Intramural Ultimate Frisbee
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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.

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.
   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, without pockets (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 ½ 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 law, 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. Games will consist of two 20 minute halves with a continuously running clock. The clock will only stop for injuries.

2. Mercy Rule
   A. If a team creates a lead of 10 or more anytime after the end of the first half, the mercy rule will be enacted and the game will be declared complete. If, halfway through the second half, a team is ahead by 7 or more the game will be considered complete.

3. Time-Outs
   A. No Time-Outs will be awarded during either half.
4. Substitutions  
   A. Substitutions will only be allowed after scores, when a disc goes out of bounds, during injury Time-Outs, or at the start of each half.  
   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 as many points as possible within the allotted match time.  

2. The Pull  
   A. At the beginning of each game all players must line up on opposite ends of the field within the goal 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. Discs that, during the pull, go out of play out of the back of the end zone will be put into play by the receiving team will get possession of the disc at the front of their end zone and must initiate play by tapping the ground with the disc.  
   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 the spot they contact the ground.  

3. Player Conduct  
   A. No physical contact or attempts to make physical contact with opponents will be allowed. Picks and screens 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 resume as if possession were retained.  
   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.
Disc Movement
A. The disc may be advanced in any direction through completing passes to teammates.
B. Once caught, the player making the catch is allowed 2 steps. Players may not run with the disc.
C. If a player in possession of the disc takes more than 2 steps their team will lose possession of the disc at that spot.
D. The player in possession of the disc has ten seconds to throw the disc. The defensive player guarding the player in possession of the disc will count the 10 seconds, the player must be within arm’s length in order for the count to be legal and must count aloud.

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 made contact with the ground.
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 immediately put the disc in play from the spot of the turnover or move to the goal line and put the disc in play. Once a player makes a motion initiating a throw they must remain in that spot to put the disc in play.

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.

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 teams pull.