RULES OF THE GAME
FOR
INTRAMURAL ULTIMATE FRISBEE
Revised for July 7, 2007

OFFICE OF INTRAMURAL SPORTS
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
THE UNIVERSITY OF ALABAMA
Intramural Sports Mission Statement

The mission of The University of Alabama Intramural Sports is to provide students, faculty, and staff with the opportunity to participate in a variety of competitive recreational sports in a safe environment; to promote and provide quality service and facilities; to facilitate the wholesome and worthwhile use of leisure, healthy lifestyles, and wellness; and to create opportunities for the growth and development of the social, physical, and mental skills of all participants. The desired outcome is achieved via participation in individual and team activities in a controlled environment, regulated by the policies established in this handbook.

Purpose

The purpose of this handbook is to establish policies and procedures that govern participation in the Intramural Sports program. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an excuse for failure to comply. The Office of Intramural Sports reserves the right to modify these rules in whole or in part at any time as necessary. If you have questions, comments, or suggestions for these rules or the intramural program in general, please contact the Office of Intramural Sports.

Intramural Sports General Information

The Intramural Sports Office is located in the atrium of the Student Recreation Center.
Office Hours: Monday - Friday 10:00 AM - 4:30 PM

Phone Numbers:
205-348-8055
205-348-3906
Rain Hotline: 205-348-2708

Website: http://urec.ua.edu/
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University Recreation makes every effort to protect all participants; however injuries are a possibility in Ultimate Frisbee. The University of Alabama, the Division of Student Affairs, University Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.
Rule 1: General Eligibility

Section 1: Participants
Participation is limited to currently-enrolled, fee-paying University of Alabama students, faculty members, and full-time staff. In order to participate in an Intramural contest each player must present their validated Action Card.

Rule 2: Team Composition

Section 1: Participation Limitation
Players can compete on only one team, regardless of league classification. A team's roster may include an unlimited number of players.

Section 2: Composition
Each team will play with 6 players on the field. Teams must have 4 players to start a game.

Section 3: Substitution
Substitutions can only be made in between points (following a goal and before the throw-off) or during a time-out. There are no substitutions while the disc is in play.

Rule 3: The Field

Section 1: Field Dimensions
The field size will be 80 yards long by 30 yards wide. The field of play will consist of two 10-yard endzones and 60 yards of playing space.

Rule 4: Equipment

Section 1: Player Equipment
All players must wear shoes. Tennis shoes and soft-soled shoes are legal. No metal cleats or shoes with detachable cleats are allowed. Boots and sandals are also prohibited. Any player caught wearing metal spikes will be ejected from the game.

Section 2: Game Equipment
Frisbees will be provided by the Intramural Sports staff at the game site.

Rule 5: The Game

Section 1: Introduction
Ultimate Frisbee is a non-contact sport played by two six-player teams. The object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked down, or
contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.

Section 2: Forfeits
Game time is forfeit time. A team needs at least 4 legal players to begin the game. Any team that forfeits a game will not be eligible for the playoffs. If the forfeiting team wishes to play the rest of its regular season games, the team captain must come into the Intramural Sports Office by noon on the next working day to present their case.

Section 3: Game Length
Each game will consist of two 15-minute halves of running time with a 3-minute halftime period.

Section 4: Overtime
In all games tied at the end of regulation, a 3-minute overtime period will be played.

Section 5: Time-Outs
Each team receives one time-out per half. Unused time-outs do NOT carry over to the next period. There are NO time-outs in overtime.
   A. Time-outs will be a maximum of 2 minutes in length.
   B. Time-outs may be called by any team member on the playing field following a goal.
   C. While the disk is in play, only the player in possession of the disk may call time-out.
   D. In the event of an injury, an injury time-out will be called. The injury time-out is not charged to either team.
   E. When play resumes after a time-out has been taken during play, the player who had possession puts the disc into play. If the player calling the time-out leaves the field due to injury, the player replacing him/her puts the disc into play. The disc is put into play at the location where the disc was when the time-out was called. Play is resumed through the use of a check.

Section 6: Mercy Rule
If a team leads by 10 points or more at anytime during the final 5 minutes of the second half, the game shall be called.

Rule 6: Throw Offs (Pulls)

Section 1: Captain’s Meeting
Prior to the game, the two team captains will meet to "flip" the disc. The winner of the toss will have the following options:
   A. To receive the "throw-off" (pull).
   B. To select which goal to defend.
Section 2: Coin Toss Loser
The loser of the toss will have the same options to start the second half. Another "flip" will be held prior to the overtime period.

Section 3: Throw Off
Each half begins with a throw-off. Prior to the throw-off, players on each team must take a position within their own end-zone. Players are free to move anywhere within their end-zone, but may not cross the goal line until the disc is released. Each team raises a hand to signal readiness; then the disc is thrown.

Section 4: Receiving the Throw Off
After the disc has been thrown off, the receiving team takes possession where the disc comes to rest.

A. The receiving team may try to catch the disc before it lands on the ground, but if they drop it, it is considered a turnover and the throwing team gains possession.
B. If the disc flies out of bounds before reaching the end zone, the receiving team takes possession at the point where the disc flew out of bounds OR take possession in the middle of the field at the point the disc flew out of bounds.
C. If the disc flies into the end zone and is either caught thereby the defense or field at the goal line.
D. If the disc flies out of bounds, through the end zone, the receiving team shall carry the disc to the goal line from the point the disc flew out of bounds OR begin play from the middle of the field at the goal line.

Rule 7: Offense

Section 1: Position Definitions
Definitions:
A. Thrower: Offensive player in possession of the disc.
B. Marker: Defensive player that is guarding the thrower.
C. Receiver: Any offensive player not in possession of the disc.

Section 2: Legal Position
Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.

