



## UTSA INTRAMURAL SPORTS

## ULTIMATE FRISBEE RULES

### **TEAM CAPTAINS:**

---

- Team captains are responsible for picking up their team's schedule and notifying their teammates on upcoming games. Team schedules will be available for viewing via the web at [www.utsa.edu/recreation](http://www.utsa.edu/recreation) after 5:00 p.m. on the Friday after the captain's meeting.
- Team captains are responsible for informing their teammates of all Intramural Sports governing rules and policies.
- The team captain is responsible for the eligibility of the team's players.
- Only the team captain may address an official, on matters of rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during and after their game.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. (**Team captains, you will be charged for the missing items**).
- In the event of bad weather, call the sports hotline at **458-PLAY**.

### **ELIGIBILITY:**

---

- All UTSA students, faculty and staff are eligible to play intramural sports.
  - UTSA students must be enrolled in current semester (Example must be enrolled in the Fall to play Fall sports)
  - Two Club Ultimate players per roster
- Faculty/Staff with a current Campus Recreation membership are also eligible to play intramural sports.
- Alumni and outside visitors are not eligible to participate.
- Team may add players until the last game of the regular season.
- Players must play in at least 1 game during the regular season to be eligible for the playoffs.
- **NO ID NO PLAY!** All participants must present their UTSA Banner ID to the Intramural Staff on duty, in order to be eligible to play.

### **PLAYERS:**

---

- Players may play for only **one** men's or women's team and one co-rec team.
- Switching from one team to another is not allowed.
- A team shall consist of eight (8) players on the field for Co-Rec = 4 Males & 4 Females or 3 male and 4 female or 4 males and 3 females. A team must have (4) players to begin. Co-Rec = 2 male and 2 female.
- In Men's and Women's the leagues shall consist of seven (7) player's total.
- Game time is forfeit time.
- Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play

- Leagues include Men's Competitive, Men's Recreational, Co-Rec, Women's, Fraternity, and Residence Hall.
- If there are not enough teams to form a certain league, UTSA Intramurals reserves the right to mix leagues.

### **GAME TIME/DEFAULTS/FORFEITS:**

- **Game Time:** Teams must have the minimum required players checked in and ready to play at game time.
- **Defaults:** A team may default by calling the Assistant Director of Intramurals at **210-458-7566** by noon on the day of their game or for Sunday games by 5pm on Friday. Teams are allowed one default per season. A default is used when a team is unable to make their game. A default does not count against the team or interfere with their chances of making playoffs.
- **Forfeits:** A team not ready to play at game time shall be penalized in the following manner.
  - For every minute the team is late to start, the opposing team receives 2 points.
  - **At 5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.**
- A **forfeit** prohibits a team from continuing through the double elimination tournament.

### **LEAGUE FORMAT:**

- The season will be a double elimination tournament.
- Games in the playoffs that are postponed due to weather or university closing will be rescheduled. Most cases games will be made up the next day (or if Thursday games are canceled on Sunday).
- Any team that receives "C" or worse sportsmanship rating during the play-offs **will not** advance to the next round. Teams must receive a "B" or higher per game in order to advance

### **FORMAT:**

- The season will be a double elimination tournament style.

### **EQUIPMENT:**

- The wham-O-master is the official Frisbee to be used in tournament play.
- Individuals may wear aids if they wish, such as hats, gloves; As long as they do not endanger the safety of themselves or other players.
- Proper clothing is required, soft molded cleats or tennis shoes.
  - **\*\* No metal cleats.**
  - **\*\* No bare feet.**
  - **\*\* No jewelry.**
- Team jerseys will be provided for each team if necessary. Participants must wear shirts while participating and also underneath the intramural jersey. Shirts may not an arm hole larger than one fist under the arm pit.
- No cast or splints (hard or soft) are permitted.

