Department of Recreational Sports | Intramural Sports
2017-18 Ultimate Frisbee Information Sheet

Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall or consulting our Participant Policy and Procedure Manual.

**Key Dates (tentative and subject to change)**

- Regular Season Starts: Friday, March 16th
- Regular Season Ends: Sunday, April 8th
- Playoff Brackets Posted: Wednesday, April 11th
- Playoffs Begin: Friday, April 13th
- Championship Night Presented by Foxridge: Sunday, April 29th

**Rules of the Game**

1. **The Game**
   a. The object is to throw the disc from one team member to another traveling the length of the field and obtaining the disc in your opponent’s end zone.
      i. The disc may not touch the ground. A disc that touches the ground either by a missed catch or an opponent knocking it away will result in loss of possession and the defensive team will then be entitled to the disc.
      ii. When a disc hits the ground and rolls, a team may play the disc from either where it originally hit or where it is picked up.
      iii. The defensive team may attempt to catch or knock down a disc as long as no contact is made with the opponent.
   b. A game shall consist of 7 players. In CoRec, a team shall have 3 of one sex and 4 of the other.
   c. A game must begin with 4 players, but it may continue if injuries, ejections, or other problems force them below 4 players. In Corec, a team must begin with 3 of one sex and 3 of the other.
   d. Substitutions may be made after a score or to start an overtime period.
   e. A coin toss will determine who starts the game with the disc. The winner of the coin toss shall choose:
      i. To receive the disc
      ii. To defend a side
   f. All games will be 50 minutes in length.
   g. There are no timeouts.
   h. In CoRec, a female who is involved in a score, either throwing for a score or making a score, will count for 3 points. All other scores will count for 2 points.
   i. During regular season play, all games ending in a tie will remain a tie.
   j. Games will be self-officiated by the players but a supervisor will be present to settle any issues that arise.

2. **Pulls**
   a. A game will begin with a pull taken by the team determined from the coin toss. The pull is taken from the pulling team’s end zone.
   b. A pull consists of one player on the pulling team throwing the disc to the opposing team.
c. After a score, play will resume with a pull by the scoring team from their end zone.
d. Players on the pulling team must stay within their end zone until the disc is released; players on the receiving team must stand with one foot on their own goal line, without changing position relative to one another until the disc is released.
c. No player on the pulling team may touch the disc in the air until it has been touched by a member of the receiving team.
f. If a receiving player touches the disc then drops it, this results in a turn-over and possession goes to the other team.

3. Fouls
a. Any foul that happens to the thrower will result in a delayed foul penalty. If the throwing team loses possession, the foul will be assessed from the spot of the foul. If the play is successful, no foul will be called.
b. If the receiver is fouled, the play will result in possession for the team that was fouled, at the spot of the foul.
c. The thrower shall have 10 seconds to release the disc. The defender will conduct an audible 10-second count. The audible count must start at one (i.e., 1...stall...2...stall...3, and so on).
d. Defenders are responsible for contact made by the person throwing the disc. A defender must give a minimum amount of space equivalent to the frisbee’s circumference to the thrower.
e. Defenders cannot inhibit the movement of the offensive player. No screens or illegal contact will be allowed.
f. Double-teaming the thrower is not allowed.

4. Overtime Procedure (Playoffs Only)
a. A tie score at the end of regulation time during playoffs shall result in a 3-minute running clock overtime period with possession determined by a coin toss.
b. There are no time-outs in overtime.
c. If the score is still tied after the 3-minute overtime period a sudden death period shall be played.

5. Mercy Rule
a. If a Men’s or Women’s team is up by 4 points or if a CoRec Team is up by 10 points with 2 minutes remaining, the game shall end.
Sportsmanship

1. After each game, teams are given a sportsmanship rating by the officials, the scorekeeper, and the supervisor. The following rating system is used as a guideline for all sportsmanship ratings:

   “5”  Excellent Conduct and Sportsmanship – Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

   “4”  Good Conduct and Sportsmanship – Team members display minor disagreement or unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team wins by forfeit.

   “3”  Average Conduct and Sportsmanship – Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game.

   “2”  Below Average Conduct and Sportsmanship – Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

   “1”  Poor Conduct and Sportsmanship – Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited – other than by not showing – may receive a “1” rating.

   “0”  Team Disqualification – Player(s) or coach(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

2. Each week, all teams that maintain a 5.0 sportsmanship average are entered into a drawing for a sportsmanship award. The team receiving these awards will also have their picture posted on the Intramural Sports website.

3. Regular Season Situations:
   a. Teams must maintain a 3.0 average throughout regular season play to be eligible for playoffs.
   b. Teams that receive below a 3.0 average for any game will be contacted by the Intramural Sports Office.

4. Playoff situations
   a. If a team receives below a 3.0 average in a playoff contest, that team will be eliminated from playoffs.
   b. If neither team receives at least a 3.0 average, a double forfeit is declared and both teams are eliminated.

