



CAMPUS RECREATION

Illinois State University

Intramural Ultimate Frisbee RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports policies.

Location

- Games will be played at Gregory Street Fields (GSF).
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Schedule

- Tournament sports will be structured as a round robin play followed by a single elimination playoff for qualifying teams.
- If your team is unable to make it to your game, be sure to contact the Intramural Sports Office at intramuralsports@ilstu.edu by 2:00pm the day of your game. This will enable your team to be credited with a default rather than a forfeit.
- Unfortunately, Intramural Sports games can be impacted by the weather. We reserve the right to cancel, postpone, or reschedule games due to inclement weather. When inclement weather arises, Intramural Sports staff will send out cancelations via IMLeagues.
- Regular season games canceled due to inclement weather may not be rescheduled due to the limited amount of time and space to play. When playoff games are postponed due to weather, the Intramural Sports Staff will make every effort to make up all remaining games in the playoff tournament. Playoff brackets will be updated on IMLeagues to reflect the updated dates and times.

Players

- A legal team consists of a minimum of 5 and a maximum of 7 players.
- A speaking captain must be designated for each team. They alone may appeal to the supervisor, and then only on interpretations of the rules. Games are self-officiated. Any discrepancies must be settled by team captains within 1 minute or the match will be declared a forfeit for both teams by the Intramural Sports Supervisor. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.

Eligibility

- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility clarification.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 1. The team must maintain at least a 3.5 team sportsmanship rating average throughout the season.
 2. No team that forfeits any regular season game will be allowed to participate in the playoffs.

Equipment

- **No jewelry is permitted during play**
- Intramural Sports will provide discs and pennies if needed.
- Teams are recommended to wear like colored shirts.
- **NOTE:** You must schedule an appointment with an Intramural Sports professional staff member prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports staff on duty shall be final.

Game Regulations

- A game will consist of two 15-minute halves with a 3-minute halftime intermission.
- A Competitive Sports team member will keep be the game timekeeper.
- The disc may be moved by passing in any direction.
- When the time ends, teams will be able to play out their final possession. When the possession is over the game is over, and the score at the time is final.
- A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. A goal is worth 1 point.
- The team with the most points at the end of regulation shall be declared the winner.
- In the event that a game ends in a tie during regular season play, the score will stand.
- A maximum of 3 steps are allowed after a catch in order to slow down. After the catch, the thrower must establish a pivot foot. Once a pivot is established the thrower may not move this foot until after a throw has occurred. Failure to keep a pivot foot will result in a turnover.
- The defense, if within 6 feet of the thrower, may initiate a 10 second count in which the thrower has to throw the disc. If the player does not throw the disc within 10 seconds a stall will be called and the disc will turnover. The defense must count a reasonable 10 seconds (stall – 1 or 1 – Mississippi, etc.).
- There are no "double teams" allowed. The defender must be at least one disc length away from the offensive player, and the distance from the next defender should be at least 10 feet.
- Any time a pass is incomplete, intercepted, thrown out of bounds, or knocked down, a turnover occurs resulting in an immediate change of possession. Play will resume in that spot.
- Interceptions and throw-offs in your end zone will be walked to the goal line where play will resume.
- There are no timeouts in Ultimate Frisbee.
- **Playoffs Only:** Overtime will be a sudden death format. The first team to score in overtime will be declared the winner.

Mercy Rule

- There is no mercy rule in Intramural Ultimate Frisbee.

