*-Arkansas State University-*





INTRAMURAL SPORTS

TOURNAMENT EVENT

**6-ON-6 ULTIMATE FRISBEE RULES**

**FALL 2013**

***\*\*\*\*Key Dates, Times and Location\*\*\*\****

The last day to register for Ultimate Frisbee is ***October 13th***

Pool playstarts ***October 15th -30th*** **Games will be played on Tues. & Wed. ONLY**

Ultimate Frisbee is played at the Intramural Complex (Red Wolves Sports Park)

**GAME FORMAT, TIMING, & SUBSTITUTIONS**

1. **Timing:** Matches will consist of two (2) eighteen (18) minute halves.
2. **Over Time:** If the score is tied at the end of regulation play, a three (3) minute sudden death overtime period will be played until a winner is declared. If the score is still tied after the first overtime, a second three (3) minute overtime will be played and so on until the tie is broken.
3. **Time Outs:** Teams do not have time outs.
4. **Game time is forfeit time.** If a team does not have the minimum amount of players to begin (4) a game at the scheduled time, the game shall be forfeited.
5. **Mercy Rule:** There is not a mercy rule in this event.
6. **Substitutions:** Can be made:
7. After a goal
8. Prior to the ensuing throw-off
9. Before a half begins
10. To replace an injured player

**PLAY**

1. Ultimate Frisbee is an event of teams consisting of teams of six (6) people on the field of play.
2. This is a non-contact event. Contact will not be tolerated.
3. Ultimate stresses sportsmanship & fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules & the basic joy of play.

**STARTING, RESTARTING THE PLAY, & OUT-OF-BOUNDS**

1. Starting of the Game
2. To start the game, a coin toss will be conducted. The winner will have the choice of receiving the initial throw-off or selecting which goal they wish to defend initially.
3. The team losing the flip is given the remaining choice.
4. The second half begins with an automatic reversal of the choice of options.
5. When the time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
6. Throw-off
7. Play starts at the beginning of each half & after each goal with a throw-off.
8. Each time a goal is scored, the teams switch the direction of their attack & the scoring team will throw off.
9. Positioning prior to the throw-off: All players must start off with a body part touching their end zone prior to the throw (with the exception of the thrower).
10. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
11. As soon as the disc is released, all players may move in any direction.
12. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
13. If a member of the receiving team catches the throw-off on the playing field properly, that player must put the disc into play from that spot.
14. If the receiving team allows the disc to fall untouched to the ground, & the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
15. If the throw-off lands out-of-bounds the receiving team makes a choice of: 1) Putting the disc into play at the point of interruption or 2) Request a re-throw.
16. Change of Possession
17. Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
18. When play stops the player who was in possession retains possession.
19. All players must come to a stop as quickly as possible when play is halted, & remain in their respective locations until play is restarted.
20. The marker restarts play by handing the disc to the thrower.
21. Out-of-bounds
22. Any time that the disc leaves the playing surface it is considered out-of-bounds.

**THE THROWER**

1. The thrower must establish a pivot foot & may not change the pivot foot until the throw is released.
2. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
3. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
4. The thrower may throw the disc in any way he/she wishes.

**THE MARKER**

1. Only one player may guard the thrower at any one time: that player is the marker.
2. The marker may not straddle the pivot foot of the thrower.
3. There must be at least two (2) feet between the thrower & the marker.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting
5. Stalling
6. Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
7. The count consist of the marker calling “Counting” & counting at one-second intervals from 1-7, loudly enough for the thrower to hear.
8. If the thrower has not released the disc at the first utterance of the word seven (7) a turnover results.
9. If the defense decides to switch markers, he/she must restart again from one (1).

**THE RECEIVER**

1. Bobbling to gain control of the disc is permitted.
2. After catching a pass, the receiver is only allowed two (2) steps to come to a stop & establish a pivot foot.
3. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

**FOULS**

1. Fouls are the result of physical contact between opposing players.
2. The offending player calls the foul.
3. If the thrower is fouled in the act of throwing & the pass is completed, the foul is automatically declined & play continues without interruption.
4. If the marker is fouled in the act of throwing & the pass is not completed, play continues without interruption.
5. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
6. Fouls & violations result in a change of possession.

**POSITIONING**

1. Picks
2. 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.
3. A pick is considered a violation
4. When the disc is in the air, players must play the disc, not the opponent.
5. The principle of verticality: All players have the right to the space immediately above them.
6. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

**Intramural Sports Policies and Procedures**

**GENERAL RULES**

1. **Registration:** All Registration is online. Teams are to be submitted using [www.IMLeagues.com](http://www.IMLeagues.com).