Section 3: Passing
The disc may only be advanced by passing. The disc may be passed in any direction by any player.

Section 4: Verticality
All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur the player restricting the vertical area is responsible.
A. A player who has jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of take-off and the direct path between the take-off and landing spot was not already occupied.

Section 5: In/Out Determination
The player’s first contact with the ground after catching the disc determines whether he/she is in or out. The line is out. The first point of contact must be all the way in, this includes the end-zone.

Section 6: Traveling
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. Any further movement is considered traveling and can be called by anyone on the field. This causes the disc to be returned to the thrower at the point of the infraction and a disc check takes place.

Section 7: Unsuccessful Throw
In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), possession of the disc is turned over to the defensive team. A player may not catch their own throw, unless tipped by a member of the opposing team.

Section 8: Stall Count
A thrower is allowed 10 seconds to throw the disc, but the stall count cannot begin until the thrower is marked. The marker shall begin a verbal 10-second count (1 to 10). If the disc is not thrown before the 10-second "stall" count is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.

Section 9: Illegal Picks
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." In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check. When the disc is in the air, players must play the disc, not the opponent.

Rule 8: Defense

Section 1: Marker
Only one marker is permitted to guard the thrower. The marker can be no closer than 18 inches to the thrower.

A. No other defensive player may establish a position within 3 yards (9 feet) of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.

Section 2: Double Team
Should the thrower recognize a double-team situation, he/she first calls "double-team" as a warning. If the defensive team continues to double-team, the thrower calls double-team again, and it is a violation.
Section 3: Contact
No defensive player may touch (strip) the disc while in the hands of the thrower (excluding the check). In the case of a strip, the stall count ceases until the thrower has regained possession, at which point the count resumes. Play does not stop.

Rule 9: Scoring

Section 1: Goal
A goal is scored when an offensive player receives the disc in the defender's 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. A player must be completely in the end zone AND acknowledge that he/she has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.

B. 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, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there.

Section 2: Goal Value
Each goal is worth one (1) point.

Section 3: Post-Goal Throw Off
The scoring team stays in the end-zone where the previous goal occurred and throws off to the opposite end zone to begin the next point.

Rule 10: Turnovers

Section 1: No Check Turnovers
An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.

Section 2: Checking the Disc
To check the disc, the thrower holds the disc and the marker counts down "2, 1, disc in", then taps the disc.

A. If the count is too fast, thrower says "too fast", and the marker must immediately go back 2 in the count.

Section 3: Out of Bounds
When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back, walk it to the closest spot on the end line. Player in-bounding disc must have pivot foot on the line. A check is not required.
Section 4: Turnovers Requiring a Check
The following actions result in a loss of possession and a check:

A. If the marker’s count reaches the maximum number.
B. If the disc is handed from player to player.
C. If the thrower intentionally deflects a pass to him/herself off another player.
D. If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

Section 5: End Zone Turnover
When possession changes in an end zone:

A. If you gain possession in the end zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there.
B. If you gain possession in the end zone you are attacking, you must walk the disc perpendicularly back to the goal line. Play continues; no "check" is required.

Rule 11: Fouls

Section 1: Contact
It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided. Contact fouls include picking, blocking, and shoving for position.

Section 2: Calling Fouls
A foul can only be called by the player who was fouled. It must be called immediately after the occurrence.

A. All players must freeze.
B. Stall count goes to zero.
C. Play resumes after disc is checked.

Section 3: Re-throw Exceptions
All fouls result in a re-throw after a "check" of the disc, with the EXCEPTION of:

A. If a fouled pass is completed, the foul is automatically declined; Play continues. Call "Play on".
B. On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.
C. On defensive fouls the "stall" goes back to zero. On offensive fouls or travels, it stays the same or goes back to six, whichever is lower.
Section 4: Receiver Fouled in the End-zone
If a receiver is fouled in the end zone, it is treated like a catch, but they 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.

Section 5: Contested Calls
The defense can contest the call, at which point the disc goes back to the thrower.

Rule 12: Inclement Weather

Section 1: Rain Hotline
In the event of inclement weather, teams should call the IM Rain Hotline at 348-2708 for information regarding the status of their game. Games or matches postponed due to inclement weather during the regular season will generally be rescheduled at the next available time and date. If games are cancelled for any period of a night’s regularly scheduled activities the games will be cancelled for the entire evening. For example if the 5:00pm flag football games are cancelled, all the games for that night will be cancelled. Also, if a game has completed at least one half of play when a cancellation occurs, that game will be called completed and not rescheduled.

A. Playoff games affected by inclement weather will be rescheduled by the Intramural Sports staff by noon the next day. In the event of bad weather during the playoffs, team captains should visit the Intramural Sports web site for rescheduled times and dates. 

NOTE: Teams playing in multiple sports tournaments simultaneously and participants playing on two teams in the same sport (co-rec and men’s/women’s) should alert the Intramural Sports Office when schedule conflicts arise.

Rule 13: Sportsmanship

Section 1: Sportsmanship Requirement
Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 0 to 4 with 4 as an excellent rating. Teams must average a 2.75 during the regular season to qualify for the playoffs.

Section 2: Spectators
Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.

Section 3: Player Conduct
Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. In addition, he/she will have to meet with the Coordinator of Intramural Sports during office hours (Monday through Friday, 9:00 a.m. to 5:00 p.m.) before he/she is eligible to participate again. Any player who touches an official or
supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.

**Section 4: Forfeit by Ejection**
If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.

**Section 5: Coaches**
University of Alabama Intramural Sports does not recognize the use of coaches. Only the team captain may speak to the umpires regarding administrative matters (protests, ejections, disqualifications, etc.).

**Section 6: Post-game Cleanup**
Teams shall assist in removing trash and equipment from their game area at the conclusion of their game.