**Important Dates:**
- **Registration Dates:** October 16th, 2023 to October 19, 2023
- **Brackets Released:** October 20th, 2023
- **Bracket:** October 23, 2023, to October 26, 2023
- **Championship Game:** October 26, 2023

**GAME DAY & TIMES:** Monday-Thursday between 7:00-10:00PM

**GAME LOCATIONS:** Shenkman Football Facility

**DIVISION OF COMPETITION:** Open

**MINIMUM NUMBER OF PLAYERS:** 4

**REGISTRATION/ROSTERS:** All teams initially will be pending until their roster has met the minimum number of players requirement. There are a limited number of spots available in each league/division and these spots will be filled based on the order that teams meet the minimum player requirement. If the team does not have the minimum players required by the registration deadline, they will not be included in the Intramural season/tournament.

**FORMAT:** Single-elimination tournament.

**FORFEIT PROCEDURE:** If a team fails to have the required number of players at the scheduled game time, the game will be a forfeit. No contest will be played.

**NIRSA Ultimate rules will prevail with the following modifications:**

**EQUIPMENT:**
1. Sneakers and soft rubber turf shoes may be worn. Not allowed: metal, screw-in, or plastic molded cleats.

**GAME FORMAT:**
1. Number of Players: The game shall be played between 2 teams of 4 players each. You must have 4 players to start the game. No maximum limit of players for each team’s roster.
2. Game Time: Playing time shall be two 15-minute halves. The clock will run for both halves. No timeouts
3. 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.
4. **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 game of “rock, paper, scissor” and the first team to reach the end zone is declared the winner.
5. Initial possession will be determined by a “rock, paper, scissor” game by captains leasing to a throw off
6. 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 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 contact 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 themselves 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 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 contacting 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 contacts another player or with the disc while 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:** 4v4 Ultimate is a non-officiated sport. All participants are expected to act in such a manner that is prudent to fair play and displays 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, offensive behavior, or taunting opponents must be avoided. If any individual/team displays behavior that is contrary to the spirit of the game, UConn Recreation staff reserves the right to remove such individual/team from competition.

**SPORTSMANSHIP:** Good sportsmanship is required of all participants. Players, coaches, and spectators are to always conduct themselves properly. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team.**
team and spectators.

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. UConn Recreation disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

If you have any questions, please contact the Competitive Sports Office by email at competitivesports@uconn.edu