Entries turned in late will be added to the substitution/waiting list. If a team drops out of pool play, the team first in line on the substitution list will take their place (same gender). Teams that have not played in pool play will not be eligible for the postseason.

1. **Rosters & limitations:** The **minimum amount** of players needed varies by sport. (See specific sport rules on the ASU IM website for specific details**).** The **maximum amount** of players that you can have on your event roster is **sixteen (16).**  An intramural roster turned in is a binding contract stating (among other things) that you will be providing a team at the time that is scheduled. Failure to do so will result in fines & possible suspensions. For a player to be added onto your team event roster at the playing field, the captain must provide the following: 1) participant’s proper name, 2) participant’s valid ASU ID, and 3) player’s signed addition/waiver form. Once a player has been added at the field, it is the captain’s responsibility to get the player added to the IMLeague roster. This should be done before the next scheduled game. **PLEASE BE AWARE** that if the captain or alternate captain decides to take a player off of the roster, the player that was taken off **CAN NOT** be added back on & **CAN NOT** play for another team. **In short, choose your players wisely when making your final rosters**. You have up until the last day of your last game of pool play to add players or change your roster. Once the tournament begins **ALL** rosters are frozen & **NO** changes will be made. Players must participate in at least one (1) pool play game to be eligible for playoffs.
2. **Pool Play Availability:** Major & Team Events are the only events that we ask teams about pool play availability. Availabilities can be set under “Time Preferences” on your IMLeague team page. If games are canceled due to inclement weather, availabilities will not be considered. You must be able to play where & when we have time to fill them in. During Tournament & Special Events, teams do not have the luxury of picking teams availabilities due to the time frame of the event.
3. **Waivers:** All participants must read and agree/sign the waiver stating they understand the document. Any teams that want to add players must go through this process. Players that do not do this will not be allowed to participate.
4. **Divisions & Leagues:** We have two types of classifications: **Men’s & Women’s**. Within those divisions we have three of four types of leagues (depending on sport and/or participation standards) : **Division I – Competitive, Division II – Intermediate, Division III – Recreational, and Greek**.

**Division I –** teamsare comprised of those individuals who are more skilled and are looking for a highly competitive atmosphere. Faculty/Staff are not allowed to participate in Division I (if offered). Teams in this conference will be eligible for extramural tournaments, both state & regional tournaments.

**Division II** **–** teams are made up of those individuals that are not as skilled as others in a particular sport, enjoy a competitive setting, but are participating for the fun and social aspects of a sports team. Faculty/staff are eligible for this league. Teams in this division are not eligible for extramural events.

**Division III** **–** teams are made up of those individuals who are more interested in a purely recreational setting and the social aspect of participating, rather than the intense competition. Teams in this league will not have playoffs. Formats will be round-robin style. Faculty/staff are eligible for this league. Teams in this conference are not eligible for extramural events.

**Greek –** teams comprised of IFC, NPC, & NPHC organization who are interested in playing only Greek teams. Within this league, Divisions I and II, will be offered for specific sports only. Teams in Greek league are not eligible for extramural events. If a Greek team wants to be considered to participate in an extramural event, teams must participate in Division I.

When necessary, leagues may be combines to create an Open league. All restrictions will be dropped. Not all sports/activities offer Divisions I, II, and III.

1. **Schedules:** Pool play schedules will be posted the following Friday, after registration has closed**.** Schedules can be printed & viewed from: **www.IMLeagues.com.**
2. **Captain/Players meeting:** There will be a **MANDATORY** meeting for most sports. (See Captain’s Meeting List on our website). A team representative (captain preferred) is required to attend one least one meeting.
3. **Pool & tournament play:** Pool play consists of 3-5 games, and playoffs with start immediately following the conclusion of pool play.

Teams are taken to playoffs based on regular season standings, sportsmanship rating, head –to-head competition, and point differential. **Only 50% of teams in Division I and II will qualify for playoffs.** This means not all teams will make playoffs. In the event there are an odd number of teams, an additional team will be added (+1) to the group to create an even number of teams. Playoffs are a PRIVILEGE and not a right; therefore, no team is guaranteed to make the playoffs.

***Your record and sportsmanship among other factors will determine where you place in the brackets.***

For players to be eligible for the tournament:

1) Patrons must have participated in at least one (1) game during pool play.

2) They name must not appear on the drop list.