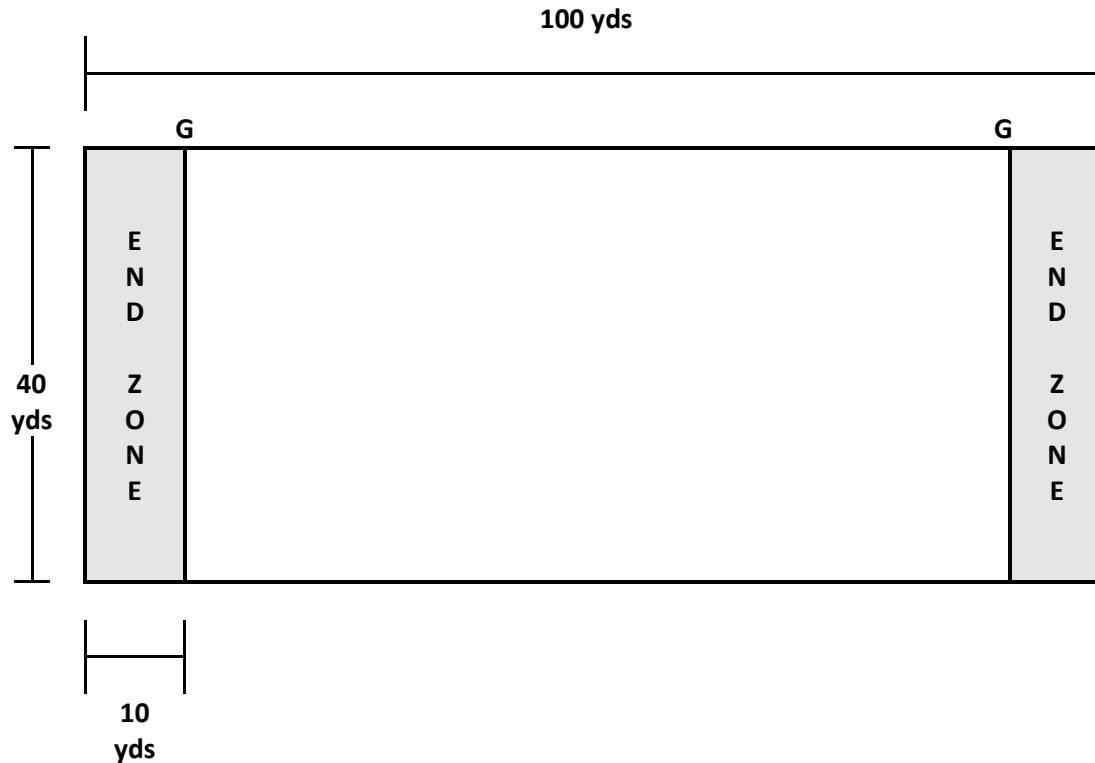
Substitutions

- Players may only substitute after a score or in the case of an injury. Substitutions "on-the-fly" are not allowed.

Fouls

- Fouls consist of any contact made with a player.
- A person who is fouled should call the foul. If no foul is called, play continues.
- When a foul is committed by a defensive player, play stops, and possession reverts back to the thrower.
- When a foul is committed by an offensive player, possession goes to the defense at the spot of the last throw.
- Screens and strips are illegal and shall result in possession being granted to the fouled team at the spot of the last throw.

The Playing Field



- The field will be 40 x 100 yards each goal area will be marked with orange pylons.
- At the beginning of the game and after every score, a throw off from the thrower's endzone will occur.
- During a throw-off, the receiving team may either catch the disc or let it drop to the ground. Contact with the disc without catching it will result in a turnover.
- If the throw-off goes out of bounds, play will begin at a centered position where it went out.

Playing Etiquette

- If an infraction is committed and not called, the player committing the infraction should inform the infringed player or team of the infraction.
- It is the responsibility of all players to avoid any delay when starting, restarting, or continuing play. This includes standing over the disc or taking more time than reasonably necessary to put the disc into play.
- On a stoppage of play, if it is ever unclear which of a team's members are the current players or where they are on or off the field, they should identify themselves when the opposing team requests.
- When a call is made, throwers must stop play by visibly or audibly communicating the stoppage as soon as they are aware of the call and all players should echo calls on the field.
- If the marker has made reasonable efforts to notify the thrower of a call and believes that the thrower has not stopped play promptly enough, the marker may call a violation under this rule and a completed pass will come back to the thrower.
- In addition to the assumption that players will not intentionally violate the rules, players are similarly expected to make every effort to avoid violating them.

General Information

- Prior to Game Time:
 - Players must check in at the field they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.

- NO ALCOHOL OR TOBACCO is allowed at any Intramural Sports venue. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.

Sportsmanship

Intramural Sports has developed a sportsmanship rating system that is intended to be an objective scale utilized by the Intramural Sports team members to evaluate attitude and behavior throughout each Intramural Sports contest. After each game, the Officials will rate each team on their sportsmanship before, during, and after each Intramural Sports game. To be eligible for the playoffs each team must average a “3.5” or better throughout the regular season.

A sportsmanship rating below “3” is considered to be ‘unacceptable’. Any team receiving an unacceptable rating will be notified via email. Any team receiving a sportsmanship rating of “1” will be required to set up a meeting with the Intramural Sports Office prior to their next scheduled contest. Failure to do so will result in the forfeiture of any subsequent games.

Teams receiving an unacceptable sportsmanship rating in the playoffs will be eliminated regardless of the outcome of the game. An unacceptable rating in the playoffs will result in that team’s removal from the tournament.

Scale	Description
5	Excellent Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team, Officials, and Competitive Sports Supervisor. There are no major complaints or conduct-related penalties. The team is under control without any need for captain intervention.
4	Good Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. There are no blatant displays of bad attitude. The captain is in control of the team and there are no warnings, yellow cards, or conduct-related penalties.
3	Average Conduct and Sportsmanship - The team shows momentary lack of cooperation with officials, opponents, or supervisor. There may be consistent complaining but no excessive display of bad sportsmanship. Captain mostly has control of the team. There may be conduct-related penalties.
2	This is an unacceptable rating. Below Average Conduct and Sportsmanship - Team constantly comments to the Officials, Supervisor, and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and verbal dissent towards officials and/or the opposing team, which may or may not merit sport specific, conduct-related penalties.
1	This is an unacceptable rating. Poor Conduct and Sportsmanship - Captain has no control over teammates and/or themselves. Team is completely uncooperative and poorly represents themselves and the Illinois State Intramural Sports Program. Teams, including fans, receiving multiple yellow cards, a red card, unsportsmanlike penalties, technical fouls, or an ejection will receive no higher than a “1” rating.

If a team feels that they have been rated unfairly during the game, they may file a protest by emailing the Intramural Sports office at intramuralsports@ilstu.edu.