Indoor Ultimate Rules  SPRING 2016

UPDATED JANUARY 2016

Rule changes/ additions are highlighted in gray

Click on the following links to visit specific areas of the rule book:

Section 1: General Overview
Section 2: General Procedures/Reminders
Section 3: Activity-Specific Rules
Section 4: REC*IT – Intramural Sports’ Mobile App

General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Indoor Ultimate is $25 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec Sports Service Staff</td>
<td>REC Information Counter</td>
<td>608-785-5225</td>
<td><a href="mailto:intramurals@uwlax.edu">intramurals@uwlax.edu</a></td>
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General Procedures/Reminders

Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. **No ID, No Play**
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. **Team Roster**
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. **No roster add sheets will be made available at the site of the contest.**

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. **Roster additions are allowed up until postseason brackets are published.**

3. **Apparel**
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. **Injuries/First Aid**
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. **Jewelry**
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. **Sportsmanship/Participant Conduct**
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. **Refunds**
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. **Team Names**
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. **Playoffs**
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. **Communication Efforts**
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

Indoor Ultimate is a non-contact activity. However, contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. Game Time
   GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. Game Set Up
   a. Courts
      - The field will be a rectangular shape with end zones at each end.
      - The brick mark will be at the singles lane on the closest tennis court (see diagram here).
   b. Officiating
      All contests are self-officiated. Players must act with honesty and in accordance to the rules at all times. In the event of a dispute, a designated member from an Ultimate Frisbee club team may be on-site to give an impartial final decision. If a club player is unavailable to aid in the resolution, the on-site supervisor will render the decision.

3. Participation
   a. Teams may play with seven (7) players at a time.
   b. A team may start with as few as five (5) players.
   c. If a team is reduced to less than five players at any time during the contest, a default will result.
   d. Due to an odd number of participants, Co-Rec teams will use the advantage scheduling. The gender with “advantage” will be permitted to have a 4:3 ratio. Each week the advantage will switch genders.

<table>
<thead>
<tr>
<th>Week</th>
<th>Fall Advantage Schedule</th>
<th>Spring Advantage Schedule</th>
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<tbody>
<tr>
<td>1</td>
<td>Male Advantage</td>
<td>Female Advantage</td>
</tr>
<tr>
<td>2</td>
<td>Female Advantage</td>
<td>Male Advantage</td>
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<tr>
<td>3</td>
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<td>4</td>
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<tr>
<td>5</td>
<td>Male Advantage</td>
<td>Female Advantage</td>
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</tbody>
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   Championship: Female Advantage
   Semifinals: Male Advantage
   Quarterfinals: Female Advantage

   e. Each team must have a minimum of two (2) females and two (2) males in the game at all times.

4. Eligibility
   a. Sport Club Athlete
      - Two (2) male and two (2) female members of the 2015-16 Men’s or Women’s Ultimate club competitive rosters may play on a team.
      - There are no restrictions on the number of previous club players per team, or non-due paying participants that attend practice.

   *If any of the eligibility rules are broken and an ineligible player plays in a contest, that contest will be forfeited and that player will be removed from that team’s roster.*
Playing the Game

5. Game Overview
   a. A game consists of two (2) 15-minute halves with a 3-minute halftime.
   b. A running clock will be used and will only stop for injuries and timeouts. The on-site supervisor will keep the official game time.
   c. The clock will stop on all scoring plays within five (5) minutes left in the game and will resume as the disc is released from the puller’s hand.
   d. An initial flip of the disc will determine the initial pull.
   e. The second half begins with an automatic reversal of the initial pull.
   f. A 40-second play clock will be used for a team after each score.

6. Scoring
   a. A team scores when crossing the goal line into the end zone.
   b. The Intramural Supervisor will keep the official game score.

7. Mercy Rule
   The game will end if a team is up by five (5) or more points with two minutes or less remaining in the game.

8. Overtime – Regular Season
   a. The overtime period will consist of a 5-minute running clock period.
   b. An initial flip of the disc will determine the initial pull.
   c. One (1) 30-second timeout will be awarded to both teams for the overtime period.
   d. If neither team is ahead after the 5-minute overtime period, the game will be declared a tie.

9. Overtime – Playoffs
   a. If an initial overtime period ends in a tie, a second untimed overtime period will begin with a “sudden victory” format.
      • Play will continue until one team scores.