9. **Canceled & rescheduled games:** Any games that are canceled and/or rescheduled can be found from the following locations: the Arkansas State Intramurals Facebook page and/or IMLeagues.com

10. **Defaults:** The Intramural Sports Department understands that there can be scheduling conflicts with game times versus work, social events, class time, study time, i.e. During **ANY** team event that we offer, we allow each team 2 defaults **to be used during pool play only**. A default is when you know that your team will not be able to make your game ahead of time. To be considered for a default your team must notify the Coordinator of Intramural Sports or the Intramural Sports office by 1:00 PM the day of the game. You are given the loss, but there is no charge. If a default is used after the maximum (2), the team will be charged the regular forfeit fee of $30.

11**. Forfeits**: A forfeit is when a team does not show up or notify the Coordinator. A team is given a loss, will obtain a point differential of two (2) points against their overall score, **AND** is charged a fee of **$30 per forfeit**. The maximum amount of forfeits a team can get to make it to the tournament is **two (2).** If a team exceeds the maximum amount of forfeits they are taken out of the league. **IF** a team forfeit’s out the season (forfeits out of pool play or during the tournament) they will be automatically suspended from registering for any future intramural events until fees are paid in full. Everyone on the playing roster will be blocked from future & current intramural registration. If that team or organization forfeits another season during that same semester they will be suspended for that semester. This includes using the team name & suspending **EVERYONE** on the roster. When reinstated for the next semester the team or organization that was suspended the previous semester will be on intramural probation for that semester. What does this mean? If they forfeit one (1) event during the probation semester then they will be suspended for that semester. This includes using the team or organization name, everyone on the playing roster. How do they get off of intramural probation? They must not forfeit ANY events during a probation semester. In short…don’t forfeit!

1. **ASU ID’s:** Each participant must present a current, validated ASU student or faculty/staff ID card in order to be eligible to participate. Failure to produce a valid ASU ID will result in that participant not playing that evening. **NO EXCUSES WILL BE TOLERATED! ASU ID’s with no number, no picture, or is broken into several pieces will not be accepted!**
2. **Jerseys:** Eachteam must wear numbered shirts of one distinguishable color. Players on a team must wear the same or similar color. This is the only way that officials & staff members will identify players. Numbers must be clearly legible on the back or front of each jersey. No taped-on numbers or numbers written in via markers will be allowed. Any team not dressed in like-colored shirts may wear the colored jerseys provided by Intramural Sports. If both teams are wearing the same colored jerseys, the visiting team must wear a different color.
3. **Shoes:** Regulation rubber-soled shoes are the only footwear that are permissable. The following footwear is illegal: barefoot, combat boots, hiking boots, or flip-flops. Before participating please ask an intramural supervisor for any questions concerning appropriate foot ware.
4. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material may not be used due to safety reasons. Elbow pads are not permitted. For safety reasons participants **CAN NOT** participate with a cast.
5. Tape or bandages of the hand, wrist, forearm, or elbow are prohibited except to protect an injury. This must be approved by the Intramural Supervisor **BEFORE** the game begins.
6. Sunglasses and/or glasses may be worn as long as they are pliable and non-rigid.
7. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots (i.e. bandanas) is prohibited.
8. Jewelry is prohibited. Religious & medical-alert medals are not considered jewelry. A religious medal must be taped & worn under the uniform. A medical-alert medal must be taped & may be visible.

**CONDUCT OF PLAYERS**

1. Any player who acts in a manner not showing good sportsmanship shall be penalized with an unsporting behavior penalty followed by a yellow or red card and possible ejection from the game & complex. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or spectator for violations of sportsmanship including, but not limited to the following:

* Disrespectfully addressing an official or IM staff member.
* Questioning the official’s judgment or decisions.
* Showing disgust with official’s decisions.
* Using profane or insulting language or gestures toward an official or opponent.
* Baiting or taunting players of the opposing team.
* Disrupting the game so that it may not be continued in an orderly fashion.

1. Captains are responsible for the action of their team members and spectators.
2. **ANYONE** who is asked to leave or is ejected from a game **MUST** leave the **ENTIRE** facility before play is resumed. If they refuse to leave UPD will be called to physically remove them from the facility. **ANYONE** who is ejected from a game will be suspended from playing **ANY & ALL** intramural events until they make an appointment with the Coordinator of Intramural Sports. They **WILL NOT** be reinstated to play until a meeting has taken place. It is important to note that this meeting **WILL NOT** take place on the court/field of play, but the **NEXT BUSINESS DAY!**
3. **A coach/player receives one (1) ejection during a game.**

**Penalty:** Disqualification from the game, suspension from team’s next game played, & probation for the remainder of the season. An Individuals receiving one (1) red card lose all rights to sit or stand in the team area or the stands.

1. **A coach/player receives two (2) ejections during a season.**

**Penalty:** Disqualification from the game & suspension from participating for the remainder of the season (includes tournament & extramural events). Suspensions will carry over to other events. Individuals receiving two (2) red cards lose all rights to sit or stand in the team area or the stands.

**CONDUCT OF TEAMS**

1. **One team receives two (2) unsportsmanlike conduct / ejections / red cards during a game.**

**Penalty:** The game shall be called. If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead, the score shall be recorded as 1-0 in their favor.

1. **One team receives three (3 - 5) unsportsmanlike conduct / ejections / red cards during a season.**

**Penalty**: The game shall be called. If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead, the score shall be recorded as 1-0 in their favor. A team receiving three (3) red cardswill be removed from the season & possible expulsion from the intramural program & the Red WOLF center.

**VERBAL OR PHYSICAL ABUSE**

1. **Shoving, striking, or physically/verbally abusing any staff member.**

**Penalty:** Automatic suspension of team from the remainder of the season & automatic expulsion from the intramural program & the Red WOLF center.

1. **Fighting – Each player will receive two (2) red cards for the game.**

**Penalty:** Disqualification from the game, suspension from the remainder of the season, & suspension of individuals on team’s roster for the remainder of the semester (including extramural events), & expulsion from the intramural program & the Red WOLF center.

***\* It must be emphasized that the game officials can assess unsportsmanlike penalties* *before the game has started & after the game has ended.***

***This rule is in effect even if that team is winning. The opposing team will advance in their place.***

1. **Sportsmanship:** Teams are graded according to how they &/or their fans act & according to how many unsportsmanlike penalties they accumulate. The following is a guideline of how the grading system is set up:

**A (4.0) –** No verbal altercations with game officials, intramural staff, or opposing team.

**B (3.0) –** One (1) yellow card &/or constantly communication with players, team, or fans about behavior issues.

**C (2.0) –** Two (2) yellow cards or one (1) red card & continued communication with players, team, or fans about behavior issues.

**D (1.0) –** Three (3) yellow cards or if a player, coach, or spectator is ejected.

**F (0.0) –** Four (4) yellow cards &/or two (2) red cards or if a game is called

**RED WOLF GYMNASIUM POLICY**

1. **FOOD AND DRINKS ARE NOT ALLOWED IN THE GYMNASIUM SPACE** **(INCLUDING GUM)**
2. **Personal items such as bags are not allowed in the gym!** Bags must be placed in the day lockers that are located in the locker rooms & the fitness area. The purpose of this is to free up space on the bleachers for spectators & space for players on the players side.
3. This is a tobacco & alcohol free campus. Same rules apply for the Red WOLF Center. If any is suspected of being under the influence of alcohol or narcotics UPD will be notified.
4. Spitting on the courts is prohibited & will result in that person being removed from the facility.
5. Only gym appropriate shoes are allowed the courts.
6. Foul or abusive language towards an opponent, teammate, or staff will result in an immediate removal from the facility whether committed by a player or spectator.
7. The Intramural Sports staff & Coordinator reserve the right to refuse **ANYONE** access to the Red WOLF Center. Please remember that participating or observing any and all Intramural & Recreational Sports events is not a right but a privilege. And at any time we have the right to take that privilege away!
8. If their names **DOES NOT** appear on the roster then it would be in the team’s best interest to have them leave. Conduct of team spectators is the responsibility of the team captain before, during, and after the game.

**INTRAMURAL COMPLEX FIELD POLICY**

1. **There are NO pets allowed in the complex!** (except service animals)
2. This is a tobacco & alcohol free campus. Same rules apply for the Red Wolf Sports Park.
3. If the games are cancelled due to bad weather or poor field conditions then the complex will be closed. Field signs will be placed on the complex indicating that they are closed. Please respect them!
4. The Intramural Sports staff & Coordinator reserve the right to refuse **ANYONE** access to the complex. Please remember that participating or observing any and all Intramural & Recreational Sports events is not a right but a privilege. And at any time we have the right to take that privilege away!
5. If you would like to reserve the fields for practice please visit our web page at [**www.astate.edu/intramurals**](http://www.astate.edu/intramurals)**.** To reserve the fields you must fill out the reservation form & turn it in. If you have any questions please feel free to contact the Coordinator of Intramural Sports at 972-3109.
6. Team spectators must watch the game from the fan-side area of the field and are not permitted in the players/coaches area. If their names **DOES NOT** appear on the roster then it would be in the team’s best interest to have them leave. Conduct of team spectators is the responsibility of the team captain before, during, and after the game.