



Florida Southern College Intramural Ultimate Frisbee Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry is not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

Weather Cancellation

In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day's first game. Teams should not **assume** that games are cancelled. The Office will try to contact captains if games have been cancelled. We will also post information on our Facebook page "FSC Intramural Sports" or intramural website. The office will also try to send emails out to all captains before the game is supposed to start. Games will be postponed for the following weather related reasons:

- Lightning. All outside activities will be cancelled when lightning is seen or thunder is heard. We will wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- Tornado/hurricane watch or warning is issued for the Lakeland area.
- When rain or hail makes an outside field unsafe.

If a contest is postponed due to weather, the Assistant Director will attempt to reschedule the game.



Captains

Each team shall designate to the Supervisor or Scorekeeper the team captain or captains. The captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural manager's packet.

Object

The object of the game is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone that team is attacking.

The team with the most points at the end of the game is declared the winner.

The Game

The playing field will be at Callahan Field.

Two teams of six (6) players each compete. Teams may begin with as few as four (4) players.

The game shall be played in two 16-minute halves. The clock will run continuously except on player and supervisor time-outs.

Timeouts

Each team will be allowed three (3) time outs per game. A team must be in possession of the disc in order to request a time-out during play. Either team may request a time-out after a goal and before the ensuing throw-off.

Scoring

A team scores when a team member catches the disc in the end zone. Goals scored count for one point.

Equipment

A disc will be provided by Intramurals. If both captains agree a different disc may be used for the game.

Players must wear like-colored shirts and of contrasting color to opposing team.

If necessary, the supervisor will designate which team will change or wear pennies. Hats, jewelry, and hard casts/splints are prohibited from being worn during intramural ultimate Frisbee. Players must have non-marking athletic shoes. Baseball style hats, hooded sweatshirts, or any other headgear with a knot.

Substitutions

Substitutions are allowed only after a score or during time outs.

Mercy Rule

If a team is up by 10 with 5 minutes left or if either team is up by 20 anytime in the second half, the game will end.

Forfeits

If one team has insufficient number of players properly checked-in at game time then the grace period is enacted. The team ready to play will receive one point every minute until the game can legally begin. The game will be declared a forfeit after 10 minutes (Forfeit Score: 10 – 0)

The Game

Winner of the pre-game **coin toss** shall have the choice of **receiving the throw-off or defending a goal**. Teams shall alternate these at the beginning of the second half.

Play begins with a **throw-off**, likewise after each score. All players on throwing team must be on or behind their own goal line until the disc is released. Receiving team only has to be behind the end zone line when the Frisbee is released. A member of the throwing team throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it. The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the throwing team gains possession at the point where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped. If the disc goes out of bounds (end line and/or sideline), the receiving team makes the immediate decision of having the disc thrown off again or gaining possession at the point the disc went out-of-bounds. After each goal, the scoring team shall put the disc into play by throwing-off to the team scored upon.



The team that has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any manner or direction s/he wishes. **The disc may never be handed from one player to another.** In order for the disc to go from one player to another, it must at some time be in the air.

Players may **not walk, run, or take steps while in possession of the disc.** A player catching a pass is, however, allowed **three momentum steps if they're in motion (Quickly in possession)** before passing it on. The player in possession may **pivot** on one foot, as in basketball. The defender may **not be closer than three feet (Arm and disc length)** from the player in possession. Any other Defense player must be at least 7 feet away.

The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand. If the disc is dropped by the thrower without interference by a defender, a turnover results. If the disc is **simultaneously caught**, the offense retains possession.

The **defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds.** Any member of the team gaining possession of the disc may throw it. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.

Any one player may not be in possession of the disc for more than **10 continuous seconds.**(Marker, see description)

Any time a **team gains possession in the end zone which they are defending,** the player immediately chooses to resume play where the disc is stopped, or at the goal line. A player may carry the disc up to the goal line. However, the player may not pass the disc during the approach to the goal line

A **disc thrown out-of-bounds** will result in a turnover and will be marked at the point where the disc went out-of-bounds.

