

CU • STUDENT REC CENTER INTRAMURALS
ULTIMATE FRISBEE • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 16 PLAYERS
Teams winning a championship will receive a maximum of 10 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following modifications and points of emphasis:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible suspension.
- NO JEWELRY is allowed in any intramural competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All intramural participants are required to have either their Buff OneCard or Rec Center membership card with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit one regular season game.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the intramural office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The intramural office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the intramural office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count towards your record and sportsmanship rating.

FORFEIT POLICY

- **GAME TIME IS FORFEIT TIME!** All teams should arrive **15 minutes prior** to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready-to-play at the scheduled starting time shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

ELIGIBILITY

- Every eligible intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every eligible intramural participant must present their Buff OneCard or Student Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. NO EXCEPTIONS!
- Players may play on no more than one team in the Equal Opportunity division and one in the Co-Rec division per sport per session.
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

TEAMS/ SUBSTITUTIONS

- A team consists of seven players on the field at a time, with at least three players of a different gender for Co-Rec play.
 - Teams must have at least five players on the field by game time to be eligible to start the game, with at least one player being of a different gender for Co-Rec play.
- An Honest Effort Forfeit (HEF) will be given to teams that have only three players at game time, or no players of the opposing gender. Teams with any less than this will be given a standard Forfeit. Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating.
- All teams must show up 15 minutes before game time. A failure to be ready to play by game time will result in a Forfeit.
- Substitutions can only be made only:
 - After a goal and before the ensuing throw-off or “pull”
 - Before the beginning of a period of play
 - To replace an injured player
- In the event of an injury, during play, an injury timeout is called. The injured player must leave the field and the opposing team may substitute one player if they so choose. Neither team will be penalized an official time-out for such a situation.

UNIFORM/EQUIPMENT

- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players must wear athletic footwear (tennis shoes, cross trainers, molded cleats, etc.). No Crocs, flip-flops, toe shoes, sandals, boots, dress shoes or shoes of the like are allowed during play. Shoes must be

worn! Screw-in and Screw-on cleats will only be accepted if they are determined safe by an IM Sports Supervisor before each game.

- Players may not wear hats, watches, headphones or any sort of jewelry.
- Braces or casts are only allowed if deemed safe by the Intramural Supervisor on site.
- Teams are required to wear shirts of the same color, this color must be the color chosen by their captain at the time of registration. Any team that fails to honor this policy will be awarded a Default. Once a team accrues two or more Defaults they will not be allowed to advance to the post-season tournament.
- If both teams are wearing the same color jersey, scrimmage vests will be given to the away team.

THE GAME

- **Ultimate Frisbee is about the Spirit of the game.**

LENGTH OF GAME

- Games are divided into two 20-minute halves. If a team reaches 15 points before the two timed halves are over, it is declared the winner.
- The first half ends when the first team reaches eight points or after 20 minutes into the game— whichever comes first.
- Half-time is a maximum of two minutes long, but both teams can agree not to have a half-time and play through.

STARTING THE GAME

- Play begins after the flip of the disc. Winner of the toss chooses either to receive the disc or which goal to defend.
- Positioning prior to the throw off:
 - The throwing team is free to move anywhere in their defending end zone, but may not cross the goal line until the disc is released.
 - The receiving team must stand with one foot on their defending line without changing position relative to one another.
- After half-time these starting roles are reversed, there is not another flip.
- The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.
- After the disc has been thrown off, the receiving team takes possession where the disc comes to rest.
- The receiving team may try to catch the disc before it lands on the ground, but if someone makes contact with the disc before it hits the ground and does not catch it, then it is considered a turnover and the throwing team gains possession.
- If the disc flies out of bounds before reaching the end zone --
 - Either the receiving team takes possession at the point where the disc flew out of bounds, or
 - If a member of the receiving team who is going to receive the throw-off fully extends one hand above his/her head and calls "middle" or "brick" while the disc is in the air, the team either takes possession in the middle of the field at the point the disc flew out of bounds, or at a point 10 yards upfield from the goal line they are defending.
- If the disc flies into the end zone and is either caught there by the defense or lands there (in the throw-off, for example), the player --
 - Either establishes a pivot foot and must throw from that point, or
 - Carries it directly to the closest point on the goal line and puts it into play from there.
- If the disc flies out of bounds through the end zone, the receiving team can call "middle" or "brick," if they choose. If not, they must carry the disc to the line of the end zone from the point the disc flew out of bounds.
- Play begins when the disc is "checked."

