

# Intramural Ultimate Frisbee Rules

(Revised 2/18/2019)



@ukcampusrec



@ukrecwell



@ukcampusrecwell



@UK Campus Recreation and Wellness

Campus Recreation  
and Wellness  


## **GENERAL INFORMATION**

All participants must register at <https://recwellservices.uky.edu/> to participate

[To access Fusion IM, Log In with your UK Link Blue account, select Fusion IM & Register](#)

Electronically sign the online waiver and pass a participant quiz based on Participant Handbook

## **Participation in ALL Intramural Events Require:**

Valid UK or BCTC student, faculty or staff ID required for all contests to participate

Jewelry is NOT permitted

No hats, skull caps, bandanas, or other headgear. Terry-cloth headband without exposed knots

Review specific sport rules for additional attire restrictions

## **BCTC student/faculty/staff must pay the "Recreation Fee" before access to Fusion IM or participation**

Information about "Recreation Fee" <http://www.uky.edu/plusaccount/uk-estore-information>

Pay "Recreation Fee" at <https://iweb.uky.edu/ukestore/> and retain your electronic receipt

Then email the Intramural Director, Natosha Harris at [neharris1@uky.edu](mailto:neharris1@uky.edu) before participation; please provide your email address you'd like to use to log into your Fusion IM account. She will create you an account within the Fusion system enabling you to register for a team and then participate

## **These groups must send an email [neharris1@uky.edu](mailto:neharris1@uky.edu) to have an account made:**

Religious Advisors

Spouses of current UK student/faculty/staff can only play on Co-Rec teams

## **Inclement Weather/Defaults/Forfeits:**

Decisions on inclement weather will not be made until at least 3pm on game day and a message will be sent through Fusion IM and or social media.

## **Defaults vary depending on tournament design**

A person undertaking the role of team captain, Greek chair or Residential chair is assuming responsibility for that team and agrees that if the team forfeits a contest, the team captain, Greek chair or Residential chair will be assessed a \$20 forfeit fee and must pay the fee before the next scheduled contest

Loss by default will not be counted as a forfeit, nor affect your sportsmanship rating while two defaults result in a forfeit or are the same as a forfeit.

Submit Default for your game via Fusion IM by clicking the "Default" Button with your corresponding game by at least 5pm on the day of your scheduled game. Failure to submit your default before designated time will result in a forfeit and the \$20 forfeit fee will be assessed to your team captain, Greek Chair or Residential Chair.

## **Forfeits applies to various team sports and 10 minute rule applies to various sports:**

If a team is not prepared to play with the required or minimum number of players signed-in when the appointed time arrives, that team will have 10 minutes to become ready to play.

**NEW: Please review our [Wildcard Player Participation Policy](#) to assist team to avoid forfeits or play competitively.**

To obtain a contest victory by forfeit, the required or minimum number of participants must be present, signed-in on the score sheet and ready to play. If a double forfeit occurs, both teams will receive a forfeit; in tournament play both teams will receive a forfeit and no team will advance to the next round.

## ROSTERS

- Sixteen player limit for all teams.
- This is an **OPEN** tournament.
- Players may play for **ONLY ONE** team.
- Players are not officially on a team until they have joined the roster on Fusion IM and shown their ID to check in for a game. Once a player has played for a team that is the team, he or she shall be on for the remainder of the tournament.
- Rosters will freeze at the scheduled start time of the first game of the tournament. Teams may add players to their roster until that point.

## OPEN TOURNAMENT

- There are no gender restrictions for team rosters.
- Teams may have any number combination of males and females on the roster, there are not minimum requirements per gender.
  - Ex: A roster may consist of 16 males or 16 females, 13 males and 3 females, 8 males and 8 females, etc.
- Teams may also field any combination of males and females on the court during a game.
  - Ex: If a team meets the minimum number of players required to play (6) they may use 6 males or 6 females, 1 male and 5 females, etc.

## PLAYERS

- The maximum number of players on the field is seven (7)
- A team must have a minimum of six (6) players to start the game
- Teams may play with any combination of males and females.
- Once started, the game may continue with less than six players as long as the team has a chance to win.

## LEAGUE OR TOURNAMENT PLAY

- Schedules will be posted on [Fusion IM](#)
- Schedule information will not be given over the telephone or through social media
- The length and style of the tournament will be dependent on the number of participating teams.
- Decisions on rainouts will not be made until at least 3pm on game day and a message will be sent through imleagues.com and or social media

## GAME TIME AND LENGTH

- Each game will consist of two 20-minute halves with a running clock
- The clock will only stop for injuries and team timeouts.
- **Forfeit Rule:** A 10-Minute Rule is in effect with 1 goal being awarded to the prepared team at the start of the clock and on each subsequent minute until the opposing team is ready to play. After 10 minutes, the game is forfeit.
- Each team will have one timeout per half. Timeouts will not carry over.
- Time-outs will not exceed one minute.
- There will be no timeouts in an overtime period
- In the event of a tie, there will be an overtime period lasting 5 minutes. The captains will flip a coin to determine which team will throw off (pull). If there is no winner at the end of the overtime period, the tie will be broken by a sudden death overtime (first team to score wins).

