

INTRAMURAL

Ultimate Frisbee

Registration Dates: March 6th (Monday) – March 12th (Sunday)

Playing Date: March 22nd (Wednesday)

FORMAT: This is a 5 player tournament. All games will be played in the Shenkman Training Facility. **The registration will be limited to the first 16 teams.** Once the tournament is full, teams will be put on the waiting list.

ROSTERS: All roster additions must be done through IMLeagues by Noon on Sunday, March 19th. **No roster additions will be allowed at the game site.**

FORFEIT PROCEDURE: If a team fails to have the required number of participants at the scheduled game time, the opposing team who is present will automatically win the game by forfeit. The team who forfeited will remain eligible for the remainder of the tournament. However, the captain of the forfeited team will be charged a \$25 fee on their University fee bill.

GAME FORMAT:

1. Game will consist of two 15 minute halves.
2. The clock runs continuously for the entire game and stops during half-time. The clock does not stop during play, and there are no timeouts.
3. Each team shall consist of five (5) players. There are no gender restrictions in place (any combination of male and female players).
4. A game is over when either:
 - a. One team scores 11 points
 - b. One team is winning at the end of the 30-minute time limit.
5. **Sudden Death Overtime:** If the score is tied at the end of the 30-minute regulation period, an untimed, sudden death period will be played. Possession will be decided by a disc toss, and the first team to reach the end zone is declared the winner.
6. Initial possession will be determined by a disc toss.
7. Each game is self-officiated. Players are responsible for calling their own fouls. It is up to the players to resolve their own disputes.

RULES OF THE GAME

1. Each possession is started with both teams lining up on the goal line they will be defending. The team starting off on defense starts the game by throwing the disc down the field to the offense ("pull"). The offense begins where the disc lands or is caught. **This happens every time a team scores, as well as at the beginning of the game, halftime and overtime.**
2. If the pull initially lands out of bounds, the offense begins with the disc at the point on the field equal to where the disc first crosses the out of bounds line.
3. **Movement of the disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not advance the disc by running or taking steps in any direction. Players may not hand off the disc. The person with the disc ("thrower") has ten (10) seconds to throw the disc. The defender guarding the thrower ("marker") may not make contact with the thrower at any time. It is the responsibility of the defender to make sure he/she does not come within a disc length of the thrower.
4. **Change of Possession:** If a pass is incomplete, dropped, blocked, or thrown out of bounds, the defense takes possession and becomes the new offense. If the defense intercepts a pass, they immediately become the new offense and begin their possession from the spot of the interceptions. **If a turnover occurs in the end zone, the new offense may walk the disc to the end zone line to resume play.**
5. **Out of Bounds:** A disc is out of bounds when it first contacts an out of bounds area or contacts anything out of bounds. The perimeter lines itself are considered out of bounds.
 - a. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out of bounds in order to make a play on the disc.
 - b. The thrower may pivot in and out of bounds, providing that some part of the pivot foot contacts the playing field.
6. For a receiver to be considered inbounds after gaining possession of the disc, the first point of contact with the ground must be completely inbounds. If any portion of the first point of contact is out of bounds, the player is considered out of bounds.
 - a. Should the momentum of a player carry him/her out of bounds after making a catch and landing inbounds, the player is considered inbounds. The player carries the disc to the point where the player went out of bounds and puts the disc into play at that point.
7. **Scoring:** Each time the offense completes a pass in the defense's end zone, they are awarded one (1) point. For a score to be counted, the receiver may not be making contact with the boundary line, or any spot out of bounds and the disc must be entirely across the end zone line. After a score, the teams return to their end

zone lines and the team that just scored will execute the pull to the other team. Direction doesn't change after a score.

8. **Substitutions:** Players may only make substitutions after a score, halftime, or during an injury.
9. **Infractions:** When an infraction disrupts possession, the play resumes from the point of interruption as if the possession was retained. Infractions include:
 - a. Foul: Contact between opposing players
 - b. Travel: When a thrower fails to establish a pivot foot and moves both feet before the throw is released. A receiver may catch the disc while running but must throw or pass before the third step after the catch.
 - c. Strip: When a defensive player knocks the disc out of a thrower's hands.
 - d. Pick: When a defensive player is guarding a player on the opposing team close enough to touch or physically obstruct the opposing player.
 - e. Stall: When the offensive player does not release the disc within 10 seconds.
10. **Contact: THERE IS NO PHYSICAL CONTACT ALLOWED BETWEEN PLAYERS.** A foul occurs when someone makes contact with another player or with the disc while it is in someone's possession. **A player may not try to hit a disc out of another player's hand. This is a foul and will result in possession for the opposing team.**

PLAYER CONDUCT:

All participants are expected to act in such a manner that is prudent to fair play, and always being mindful of the mutual respect for others. While competitive play is highly encouraged, it should never affect adherence to the agreed upon rules, sportsmanship towards opponents, or pure enjoyment of play. Actions such as blatant disregard for the rules, aggressive behavior, or taunting opponents must be avoided. If any individual displays behavior that is contrary to the Spirit of the Game, UConn Recreation staff reserves the right to remove such individual from competition.

Acts of unsportsmanlike conduct, including unnecessary roughness, arguing with the manager, fighting, abusive language directed towards officials/opponents, will result in a player(s) being ejected from the game. Recommended penalties include:

- a. Warning: For unsportsmanlike conduct.
- b. Ejection: For multiple acts of unsportsmanlike conduct.

Please read the Intramural Handbook. It is a written description of the regulations that govern the Intramural Sports Program. No matter what sport you play, these regulations govern your participation in our programs. It is imperative to the continuity of the program that all participants are aware of and abide by the regulations set forth by UConn Recreation.

If you have any questions regarding the intramural ultimate Frisbee rules, please contact Nick D'Amato (Coordinator for Intramurals and Tournaments) at 860-486-8126 or e-mail: Nicholas.damato@uconn.edu

Schedules and results will be available on the IMLeagues webpage.



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