- If the defender is present, checking the disc in is completed by having him or her tap the top of the disc. If no defender is present, the handler of the disc may check the disc in by tapping it on the ground, thereby beginning play.

SCORING

- To score, a player must catch the disc in the end zone. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.
 - A player must be completely in the end zone and acknowledge that s/he has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.
 - A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.
- The scoring team stays and pulls from the end zone in which they just scored for play to continue. If the team pulling off stalls for more than 90 seconds, then the receiving team shall take possession at midfield. Following the throw-off, play begins when the disc is checked in.

MERCY RULE

- If a team reaches 15 points before the two timed halves are over, it is declared the winner.

TIMEOUTS

- Each team is granted **one** timeout for the entire game. Timeouts last no longer than **one** minute, and can be called by either team after a point is scored. If timeout is called during play, it may only be called by the player with possession of the disk.

OVERTIME

- Regular season: All ties will remain a tie and no overtime will be played
- Playoffs: A disc toss will be conducted by representatives of the two teams. The winner chooses to either receive the initial pull, or select the end zone they wish to defend. The other team is given the remaining choice. The overtime sudden-death period will continue until the first team scores

FOULS/PENALTIES

- A foul can **only** be called by the player it is committed **against**.
 - All players must freeze.
 - The stall count goes to zero.
 - Play resumes after the disc is checked.
- A player may never run with the disc. Upon catching the disc a player must stop as soon as possible and establish a pivot foot. If a player is running when he or she catches the disc, he or she must stop within three steps and establish a pivot foot.
- If the defense knocks the disc out of the hands of the thrower, a **strip** will be called. If the disc has left the hand of the thrower and the defender blocks or tips the throw, it is not a foul. In the incidence of a strip, the possession of the disc is returned to the thrower and play resumes after the disc is checked in.
- If the marker makes contact with the thrower in a way that disrupts his or her ability to throw, a foul may be called.
 - The marker (defender) must give at least a Frisbee's length distance between marker and handler.
- Contact fouls include **picking**, **blocking** and **shoving** for position.
 - 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**. If the pick is called before the disc is thrown, the defender is allowed to catch up to the player he or she is marking. If the disc is already in the air when the pick is called, no penalty has occurred and play continues
 - 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.
- A **catching foul** may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
- A foul on a **reception** gives the receiver possession at the point of the infraction. A disc check takes place.
- The defense can contest the call, at which point the disc goes back to the thrower.
- If a receiver is fouled in the end zone, it is treated like a catch, but he or she must walk the disc to the end zone line and start play from there. **It is not an automatic point!** The disc must be checked in before play can begin.
- If disagreement over fouls is irreconcilable then the disc goes back to the thrower.
- Whomever has the best view of a play when in bounds is in question has the responsibility to make the call.

If there is disagreement that cannot be resolved by the teams, the official or supervisor can resolve the problem.

RULE CLARIFICATIONS

- The disc is advanced by the successful throw and catch by another player.
- First point of contact must be in bounds. Lines are out.
- In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), a turnover takes place.
- A thrower is allowed 10 seconds to throw the disc, but the audible stall count (stall 1, stall 2, etc) cannot begin until a defender marks the thrower. Once that defender is within 10 feet of the handler of the disc and the handler is standing over, but not necessarily holding, the disc, the stall count may begin.
- When 10 ("stall") is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.
- The handler of the disc must establish a pivot foot and retain that pivot foot until he or she throws the disc. Breaking of this pivot foot is traveling and may be called by anyone on the field. The handler that just traveled must reestablish a pivot foot and check the disc in to resume play.
- The travel must be called before the disc is in the air. If the disc is already in the air when the traveling is called, then there is no stoppage of play.

DOUBLE TEAMING

- Only **one** marker is permitted to guard the thrower.
- No other defensive player may establish a position within **ten feet** of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.
- Should the thrower recognize a double-team situation, he/she first calls "Double-Team" as a warning. If the defense continues to double-team, the **thrower** calls "Double-Team" again, and it is a violation. The stall count then returns to zero.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or from Intramural Sports. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any intramural staff, participant or spectator is grounds for ejection. Team technicals may be given and team captains are therefore responsible for controlling their respective benches.

- Pre and post-game harassing of any intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for program penalty, suspension or expulsion.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only captains may address the intramural staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
 - Accruing one Forfeit.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

Forfeit Score: 15-0

Needed to Start: 7 players (3 of a different gender for Co-Rec)

Minimum to Start: 5 players (1 of a different gender for Co-Rec)

HEF: 3 players