



Vanderbilt University Intramural Sports Ultimate Frisbee

I. GENERAL RULES

- A. Registration fee is \$60 per team.
- B. Each participant must present a valid Commodore card and be on the IMleagues.com roster in order to participate.
- C. Intramural sports with varsity or club sports counterparts are limited to either one former varsity athlete or two club sport members. Teams will forfeit all games in which they are found to be in violation of this rule.
- D. Teams should arrive 15 minutes before the scheduled start time of their game. Teams will be given a 10 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit. Game clocks will be adjusted to account for late starts.
- E. Attire
 1. Uniforms – Teams are required to wear matching colored shirts. Teams will wear their respective color selected during registration.
 2. Shoes – all players must wear shoes (except those participating in sand volleyball). Tennis and running shoes are acceptable for all sports. No player will be allowed to wear metal cleats, play in sandals or play barefoot (exception: sand volleyball).
 3. Pads and Braces – No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding.
 4. Jewelry - No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g. body piercings) will not be permitted to play unless the exposed jewelry is completely covered.
- F. Forfeit Policy
 1. Teams have a 10 minute grace period before games are declared a forfeit
 1. First offense = warning
 2. Second offense = ejection from the league without refund
 2. Captains must notify the Competitive Sports staff (Wade) via email of a forfeit **no later** than 2pm on game day to avoid penalty. Emails should be sent to wade.e.evans@vanderbilt.edu
 3. An attempt to reschedule the game will made by pro staff if ample notice is given and the opposing team is available

II. TEAM COMPOSITION

1. Players can compete on only one team, regardless of league classification. A team's roster may include an unlimited number of players.
2. Each team will play with 8 players on the field. Teams must have 5 players to start a game.
3. Substitutions can only be made in between points (following a goal and before the throw-off) or during a time-out. There are no substitutions while the disc is in play.

III. EQUIPMENT & FIELD SIZE

1. All players must wear shoes. Tennis shoes and soft-soled shoes are legal. No metal cleats are allowed. Boots and sandals are also prohibited. Any player caught wearing metal spikes will be ejected from the game.
2. Visible jewelry of any kind (earrings, studs, etc) is strictly prohibited and may not be worn during the game. Taping of jewelry is not permitted. Jewelry must be removed or the player will not be permitted to play. Casts or any items deemed dangerous by the IM staff may not be worn during the game. A player is subject to ejection for failure to comply after first warning.
3. Frisbees will be provided by the Intramural Sports staff at the game site.
4. The field size will be 100 yards long by 30 yards wide. The field of play will consist of two 10-yard endzones and 80 yards of playing space.

IV. GAME TIME & LENGTH

1. Game Time starts the 5-minute grace period for a team waiting on players to arrive. A team needs at least 5 legal players to begin the game. Any team that forfeits a game will be charged a \$10 fee for a first offense and can become ineligible for the playoffs following a second offense. If the forfeiting team wishes to play the rest of its regular season games, the team captain must come into the Competitive Sports Office by appointment to present their case.
2. Each game will be 45 minutes in length with a continuous clock.
3. The first team to reach 11 points or the team with the highest point total at the end of 45 minutes will be the winner. Once a team reaches 6 points it will be Half-time. Half-time lasts 4z minutes.
4. Each team receives 2 time-outs. There are NO time-outs in overtime.
 - A. Time-outs will be a maximum of 2 minutes in length.
 - B. Time-outs may be called by any team member on the playing field following a goal.
 - C. While the disk is in play, only the player in possession of the disk may call time-out.
 - D. In the event of an injury, an injury time-out will be called. The injury time-out is not charged to either team.
 - E. When play resumes after a time-out has been taken during play, the player who had possession puts the disc into play. If the player calling the time-out leaves the field due to injury, the player replacing him/her puts the disc into play. The disc is put into play at the location where the disc was when the time-out was called. Play is resumed through the use of a check.

V. THROW-OFFS (PULLS)

1. Prior to the game, the two team captains will meet to "flip" the disc. The winner of the toss will have the following options:
 - A. To receive the "throw-off" (pull).
 - B. To select which goal to defend.
2. Another "flip" will be held prior to the overtime period.