10. Timeouts
    a. Teams are permitted to call one (1) 30-second timeout per half. Unused timeouts from the first half do not carry over to the second half.
    b. Timeouts may be called by either team after a score and prior to the ensuing pull.
    c. During play, timeouts may only be called by the player in possession of the disc.
    d. During a stoppage of play/change in possession, any player on the field may call a timeout.
    e. When play resumes after a time out, the stall count is continued from where it was when time-out was called.

11. Substitutions
    Substitutions may be made during any stoppage period (after a score, during a time out, between halves, or to replace an injured player).

12. The Pull
    a. Teams must line up in their end zone and remain there until pull has left the throwers hand.
    b. If a member of the receiving team touches the disc during flight of the pull and fails to catch it, the receiving team loses possession of the disc at the point of the contact.
    c. A pull that lands in the end-zone is played where it lands.
    d. A pull that flies out of the end-zone goes to the brick mark.
    e. If pull hits inside end zone and slides/rolls out, it goes to the front of the end zone.
13. Offense
   a. The disc may be advanced in any direction by completing a pass to a teammate.
      • The thrower has ten (10) seconds to release the disk.
   b. Prior to releasing a throw, the thrower must establish a pivot foot and may not change
      that pivot foot until the throw is released.
   c. One (1) foot needs to be inbounds to be considered a catch.
      • Momentum can carry a receiver out of bounds, however he or she must then return to
        the field where they left, and continue play.
   d. Simultaneous catches by the offense and the defense are awarded to the offense.
   e. After a goal, the teams switch their direction of attack and the scoring team pulls.
   f. A player cannot score by running into the end zone with the disc.
   g. Should a receiver’s momentum carry him/her into the end zone after gaining possession,
      the receiver must carry the disc back to the closest point on the goal line and put
      the disc into play from there.

14. Defense
   a. Only one player may guard the thrower at any one time; that player is the “marker.”
      • The marker may not straddle the pivot foot of the thrower.
   b. There must be at least one disc’s diameter between the bodies of the thrower and
      the marker at all times.
   c. The marker cannot position his/her arms in such a manner as to restrict the thrower
      from pivoting.

15. Stall Count
   a. Stall count is the period of time within which a thrower must release a throw.
   b. A player in possession of the disc has 10 seconds to release a throw.
   c. The marker must be within 10 feet of the person with the disc before beginning the
      stall count.
   d. The stall count consists of the marker counting to 10 audibly at one second intervals
      • EXAMPLE: “Stalling one, two, three . . . .”
   e. If the thrower has not released the disc by the count of 10, a turnover results.
      • If this call is disputed, the thrower gets the disc back with the stall count coming
        in at “Stalling 8 . . . .”
   f. If the defense switches markers, the new marker must restart the count at one.

16. Change of Possession
   a. When a pass is not completed, the defense immediately takes possession of the disc
      at the point where disc stops rolling and becomes the offense.
   b. If a team gains possession in the end-zone which it is defending, the player taking
      possession must carry the disc directly to the closest point on the goal line and put
      the disc in play from there.

17. Foul and Violations
   a. When an infraction (a foul or violation) occurs:
      • The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
      • A player called for an infraction may contest that call (by loudly calling “contest”),
        if that player believes that he or she did not commit the infraction.
      • After a contested call, play stops and all players remain stationary until the parties
        involved have resolved the call.
      • If a call is not disputed, play resumes in a way simulating what most likely would
        have occurred without the infraction.
      • EXAMPLE:
        ➢ If a thrower was fouled while throwing and the pass was incomplete, the thrower
          gets the disc back with a new stall count, or
        ➢ If a receiver is fouled on a reception attempt and the pass is incomplete,
          the receiver gets the disc at the point that the foul occurred.
      • If a call is disputed and the players cannot come to a resolution, the play is redone
        with each player returning to the position s/he occupied when the disputed
        infraction allegedly occurred.
b. Infractions include:

- Foul: Contact between opposing players.
- Fast count: When the marker counts at intervals of less than one second.
- Double-team: When more than one defensive player is guarding the thrower within 10 feet.
- Disc space: If the marker touches or is less than one disc diameter away from the thrower.
- Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: When a defensive player knocks the disc out of a thrower’s hands.
- Pick: Obstructing the movement of a player on the opposing team.

The Playing Surface

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

New to 2015-16, users can now create and pay for teams and add themselves to rosters! Anything you can do on IMLeagues you can now do straight on your smartphone via REC*IT!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

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Follow us on Twitter
@UWLRecSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu