

University of Virginia Intramural Sports Ultimate Frisbee

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

Ultimate Frisbee is self-officiated. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. The Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules. The winner of a coin toss between both captains prior to the game will determine who will "throw-off".

1. Team Requirements

- 1.1 A team shall consist of 7 players. A team can play with a minimum of 4 players.
- 1.2 Co-Rec teams are composed of any of the following combinations: 4M/3W, 3M/4W, 3M/3W, 3M/2W, 2M/3W, or 2M/2W.

2. Equipment

- 2.1 Shoes must be worn by all participants. Rubber cleated shoes and screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
- 2.2 Discs will be provided, however, each team may provide their own. The Intramural Supervisor shall be the sole judge of any disc offered for play and may change the disc during play at his/her discretion.
- 2.3 Billed hats, casts, and/or any other item deemed to be dangerous by the Supervisor may not be worn.
- 2.4 All team members must wear the same shade of color shirt. Pinnies will be provided as well.
- 2.5 All jewelry is prohibited. *Penalty: automatic turnover.*

3. Substitutions

- 3.1 Substitutes may enter the game after a goal is scored, at halftime, or following a time-out.

4. Length of Game and Timing

- 4.1 Each half will be 20 minutes in length with a continuous running clock. Halftime will be 3 minutes.
- 4.2 One time-out a half is allowed per team. Time-outs will stop the clock and may be called at any time when a team is in possession of the disc.
- 4.3 A game called due to weather with less than 5 minutes remaining will be considered a complete game.

5. Game Rules

- 5.1 Field dimensions are 80 yards by 40 yards with 10-yard end zones.
- 5.2 Teams advance down the field by passing the disc from player to player. Once a player gains possession of the disc, they must come to a complete stop. That player must then keep at least one foot planted. If that player moves their pivot foot, the result will be a turnover.
- 5.3 Once an offensive player gains possession, they have 10 seconds to pass to a teammate. The defense will be responsible for counting 10 seconds. If a pass is not released after 10 seconds, the result will be a turnover.

- 5.4 If a pass thrown by the offensive team hits the ground, the result will be a turnover, regardless of whether or not the defense caused the errant pass.
- 5.5 The defense may not make contact with an offensive player in possession of the disc, nor may the defense attempt to knock the disc out of an offensive player's hand. Defensive players may, however, attempt to block a throw by the offense.
- 5.6 Teams score by completing a pass to a teammate who has one point of contact in the end zone (foot, hand, etc). Each score will be worth 1 point. Scores must occur before time expires. If the disc is still in the air when the clock runs out, the half will be over. The team scored upon will walk to the opposite side of the field to receive the "throw off".
- 5.7 Mercy rule--if a team is winning by **5 points** or more during the final two minutes, the game will be over.
- 5.8 During the regular season, games tied at the end of regulation will be recorded as a tie. During the playoffs, a sudden death overtime period will be used. The first team to score will be declared the winner.