### **FORFEITS:**

- Player's must check-in at the scorer's table before game time.
- **Forfeit Procedure:** Any team not ready to play at game time shall be penalized in the following manner. For every minute the team is late to start, the opposing team receives 2 points.  
**5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.**

### **THE GAME:**

- The game consists of two 12-minute halves (continuous clock) with 3-minute half.
- A goal is worth one point.
- Each team is permitted one one-minute time-out per half.

- As the game begins and after every point is scored, both teams must line up on opposite goal lines. One team will be "pulling" (a pull is a kickoff) to the other team. The person pulling must throw the Frisbee from behind the goal line. The thrower's teammates cannot start down the field until the Frisbee has been thrown.
- In the event of a tie at the end of regulation time, there will be an overtime period lasting five minutes. The captains flip a coin to determine which team will throw-off. If there is no winner at the end of overtime, overtimes are continued until the tie is broken at the end of one.

### **MOVING THE FRISBEE:**

- The team receiving the Frisbee [offensive team] advances the Frisbee by passing it from teammate to teammate.
- When the Frisbee has been caught, the receiver is allowed to run two steps to stop momentum. The Frisbee can be thrown forward, sideways, or backwards.
- Travel. The person with the Frisbee must have one foot planted [similarly to basketball pivot]. If the offensive person fails to do this, it is considered a "travel." A travel is not a turnover; the frisbee comes back to the spot where the travel occurred.
- A goal is scored when an offensive team member catches a pass within the end zone.
- When a goal is scored, the team scoring the goal stays at that end zone. The team that was scored on, lines up on the other goal line. The scoring team pulls the Frisbee and play is resumed.

### **PULLS:**

- On a pull, if the Frisbee lands anywhere out of bounds, the receiving team has two options:
  - They can take the Frisbee where it went out of bounds:
  - They can call for a re-throw. They must, however, wait until the Frisbee hits the ground to call for a re-throw.
- If the Frisbee lands in the end zone on a pull, the receiving team must bring the frisbee up to the goal line and start from there.

### **TURNOVERS:**

- The offensive team continues to have the Frisbee until they either score or commit a "turnover." A turnover occurs when:
  - An offensive person throws a wild pass and the Frisbee hits the ground
  - An offensive player drops a pass,
  - A defensive person blocks a pass,
  - A defensive person intercepts the pass,
  - The Frisbee goes out of bounds,
  - There is a stalling violation.
- Whenever a turnover does occur, the defensive team immediately picks up the Frisbee and becomes the offensive team.

### **OUT OF BOUNDS:**

- A receiver is considered "in bounds" if his/her "first point of contact" [foot, hand, etc.] lands in bounds. If a Frisbee is thrown out-of-bounds, a turnover occurs and play resumes at the point closest to where the Frisbee crossed the boundary line.

### **DEFENSE:**

- The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. Only one player may guard the person in possession of the frisbee and must be two yards away from the thrower. The frisbee may not be wrenched from the grasp of an opposing player, or knocked from his/her hand.

## **FOUL:**

- Ultimate is set up as a totally non-contact sport, however, fouls do occur. If a foul occurs, the person who was fouled calls "foul" play stops. All players then remain stationary; the fouled player gets the Frisbee back and play resumes.
- If a "foul" is called and the pass is completed, the foul is automatically declined and play proceeds without stopping.
- It is a foul to set a pick. Picks are illegal.
  - **Examples of fouls:**
    - Hitting the hand or body of an offensive player throwing the disc., and hitting the disc when held by a player.
    - Pushing or holding back a player attempting to catch a pass. On defensive fouls, the field supervisor will record the foul and put the frisbee back in play. On the 7th defensive foul of each half, the frisbee will be automatically advanced to the defensive goal line. In the event that time has expired, one additional possession will be awarded to the offended team.

## **STALLING:**

- The player guarding the thrower can call "stalling." After the initial call, the player counts slowly to 15. A turnover results after 15 seconds if the Frisbee has not been thrown.