## EQUIPMENT

- UK Intramurals will provide game equipment.
- **NO Jewelry of any kind including earrings, finger rings, wedding rings, necklaces, watches, etc.**
- Athletic shoes must be work at all times. No metal cleats or open toe shoes.
- Athletic clothing must be worn by all participants.
- Any hard brace or cast must be adequately protected with padding.

## **BEGINNING A GAME**

- Each game shall begin with a captain's meeting and a coin toss.
- The winner of the coin toss shall receive the option of:
  - Receiving the initial throw off
  - Selecting defensive side
- The first possession of the game shall begin with a "throw off".

## **THROW OFF**

- A throw-off is used to put the disc in play at the beginning of each half, after each score, and to start each overtime period. The throw-off (or "pull") consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
- Positioning
  - Throwing Team: The members of the throwing team are free to move about their end zone, but cannot cross the goal line until the disc is released.
  - Receiving Team: All members of the receiving team must stand with one foot on their goal line, until the disc is released.
- Each team raises their hand to signal readiness, before the throw. Players may move in any direction when the disc is released.
- No player of the throwing team may touch the throw-off in the air before a member of the receiving team touches it. The receiving team may:
  - request a re-throw
  - Elect to put the disc in play at the spot where the throwing team touched the disc.
- If a player of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play at that spot. The throwing team will gain possession if the receiving team touches the disc in the air and drops it, the disc will be put into play at the spot the disc comes to rest.
- If the receiving team allows the throw-off to fall to the ground and the disc initially lands in bounds, the receiving team will put the disc into play from where the disc comes to rest.
- If the throw-off goes out-of-bounds the receiving team may:
  - request a re-throw
  - Elect to put the disc in play at the spot where the disc crossed the side line.
- If the throw-off goes out of the back of the end zone the receiving team will put the disc in play at the middle of the field on the 10-yard line.

## **HALF-TIME**

- Half-time will be 3 minutes in length.
- The team losing the initial coin toss will now have their choice.

## **SCORING**

- To score a goal the team must complete a pass into the opposing team's end zone. Teams will change end zones after each score.
- 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 (one foot). This player must immediately acknowledge that he/she has scored a goal. If this 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, he/she must carry the disc back to the closest point on the goal line and put the disc into play from there.
- The team scoring the most goals at the conclusion of regulation time is the winner.

## UNSPORTSMANLIKE CONDUCT

- A player, coach, or spectator using abusive or insulting language, disrupting, or arguing a call is display of unsportsmanlike conduct. Unsportsmanlike violations by a spectator will be charged to the team captain. If the unsportsmanlike conduct is flagrant in nature then the offender will be disqualified.
- **3.0 grade point average must be obtained throughout the regular season for a team to advance to playoffs.**
  - **In playoffs, if a team receives a 2, 1, 0 sportsmanship rating that team cannot advance in playoffs.**
- **Two (2) unsportsmanlike conduct penalties against one player in a game constitute an automatic ejection.**
- **Four (4) conduct unsportsmanlike penalties against a team or four of any kind will forfeit the contest.**

## CONDUCT

- It is the desire of the Campus Recreation and Wellness Unit that all participants display good sportsmanship.
- Any player ejected from a game for any reason shall be suspended from **ALL** Intramural play until they contact the Intramural Director. It is the responsibility of the player to setup an appointment with the Intramural Director via email, [neharris1@uky.edu](mailto:neharris1@uky.edu). If players are found to be participating before being reinstated they will be suspended from all Intramural activity for the remainder of the semester. A team for which an ineligible player participated will forfeit all games.
- Fighting will not be tolerated in any form. Teams will be responsible for their players and spectators. Teams and/or individuals may be subjected to expulsion from any further Intramural Sports.
- Any team criticizing or otherwise ridiculing, or attempting to demean an official or any Intramural staff member shall be liable to expulsion and disciplinary action. In addition, the game may be forfeited at the discretion of the referee, supervisor, or tournament director.

## PROTESTS

- There will be no protest involving official's judgment in games that are officiated by the Intramural Staff.
- Protests of rule interpretation must be made before the start of the next dead ball situation.
  - To protest, the protesting team must begin the process immediately following the event in question. The supervisor's decision is final.
  - Protests can be made without team time-outs. A rejected protest in this case will result in an unsportsmanlike conduct penalty on the team captain.
- In non-officiated games, any and all disagreements between teams must be settled by the players. Disagreements not resolved within reason or in a timely manner, Intramural Staff will intervene and decide to resolve the disagreement and their decision is final.
- Eligibility protests are permitted. They must be filed in writing by noon the following business day.
- All eligibility protest must be emailed to the Intramural Director, [neharris1@uky.edu](mailto:neharris1@uky.edu) or turned into the IM Office, room 172-B of the Johnson Center.