



ULTIMATE FRISBEE RULES & REGULATIONS

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

Facility

1. Games will be played at the Medical Center Fields.

Eligibility

1. Please reference the Intramural Sports Participant Handbook for player eligibility guidelines.
2. The Competitive Sports staff assumes responsibility for the investigation of eligibility for all participants upon request. University ID or SRC membership cards will be required during all intramural activities. Any individual the Competitive Sports staff deems to be ineligible will not be allowed to participate.
3. Participants must have an SRC membership and purchase an IM All Access Pass before being permitted to play any intramural sport activity. Information on applying for an SRC membership card can be found on WVU's website, found here: <https://campusrecreation.wvu.edu/membership> or at the SRC Front Desk. Information on purchasing IM All Access Passes can be found on WVU's website, found here: www.wvugo.wvu.edu or at the SRC Front Desk.

4. Students

- a. All graduate and undergraduate students enrolled in academic courses are eligible to participate in Intramural Sports activities.

5. Faculty and Staff

- a. All full-time and part-time faculty and staff members at WVU are eligible to participate in Intramural Sports activities given that they have obtained an SRC membership card.

6. Spouses/Affiliates

- a. Spouses of full-time and part-time students, faculty and staff members are eligible to participate in Intramural Sports activities given that they have obtained an SRC membership card.
- b. Employees who are classified as "Affiliates" with West Virginia University are eligible to participate in Intramural Sports activities given that they have obtained a WVU membership card.

7. Varsity Student Athletes, Coaches, and Staff

- a. Any person whose name appears on a collegiate varsity, junior varsity, or freshman roster as a player or a coach will be ineligible in that specific intramural sport after August 1st in the year they have quit the team, or their eligibility has expired. This includes all players who are "red shirted" in any sport, anyone who practices with a team regularly but does not participate in intercollegiate competition, and coaches, staff, or other individuals listed on the team roster.
- b. Former collegiate varsity athletes may participate in their related sport once eligible, however they must participate in the Competitive League (if offered, regardless how long they have been removed from a varsity roster) and a limit of one player is allowed per team roster in all sports.

8. Sport Club Members

- a. Sport club members are defined as individuals who meet any one of the following criteria:
 - i. Name appears on sport club team roster during the academic year

- ii. Signed a consent form and is actively participating in club functions
 - iii. Actively participating with the club during their season
- b. Current sport club members may participate in their related sport either in competitive or recreational leagues, but must adhere to the following restriction:
 - i. 2-4 player teams = 2 club members
 - ii. 5-8 player teams = 3 club members
 - iii. 9+ player teams = 4 club members

Game Time & Timing Regulations

1. All games will consist of two 20-minute halves with a running clock. The time between halves will be left to the discretion of the game supervisors, but not to exceed 5 minutes.
2. An Intramural Sports Supervisor will keep the game time and a whistle will be sounded to signal the start and end of each half. Teams will be responsible for managing their time. It is highly encouraged to start your game at the sound of the whistle. When the ending whistle sounds teams will be able to play out their final possession. When the possession is over, the game is over, and the score at that time is final.
 - a. There are no timeouts in Ultimate Frisbee.
 - b. Overtime: *Games ending in a tie during the regular season shall be recorded as a tie and no overtime will be played. Games ending in a tie in the post season will be followed by a sudden death period, meaning the first team to score will be declared the winner.*

Mercy Rule

1. If a team is up by 10 or more points at any time in the second half the game will end. Please report scores to the Intramural Sports Supervisor and continue to use the field until the next game if you are interested in doing so.

Player Equipment

1. Head decorations, head wear, and jewelry are illegal player equipment. Only headbands less than 2 inches wide, made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the game. No bandannas (“do rags”) or hard-billed caps are allowed.
2. We encourage teams to come ready to play in their own jerseys with numbers. If teams do not come ready to play in like colors, the Competitive Sports Staff will provide pinnies for the team.
3. All jewelry of any type must be removed.
4. All players must close ended athletic shoes. Metal cleats are not permitted.
5. You must schedule an appointment with a Competitive Sports Coordinator prior to playing if you have a special equipment need (i.e. medical). All equipment decisions made on site by the Intramural Staff on duty shall be final.
6. The Competitive Sports Staff will provide a game disc. This disc will not be used during warm-ups. Teams are advised to bring their own disc to warm up with.

The Team

1. A team will consist of 7 players. The minimum number of players required to start play is 5. Play must start if 5 players are present. If 5 players are not present at the allotted game time, the team will lose 1 point for every minute they are late, plus loss of game time. During the game, if a team must play with fewer than 5 players, it will be the supervisor’s discretion whether to continue said game.

- If a team is not ready for play at game time, a grace period of up to 5 minutes will be automatically enacted. The game clock will run through the grace period. (Ready for play means dressed, on the field/court, & signed in).

Minutes Late	Penalty	Sportsmanship
0-4:59 minutes	Awarded one point per minute	Max 3.0
5 minutes	Forfeit	Max 2.0

- One non-playing coach will be allowed on the bench. The non-playing coach *must* checked in to be considered eligible for team area privileges. All other non-players must be outside the designated team area. Coaches must remain in the immediate area of the bench; they cannot walk the length of the sideline. Team captains are responsible for their team's as well as fans' behavior.
- The non-playing coach will be recognized when it pertains to time-outs. Any other players on the court may also request a time-out.
- Valid WVU ID Cards are required for participation.

