Intramural Ultimate Frisbee Rules

ALL Participants must have a valid VCU Photo ID card when checking in!!! No VCU ID... No Play... NO EXCEPTIONS!!!

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

Virginia Commonwealth University and the Commonwealth of Virginia are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Recreational Sports. Virginia Commonwealth University does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

Virginia Commonwealth University is committed to holding intramural sports and events in a safe environment free from bullying. Offensive language including profanity, derogatory remarks around a person’s race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, social economic class, religion, professional status, or other intimidating actions directed at officials, event staff, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the competition site and from the league altogether.

The Virginia Commonwealth University Intramural Ultimate Frisbee program follows the current NIRSA rules. The rules listed below do not represent the entire rulebook; rather they have been compiled as a guide. Some rules have been modified for the Intramural program.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Non-student friends, guests, relatives, or spouses are eligible to play.

c. Only players who present their current VCU photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.

d. Participants who have not activated their IM Leagues account and do not have proper identification (VCU ID) will not be allowed to participate.

e. Professional athletes, varsity sport athletes, and Olympic athletes in the sport of softball may not participate.

f. For a full list of all eligibility requirements please refer to the Intramural Sports Handbook.
II. **Team Composition**
   a. **Number of Players**
      a. A team consists of seven players. Teams must have a minimum of 4 people to start a game.
      b. Players may be added to a team’s roster at any time during the duration of the season.
      c. Players may substitute after a score, halftime, time-out or to replace an injured player.
   b. **Equipment**
      a. A player shall not wear anything that may be dangerous to him/herself or another player;
         i. PENALTY: The offending player shall be instructed to leave the field and shall not be allowed back on the field until the equipment or apparel is removed.
      b. Jewelry must be removed prior to participation; this includes all earrings, necklaces, rings, watches, and bracelets. Jewelry that cannot be removed for religious reasons must be approved by the Competitive Sports Assistant Director prior to the contest and taped to the body during any contest. Medical Alert bracelets and necklaces must be taped to the body.
      c. Athletic shoes must be worn. No sandals, five-fingered shoes, boots, or bare feet are permitted.
   c. All team members are required to present their VCU photo ID card and sign in with the Intramural Supervisor at the beginning of each game. *If a team member does not have his/her ID card and does not sign in with the Intramural Site Supervisor they will not be eligible to play.*

III. **The Field**
   a. The field size is 70 yards by 40 yards, with end zones of 12.5 additional yards. The entire playing field is in-bounds. All perimeter lines are considered out-of-bounds.

IV. **Start Game**
   a. The captain of each team will take part in the flip of the disc to determine which team will receive, throw or defend which end zone. The team winning the flip has the first choice, with the remaining choice going to the losing team captain. The decision is automatically alternated at the start of the second half.

V. **Initiate Play**
   a. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ('Pulls') the disc to the offense. Players may not cross their team's goal line until the disc is released.

VI. **Scoring**
   a. Each time the offense completes a pass in the defense's end zone, the offense scores one point. In order to be considered a score, the player’s first point of contact with the ground must be completely in the end zone. After each score the ends of the field are switched and the scoring team throws off.

VII. **Game Play**
   a. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. A disk may not be handed from player to player. The person with the disc ('Thrower') has ten seconds to throw the disc. The defender guarding the thrower ('Marker') counts out the stall count.
VIII. Self-officiating Non-contact
   a. No physical contact is allowed between players. Picks and screens (violations) are also prohibited. A foul occurs when contact is made.
   b. The player who has been fouled is the only person who can call the foul, and must announce it by calling out, "Foul". If the offensive player is fouled, possession remains with the offense. If the defensive player is fouled, possession changes after a check. The marker must restart play by touching the disc in possession of the thrower. If the marker declines to mark, the thrower must put the disc on the ground and call "in play."
   c. A violation occurs when a player violates a rule (e.g. illegal guarding, traveling, strip, double team). Any player recognizing the violation may call out "Violation". The disc is brought back to the spot it was when the violation occurred. No change of possession occurs.
   d. Players are responsible for their own foul and line calls. If a player disagrees with a foul call, the play is redone. Players resolve their own disputes but if a protest occurs, the protesting team must call a timeout and contact the 1M Supervisor on duty to resolve the protest. The protest procedures listed in the Intramural Sports Policies must be followed.

IX. Spirit of the Game
   a. Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect among players, adherence to the rules and the basic joy of the game.

X. Safety
   a. Any player, who is bleeding or has an open wound, must leave the game until the wound is closed and the bleeding has been stopped. Play will not continue until all the blood has been removed from the playing area.

XI. Sportsmanship
   a. After every game, participating teams will be given a sportsmanship rating of 0-5.00, in accordance with the Intramural Sports Handbook.
   b. Teams must have a 3.00 average (on a 5.00 scale) to be eligible to participate in the playoff tournament.
   c. Any team which receives a 2.00 or less sportsmanship rating may be dismissed from play and may face further disciplinary action.
   d. The Office of Recreational Sports will review any team which averages less than a 2.0 during the playoffs for future eligibility in intramural play.
   e. Appeals: Teams may inquire with the Head Official at the game site to view their sportsmanship ratings following a game. A team captain may appeal his or her team’s sportsmanship rating by submitting an appeal to the Intramural Sports Coordinator by 12:00 pm of the next business day following the game or match. ANY APPEALS SUBMITTED AFTER THIS TIME WILL NOT BE ACCEPTED.
   f. For a complete understanding of all Intramural sportsmanship policies, please refer to the Intramural Sports Handbook.

XII. Forfeits & Defaults
   a. A forfeit is recorded when a team failed to show up for their scheduled contest or displayed unsportsmanlike behavior which resulted in the early dismissal of a game.
   b. If a forfeit is issued to a team who did not show up for a scheduled contest the team will be subject to a $25 fine, a second forfeit will result in another $25 fine AND removal from the league.
   c. A default is an un-played game that is recorded as a loss rather than a forfeit. This results when the defaulting team captain notifies the Office of Recreational Sports that they will not show up to play a contest by 3pm on the BUSINESS DAY (Monday through Friday) preceding the
scheduled game. Teams are allowed two defaults in the season before a team will no longer be scheduled to play.