



Intramural Ultimate

Table of Contents

I.	The Game, Players, Equipment, & Playing Field	
1.	Starting	
	Play.....	Page 3
2.	Players.....	Page 3
3.	Player Equipment-Required.....	Page 3
4.	Player Equipment-Optional.....	Page 4
5.	Player Equipment-Illegal.....	Page 4
6.	Playing Field.....	Page 4
II.	Periods, Time Factors, & Substitutions	
1.	Match	
	Length.....	Page 4

2. Mercy Rule.....	Page 4
3. Time-Outs.....	Page 4
4. Substitutions.....	Page 4
III. Game Play	
1. Objective.....	Page 5
2. The Pull.....	Page 5
3. Player Conduct.....	Page 5
4. Disc Movement.....	Page 5
5. Change of Possession.....	Page 6
6. Honor System.....	Page 6
7. Scoring.....	Page 6

I. Governing Rules

1. All Intramural participants must present a valid Skyhawk ID card in order to participate. **No exceptions.**
2. All regulations regarding forfeits, defaults, protests, and rescheduling are outlined in the program handbook. These rules **must** be followed to the letter.
3. Intramural sports are offered to UT Martin students on a voluntary basis and each student participates at their own risk. Participants are responsible for ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.
4. The officiating will be done by referees who are in absolute control of the game. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

All Participants are to abide by the intramural eligibility, protest, and rescheduling rules stated in the Program Handbook.

I. The Game, Players, Equipment, & Playing Field

1. Starting Play

- A. Prior to the start of a game, the official, or supervisor, for the game will conduct a captain's meeting in which they will designate which captain shall call the "coin toss".
- B. The "coin toss" will determine which side each team will start on.
- C. If at game time, at least one member of a team is present the opposing team will have the **option** of waiting 10 minutes for the other team to assemble enough players to play a legal game. Once enough players to play a legal game have arrived the game may be started. The amount of time required to obtain enough players will be subtracted from the game clock.

2. Players

- A. A match shall be played by 2 teams of a maximum of 7 players. A team may start and continue a match with a minimum of 5 players.
Jack and Jill-8 players (4 men & 4 women). Minimum of 6 (3 & 3).
 - i. If due to injury a team's number of player's drops below 5 the game will continue as long as the team has a chance to win.
 - ii. The number of one gender may not exceed the number of the other gender by more than 1
- B. Only dressed players and coaches are allowed near the team box. All spectators must remain on the opposite side of the field.
- C. Each team is allowed 2 designated coaches on the sideline; coaches must be registered on the team roster.

3. Player Equipment-Required

Should there be any question regarding the legality of any equipment, the supervisor on duty will make the final ruling.

A. Jersey

- i. Teams must wear jerseys of contrasting color (provided if necessary). If both teams have jerseys of the same color a coin flip between the 2 captains will determine which team must change jerseys.

B. Pants/Shorts

- i. There are no rules or restrictions for permissible pants/shorts.

C. Footwear

- i. Shoes shall be made of a canvas, leather, or synthetic material, which covers the entire foot, and attached to a firm sole of leather, rubber, or composite material.
- ii. Cleats are limited to studs of projections which do not exceed $\frac{1}{2}$ inch in length and are made of a nonabrasive rubber or rubber-type

synthetic material which does not chip or develop a “cutting edge”.

Metal and/or plastic cleats are prohibited.

- iii. Shoes **must** be worn by all participants. Vibram or any other variation of a “toe” shoe will not be admissible.

4. Player Equipment-Optional

- A. All types of headwear used for hair restraint will be legal, including hats.

5. Player Equipment-Illegal

- A. All jewelry must be removed prior to game start.

For any infringement of this rule, the player will be removed to correct his/ her equipment and may not return until a proper substituting time.

6. Playing Field

- A. All matches will be played on an 80 x 40 yard field with 20 yard end zones.

II. Periods, Time Factors, & Substitutions

1. Match Length

- A. Game will consist of one 40 minute match with a continuously running clock. The clock will **only** stop for injuries.
- B. Game is over when team reaches 11 (or 40 minutes)
- C. After a team reaches 6 or 20 minutes, a 2 minute halftime will take place.

3. Time-Outs

- A. No Time-Outs will be awarded during either half.

4. Substitutions

- A. Substitutions will only be allowed after scores have been made.
- B. An unlimited number of substitutions will be allowed.

5. Overtime

- A. If after regulation play has been completed a winner cannot be declared a 5 minute overtime will played to determine a winner. Overtime will not be sudden death. Overtimes will continue to be played until a winner can be determined.

III. Game Play

1. Objective

- A. The objective is to score 11 points within the allotted match time.

2. Game Play

- A. Whenever there is a pull or a change of possession, the disc must be tapped in by touching the disc to the ground AND yelling “disc in”.
- B. The game will be played with a tournament regulation 175 gram Ultrastar.

2. The Pull

- A. At the beginning of each game all players must line up on opposite ends of the field within the end zone they are defending.
- B. To start play, the pulling (throwing) team will raise their hand to signal the start of the pull, the receiving team must raise their hand to signal being ready for the pull.
- C. During the pull a disc that lands in the field, must be played where it lies. If it lands in bounds, but rolls out, it must be played where it went out of bounds. If the disc lands out of bounds, it can be played anywhere on the line it went out. If the disc goes past the end zone, it is played at the 10 yard line.
- D. Discs that contact any member of the receiving team, intentional or unintentional, will remain in the possession of the receiving team and will be played from where the disc lies.

3. Player Conduct

- A. No physical contact or attempts to make physical contact with opponents will be allowed. Picks, screens, and double teaming are also prohibited.
- B. Fouls will be called when a player unintentionally initiates contact with another player. If a foul occurs disrupting a fair completion/possession, play will be replayed from where the disc was thrown.
- C. If the player accused of committing the foul disagrees with the call the two teams will discuss the infraction and come to an agreement. If no agreement can be reached play will continue from the last legal possession.
- D. Players making voluntary and intentional physical contact with an opposing player will be ejected from the match and their team must play the remainder of the match with one less player.

4. Disc Movement

- A.** The disc may be advanced in any direction through completing passes to teammates.
- B.** Once caught, the player making the catch (if carrying momentum) will be allowed a few steps. Players may not run with the disc.
- C.** If a player in possession of the disc travels (moves pivot foot) their team will lose possession of the disc at that spot.
- D.** The player in possession of the disc has a stall count of 10 to throw the disc. The defending player must be within arm's length in order for the count to be legal and must count aloud and at a reasonable speed.

5. Change of Possession

- A.** In the instance of an incomplete pass the defense will get immediate possession of the disc in the spot where the disc lies.
- B.** Before play resumes from out of play discs and changes of possession, not from an interception, the player initiating play must check the disc in play by tapping the ground with the disc.
- C.** Should a change of possession occur, not from interception, in the offensive team's end zone the defense will gain possession of the disc, and this will result in a point.

6. Honor System

- A.** The rules governing Intramural Ultimate Frisbee will be dictated by the players involved. If an infraction occurs and an agreement cannot be reached play will progress from the last legal possession.

7. Scoring

- A.** Teams will score 1 point by attaining possession of the disc in their opponent's end zone.
- B.** After each score the defending team will walk to the other end of the field and await the scoring team's pull.