Substitutions

- Players may only substitute after a score or in the case of an injury. Substitutions that are "on-the-fly" are now allowed.

Start of Play

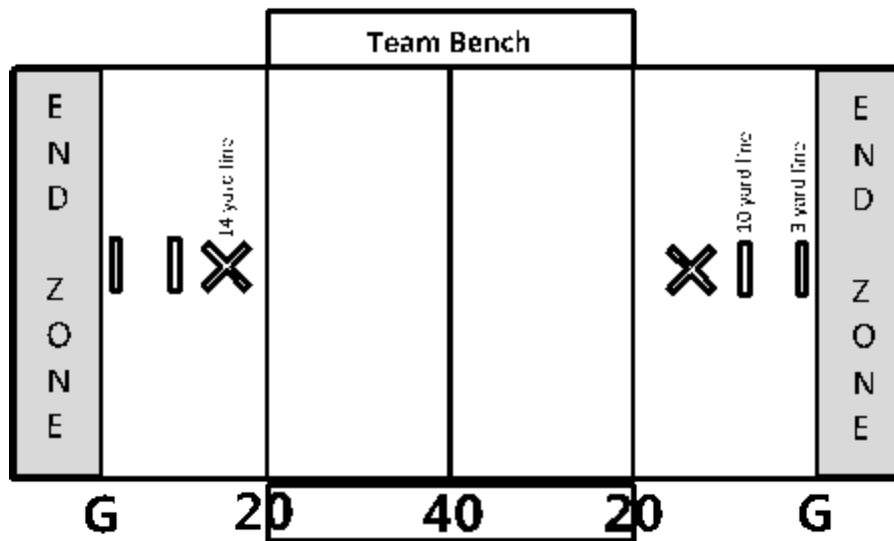
- Initial team possession is determined at the captains' discretion (i.e.: rock paper scissors, flipping a disc, flipping a coin, etc.) prior to time beginning.
- At the beginning of the game a throw off from the thrower's end zone will occur to the team that secures the initial possession.
- During 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.

Scoring

- 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.

Field Dimensions

- The field will be 40 x 100 yards. Each goal area will be marked with orange pylons.



Violations

1. The following violations will result in a change in possession as they are infractions of the rules:
 - a. An attempt to throw the disc that is not made within the 10 second stall count.
 - b. The disc is handed, not thrown, to another player.
 - c. During a pull, a player is offside, meaning they were not behind their end-zone line at the time of the pull.
 - i. This result is a re-throw.
 - d. A player takes more than the allotted steps required to catch a pass.
 - e. A defensive player touches the disc while it is in possession of the thrower or receiver.
 - f. More than one player defends the thrower.

Fouls

1. 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.
2. When a foul is committed by a defensive player, play stops, and possession reverts to the thrower.
3. When a foul is committed by an offensive player, possession goes to the defense at the spot of the last throw.
4. No free throws for:
 - a. a common foul before the bonus rule is in effect
 - b. a double personal foul
 - c. a double technical foul
 - d. a player control foul
5. Two free throws awarded if the foul is intentional or flagrant, plus the ball opposite the table at mid-court for throw-in.
6. Throwing Fouls may be called when there is contact between the thrower and the defender.
 - a. If the defender is fouled in the fact of throwing and the pass is not completed, then the play continues without interruption.
7. Catching Fouls may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down.
 - a. If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.

Definitions

1. **PULL**- Initial play of game, or a play after each goal, where one team throws to the other to gain possession.
2. **BLOCK**- A play where defensive player knocks the disc into the ground before the offensive player catches it.
3. **BRICK**- Any pull that lands out of bounds, untouched by the receiving team.
4. **CHANGE OF POSSESSION**- When a pass is not completed (i.e. out of bounds, drop, block, interception) then defense immediately takes possession of the disc and becomes the offense.
5. **DROP**- When a player fails to catch the disc and it falls to the ground. If the disc is deflected off one player and is caught by another, the disc is still in play.
6. **TRAVELING**- When a player walks with the disc in hand. A player is only allowed 2 to 3 steps after catching a pass.

Sportsmanship

Teams will receive a rating each week, by the officials' discretion, on a scale of 1.0-5.0, that will create an average at the end of the season. They must have an average of a 3.0 or above to be eligible for playoff participation. Sportsmanship ratings are outlined as follows:

- 5.0 = Superior → Outwardly enthusiastic and courteous to other teams and their players
- 4.0 = Good → Respectful, pleasant behavior, no warnings
- 3.0 = Average → Overall acceptable behavior, some issues with individual participants, receive and adhere to verbal warnings, no unsportsmanlike conduct fouls
- 2.0 = Poor → Little control over unsportsmanlike behavior, multiple unsportsmanlike conduct fouls, no ejections
- 1.0 = Unacceptable → No control over unsportsmanlike behavior, one ejection

Further questions can be directed to intramural.sports@mail.wvu.edu.