A player must have **at least one foot in-bounds when making a catch** near the boundary line or end zone (**the line is out**). If momentum carries a player out-of-bounds on a successful catch, that player must return to the field of play (within one step from sideline) to put the disc back into play.

A goal is scored when an offensive player lands in-bounds with either foot in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. A player in possession **may not score by running into the end zone** (even on momentum steps). The team that scores receives one point.

Officials

Ultimate Frisbee is a non-officiated sport. There will be an intramural staff member on the field if any participants have questions. The intramural staff member will also be there in case any sportsmanship issues come on. This staff member will not be making calls but will be on the field if anything happens. The F.S.C. intramural supervisors will be at each game to start the game and handle any problems. The games are to be **self-officiated**.

GENTLEMAN'S RULES APPLY. You are advised to make the call between the players on the field. If both captains are on the field then they should be the one's handling the issue. If there are any questions about rule enforcement or interpretation the supervisor will make the final decision based on the rules. The supervisor shall also make decisions on any points not specifically covered in these rules.

Fouls

Only the player that is fouled may call a foul. No other teammate may call a foul for the other player.

A **foul** is any unnecessary or excessive physical contact. Fouls by offensive players result in a turnover; the offense retains possession on fouls by the defense.

If a foul occurs during a pass attempt and the pass is completed, then the foul is **automatically declined** and play proceeds without stopping.

Contact occurring during the follow-through (after the release) is not sufficient grounds for a foul.

Players must play the disc, not the opponent. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul; violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be strictly avoided. **Picks are illegal and can be called by a player yelling "Pick" or "Foul".**



Unsportsmanlike conduct and excessive or flagrant contact will not be tolerated. You may be ejected (out of site and sound) by the supervisor with or without warning. Teams will be graded by the supervisor (sportsmanship scale) – see the manager’s packet for details.

If a team earns an “1” the captain must meet with the Assistant Director of Wellness before the team can play their next game.

Ejections

If a player is ejected the team will play short for the remainder of the game. Any player that is ejected must meet with the Assistant Director of Wellness before they can play ANY Intramural Sport

Overtime

Overtime will only be used in the playoffs. Regular season games will end in a tie.

If a game is tied at the end of regulation playing time, sudden death overtime will determine the winner. The first team to score a point shall be declared the winner.

The winner of the coin toss will have the option of receiving or making a throw-off. Losing team (coin toss) decides what end they want to defended during the second half of regulation play. Unused time-outs from the game will carry over (no additional time-outs will be awarded).

Jewelry

Captains will be given a warning before the game that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!

If after that a players is caught with jewelry - both team captains will get another warning and the specific player is subject to sport specific punishments (out, technical foul, etc). If caught with jewelry the player must leave the field to remove the jewelry. Play still resumes. Once the jewelry is off they must enter the field at the halfway line. They may not enter the field until a dead-disc situation.

If after the 2nd warning any player that is caught with jewelry, that team will receive a forfeit for that game.

CoRec Modifications

Minimum # starters is 4 = (2 male/2 female)

Maximum # 6 = (3 male/3 female), (3 female/2 male), (4 female/2 male) or (3 male/ 2 female)

THERE IS NO LONGER A POINT DIFFERENCE FOR MEN'S AND WOMEN'S SCORES. ALL GOALS ARE ONE POINT!

Quick Tips

Thrower

The offensive player who is in control of the disc at any given time

Marker

The player covering the thrower is considered to be the marker. This player is responsible for upholding the 10 second rule by counting to 10 in 1 second intervals. This player must be 3 feet from the thrower. All other player covering the thrower must be 6 feet or more away unless covering another player.

Receiver

Player intended to catch the disc.

Defender

Player intended to cover the receiver

Misc.

A player is not to make contact with another player for any reason. Pushing off is illegal. A player bringing a disc inbounds must place his/her pivot foot inbounds before resuming play