.** All teams must be signed in and ready to play at game time in order to not receive a forfeit.
- A team may play with as few as four players. The game will begin when at least four players are present.
- In order to claim forfeit, a team must have the correct number of players present and ready to play.
- If neither team is able to field a team, a double forfeit will be declared.
- If a team is unable to field a roster for a game, and contacts the IM coordinator before 2pm the day of the contest, they will be given a default and not a forfeit.

The Game

- Ultimate Frisbee is a no-contact sport. Contact will not be tolerated. The spirit of Ultimate Frisbee 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 consist of two 15-minute halves (running clock).
- Each team win receive one (2) minute timeout per half.
- Timeouts must be called when the team calling it is in possession of the disc, or after a goal 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 three-minute sudden-death overtime period will be played until a winner is declared. Teams will alternate positions on the field until the game has been decided

Substitutions

- Substitutions can be made at any time
  - Players must swap at the designated spot on the field.
### Start of Game

- To start the game, a coin toss will be conducted. 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 an automatic reversal of the first choice of 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 scored throws-off.
- Positioning prior to throw-off: (1) The players on the throwing team are free to move anywhere in their defending end-zone, 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.
- The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that 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 proper, that player must put the disc into play from that spot.
- 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: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.

### Out-of-bounds

- The perimeter lines themselves are out-of-bounds.
- A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out of bounds.
- 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 portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds. (One foot in, college football)
- Should the momentum of a player carry him/her out-of-bounds after making a catch and landing inbounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc 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 at that point.
- The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

- An ejected player may not be replaced.
Change of possession

- Occurs when a pass is not completed (dropped, hits the ground, falls out of bound, 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 is restarted.
- The marker restarts play by handing the disc to the thrower.

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 the thrower without defensive interference, it is considered an incomplete pass.
- The thrower may throw the disc in any method 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 12, loudly enough for the thrower to hear.
- If the thrower has not released the disc at the first utterance of the word twelve (12) 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 throw a pass before the third ground contact after catching the disc without coming to a complete stop.

Fouls

- Fouls are the result of physical contact between opposing players.
- 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 the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
- Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
- Fouls and violations result in a change of possession.

**Positioning**
- 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.
- 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 immediately above them.
- A player who has jumped is entitled to land at the same spot without hindrance by opponents.

**Player Conduct**
- Team captains are responsible for the conduct of their players and fans.
- Acts of unsportsmanlike conduct including: unnecessary roughness, arguing with official (supervisor), fighting, abusive language directed towards officials/opponents will result a player(s) being ejected from the game.
- Any player ejected from a game will be ineligible to participate in any intramural sport until he/she meets with the Intramural Coordinator.
- Ejected players must leave the playing area for the remainder of that contest and any other contests that day.

**Miscellaneous**
- All players must present a valid UT ID prior to the start of the game.
- All fans must remain along the sidelines of the field, out of play.
- Players will not be allowed on the field to warm-up until the preceding game on their field is finished.
- In the case of rain, please contact the IM Coordinator.

**Protests**
- No protests on a judgment call by the official(s) are allowed. In the event a team feels that an official has misinterpreted a rule, they must protest at the time of the incident. The official should stop the game and contact the supervisor. The supervisor will then hear the protest and make a ruling. If the team feels the supervisor ruling is incorrect, they may lodge a written protest by 12:00 p.m. the next working day at the IM office. If the team wishes to file a protest, be sure to indicate on the back of the score sheet: 1) game time remaining, 2) the score, 3) game situation (1st or 2nd half, free throw shooter, team poss. and arrow, etc.), 4) the rule that is being protested.

**Playoffs**

To be eligible for playoffs a team must have:
- A .500 record
- No forfeits
- Sportsmanship of 2.5 or higher
SPORTSMANSHIP RATING

The Intramural Sports Program is committed to providing a safe, fair and enjoyable environment during IM contests. Unsportsmanlike behavior occasionally causes games to become unenjoyable, unfair and, in some cases, unsafe. In an effort to maintain the proper playing environment for IM games, the Sportsmanship Rating System has been established and will be in effect for regular season and playoff games in basketball. Awards will be given to the team with the highest rating.

GENERAL RATING SYSTEM CRITERIA:

"A" 4.0 EXCELLENT RATING: Players cooperate fully with the officials and supervisor. An open and calm rapport exists between the captain and the officials. The captain has full control of her/his teammates and fans.

"B" 3.0 GOOD RATING: Some players dissent verbally with the officials decisions but, in general, the captain and players cooperated well with the officials and supervisor. The captain had good control of team.

"C" 2.0 AVERAGE RATING: Players more verbal in disagreeing with officials calls. The captain may have failed to control her/his team.

"D" 1.0 POOR RATING: Dissent is open among team members. Players arguing with officials and themselves. The captain fails to assist the officials in game control.

"E" 0.0 UNACCEPTABLE RATING: The team displays little or no sportsmanship. A team causing a game to be terminated due to unsporting behavior will receive an "E" rating. Managers of teams receiving an "E" rating must meet with the IM Coordinator. The outcome of the meeting will determine further league participation.

2. METHOD OF RATING:
The officials will rate each team in each contest on a sportsmanship basis. The supervisor can also assist in the rating. The rating will be noted on the score sheet. Officials are not to discuss ratings with the teams. Teams are not to question the officials about the ratings. Teams can check their ratings at the IM Office. (SAC 312)

3. PLAYOFFS
For a team to be eligible for the playoffs, they must have an average sportsmanship rating of 2.5 or higher. Teams failing to meet this mark must have their Captain meet with the IM Coordinator to determine their playoff eligibility.