3. Each team raises a hand to signal readiness; then the disc is thrown.
5. After the disc has been thrown off, the receiving team takes possession where the disc comes to rest.
 - A. The receiving team may try to catch the disc before it lands on the ground, but if they drop it, it is considered a turnover and the throwing team gains possession.
 - B. If the disc flies out of bounds before reaching the end zone, the receiving team takes possession at the point where the disc flew out of bounds OR take possession in the middle of the field at the point the disc flew out of bounds.
 - C. If the disc flies into the end zone and is either caught thereby the defense or lands there, the player who gains possession (either by catch or picking up the disc) must either establish a pivot foot and throw from that point OR immediately run straight forward to the goal line and begin play from there OR begin play from the middle of the field at the goal line.
 - D. If the disc flies out of bounds, through the end zone, the receiving team shall carry the disc to the goal line from the point the disc flew out of bounds OR begin play from the middle of the field at the goal line.

VI. OFFENSE

1. Definitions:
 - A. Thrower: Offensive player in possession of the disc.
 - B. Marker: Defensive player that is guarding the thrower.
 - C. Receiver: Any offensive player not in possession of the disc.
2. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.
3. The disc may only be advanced by passing. The disc may be passed in any direction by any player.
 - A. The Principle of Verticality: All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur the player restricting the vertical area is responsible.
A player who has jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of take-off and the direct path between the take-off and landing spot was not already occupied.
4. The player's first contact with the ground after catching the disc determines whether he/she is in or out. The line is out. The first point of contact must be all the way in, this includes the endzone.
5. A player may never run with the disc. Upon catching the disc a player must stop as soon as possible and establish a pivot foot. Any further movement is considered traveling and can be called by anyone on the field. This causes the disc to be returned to the thrower at the point of the infraction and a disc check takes place.
6. In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), possession of the disc is turned over to the defensive team. A player may not catch their own throw, unless tipped by

a member of the opposing team.

7. A thrower is allowed 10 seconds to throw the disc, but the stall count cannot begin until the thrower is marked. The marker shall begin a verbal 10-second count (1 to 10). If the disc is not thrown before the 10-second "stall" count is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.

8. 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." In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check. When the disc is in the air, players must play the disc, not the opponent.

VII. DEFENSE

1. Only one marker is permitted to guard the thrower. The marker can be no closer than 18 inches to the thrower.

2. No other defensive player may establish a position within 3 yards (9 feet) of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.

3. Should the thrower recognize a double-team situation, he/she first calls "double-team" as a warning. If the defensive team continues to double-team, the thrower calls double-team again, and it is a violation.

4. No defensive player may touch (strip) the disc while in the hands of the thrower (excluding the check). In the case of a strip, the stall count ceases until the thrower has regained possession, at which point the count resumes. Play does not stop.

VIII. SCORING

1. A goal is scored when an offensive player receives the disc in the defender's end zone. 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.

2. A player must be completely in the end zone AND acknowledge that he/she has scored a goal. If that player plays the disc unknowingly into a turn over, then no goal is awarded.

3. 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, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there.

4. Each goal is worth one (1) point.

5. The scoring team stays and throws off from this end zone to begin the next point.

IX. TURNOVERS

1. An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.

2. Out of bounds: When the disc goes out of bounds, play is resumed where it crossed the line, if it goes

out the back, walk it to the closest spot on the end line. Player in-bounding disc must have pivot foot on the line. A check is not required.

3. The following actions result in a loss of possession and a check:

- A. If the marker's count reaches the maximum number;
- B. If the disc is handed from player to player;
- C. If the thrower intentionally deflects a pass to him/herself off another player;
- D. If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

4. When possession changes in an end zone,

- A. If you gain possession in the end zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there.
- B. If you gain possession in the end zone you are attacking, you must walk the disc perpendicularly back to the goal line. Play continues, no "check" is required.

5. To check the disc, the thrower holds the disc and the marker counts down "2, 1, disc in", then taps the disc.

- A. If the count is too fast, thrower says "too fast", and the marker must immediately go back 2 in the count.

X. FOULS

1. It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided. Contact fouls include picking, blocking, and shoving for position.

2. A foul can only be called by the player who was fouled. It must be called immediately after the occurrence.

- A. All players must freeze.
- B. Stall count goes to zero.
- C. Play resumes after disc is checked.

3. All fouls result in a re-throw, after a "check" of the disc, EXCEPT:

- A. If a fouled pass is completed, the foul is automatically declined; Play continues. Call "Play on".
- B. On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.
- C. On defensive fouls the "stall" goes back to zero. On offensive fouls or travels, it stays the same or goes back to six, whichever is lower.

4. If a receiver is fouled in the end zone, it is treated like a catch, but they must walk the disc to the end zone line and start play from there. It is not an automatic point. The disc must be checked in before play can begin.

5. The defense can contest the call, at which point the disc goes back to the thrower.