## **END ZONES:**

- Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the frisbee is stopped, or at the goal line. A player may carry the frisbee up to the goal line provided that he/she approaches it perpendicularly. The player may not pass the frisbee as he/she approaches the goal line. If a team gains possession in the end zone which it is attacking, the frisbee is carried perpendicularly to the goal line, and play resumes immediately from the goal line.
- If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the frisbee. In order to be considered in-bounds, a player must land with both feet touching inside **or on the boundary line**. Should the frisbee land outside the lateral boundary, it is returned to play on the main field at the point where the frisbee went out of bounds. The player throwing the frisbee in-bounds must have one foot on the line.

## **OFFICIATING:**

- Ultimate Frisbee is a self-officiated sport
- You and your teammates are responsible for calling fouls and playing fair. A supervisor will be on duty to keep score and time.

## **SPORTSMANSHIP:**

- The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after the each game.
- Participating in Intramural Sports is **NOT** a right it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
- Two unsportsmanlike penalties on the same player will result in disqualification from the game.
- The fourth unsportsmanlike foul by the same team results in forfeiture of the game.
- Any player that is ejected for any reason must come in to speak to the Assistant Director of Intramural Sports before their next game. That player is **not** eligible to play until doing so.  
***Minimum 1 game suspension!***

## **DISCIPLINE**

Updated January 2012

- The team captain of a team that receives a “D” or “F” rating must meet with the Assistant Director of Intramural Sports prior to his/her team’s next game.
- If a player is ejected from the game for any reason:
  - **Ejected Player consequences:**
    - Team will be automatically deducted two (2) sportsmanship letter grades.
    - Ejected player must leave playing area (out of sight and sound).
    - Ejected player may not participate in any Intramural Sports or activities (including watching), until they have met with the Assistant Director of Intramural Sports, Andrew Chadick, or have been officially reinstated.
    - Must contact Andrew Chadick, Assistant Director of Intramurals, to set up a meeting to determine what action should be taken.
    - It is the responsibility of the ejected player to schedule the reinstatement meeting.
    - Ejected player is ineligible until meeting has taken place.
    - Ejected player will face a *minimum* one(1) game suspension from all Intramural activities.
    - If necessary, ejected player might be referred to Judicial Affairs for further disciplinary actions, and be suspended indefinitely from Intramural Sports and Campus Recreation participation.
    - If the ejected player does not think the Assistant Director of Intramural Sports decision is fair, he/she may appeal by scheduling an appointment with the Associate Director of Campus Recreation. Appeals must be made within 48 business hours of the Assistant Director of Intramural Sports disciplinary decision.
    - If the official or supervisor believes it is in the best interest of the program to stop a game, he/she may do so.
    - The Intramural Staff reserves the right to indefinitely suspend any participant or team from intramural competition for behavior detrimental to the mission and purpose of Campus Recreation or UTSA.
- If a player is found to have played on two teams:
  - **Consequences for Playing on Two (2) Teams:**
    - Player will be permitted to play on the first team he/she signed in and played for.
    - Both teams will be notified of the player violation.
    - The second team the player participated with will be deducted one (1) sportsmanship letter grade.
    - Player will receive a *minimum* of one (1) game suspension.
- In case of an illegal player found participating on a team:
  - **Illegal Player Consequences**
    - Team in violation will receive a loss, and opposing team will receive an automatic win.
    - Team in violation will also receive an automatic C sportsmanship rating.
    - Second offense will result in the team being eliminated from the league.
    - Both teams will be notified of illegal player violation.
    - Illegal player is not permitted to play any Intramural sports or activities.
    - An Illegal player consists of a person who is not currently enrolled at UTSA with a minimum of one (1) credit hour.
- **Faculty/Staff:**
  - Must have a Campus Recreation membership in order to participate in Intramural Sports.
  - Faculty/Staff must also present their UTSA ID at each game.
- Teams found in violation will be deducted one (1) sportsmanship letter grade for each violation.