5. If a game is not finished due to any circumstances, the sportsmanship rating earned will stand.
6. The Department of Recreational Sports may impose additional penalties on players that are unsportsmanlike during regular season or playoff contests.
League Structure
1. All recreational division teams are eligible to play the full season in a round robin schedule.
2. Competitive division teams play the regular season in a round robin schedule. Following the regular season, these teams are placed into a single-elimination bracket.
3. All round robin results are posted on the website for teams to review.

Playoff Structure
1. All competitive division teams are eligible to advance to a single-elimination playoff if:
   a. The team maintains a 3.0 sportsmanship average during regular season games.
   b. The team does not forfeit a game without paying the Forfeit Reinstatement Fee ($20).
2. Recreational divisions are rescheduled into another round robin schedule.
3. Teams should check the brackets after 1:00pm the day following a playoff game.
4. Intramural Champion Shirts are awarded to the champions of the competitive bracket.

Eligibility
1. Any person who has purchased the Full Intramural Membership is eligible to participate in any team activity. The following persons are eligible to purchase memberships:
   a. Student or employees; individuals associated with Campus Ministry, VCOM, Vet Med; Visiting Scholars; CRC Employees, and Long Term Guests (except Dependents). Such persons are eligible until they withdraw from the University or fail to comply with eligibility guidelines.
   b. Alumni are not eligible to purchase the Intramural Membership unless they fall into one of the previous categories mentioned.
*All memberships may be purchased online. To complete your purchase of an intramural membership, you will be required to watch an online video presentation covering the basic policies of the program.
2. All players must show their valid VT Hokie Passport in order to play. No ID, No Play!
   a. Cards must be readable – unrecognizable pictures, names, or numbers may not be considered valid.
3. Participants may play for only one single-sex team and one CoRec or Open team (when offered).
4. Current varsity athletes may not participate in their sport or allied sport during the academic year. Former varsity athletes must sit out for one semester following their last varsity game before being eligible to play in their sport or allied sport (both summer sessions are considered one semester). No more than three varsity athletes (any combination of current or former athletes) may play on one intramural team.
   a. A varsity athlete is defined as anyone who is on a varsity athletic team roster during the academic year, anyone participating with a varsity squad in an attempt to make a roster, red-shirts, Proposition 48 students, and any scholarship player with eligibility remaining.
   b. Former varsity athletes are defined as anyone who was a varsity athlete (as defined above) at any time within the past five years beginning the semester following their last varsity game.
5. Sport Club members are allowed to participate in their sport or allied sport with a maximum of three total players per team roster (sport specific). For example, an intramural soccer team may only have three club soccer players but may have six members of the field hockey club. **Sport club members are defined as anyone whose name appears on the current year’s roster.**
6. Current or former professional athletes are ineligible to participate in their sport or allied sport.
7. Team captains are responsible for checking player eligibility for his/her teammates and the players of the opposing team. The Intramural Staff is not responsible for checking player eligibility but reserves the right to impose disciplinary action for players/teams discovered to have ineligible players.
8. Teams found to have one or more ineligible players, will forfeit all games in which the player(s) played.
   a. Teams will have until 5:00pm the next business day after discovered to pay the Forfeit Reinstatement Fee ($20) in order to remain in the league. If the fee is not paid by the deadline, the team will be removed from the league.
   b. If the player(s) correct eligibility issues (e.g., purchase the appropriate membership by midnight the 2nd day after participating), the team will be allowed to remain in the league. Ineligible players may be suspended from play in that sport’s gender classification (i.e., Men’s, Women’s, CoRec) for the remainder of the season.
9. As long as a game is ready to begin by game time, any participant who arrives after that time may participate provided they properly check in (see Roster Policy above).

10. Men/Women are required to play in their specific single-sex divisions when offered unless participating on a CoRec or Open team (e.g., no women in men’s division and vice versa).

Roster Policy

1. Players must check in for a game with Intramural Staff at their field/court for all games.

2. A player must present his/her valid Virginia Tech ID before participating.

3. Additions to the team roster can be made at any point throughout the season.
   a. If a player does not properly check in, he/she is not allowed to participate.
   b. Practice games do not influence team rosters – roster additions begin with regular season contests.

3. Roster Switches – after playing for a team, a player may choose to remove him/herself from a roster and participate on another team within the same league (i.e., Men’s Women’s, CoRec) anytime during the first three weeks of the season. After the third week of the season, rosters for both recreational and competitive division teams are locked. After rosters are locked, teams can still add players who are not currently on the roster of another team in the same league, but no players may be removed.

4. There is no limit to the number of players a team can on the roster, but teams winning a championship in their division will receive a maximum number of shirts.
   a. If the team has fewer players on the roster, the team will only receive shirts for the players on their roster.
   b. Extra shirts are available for purchase ($8.00/shirt) in the Intramural Sports Office.

Ejection Procedure

1. Players, coaches, or fans ejected from intramural contests must immediately leave the playing area if requested to do so by Intramural Staff.
   a. Failure to leave may result in forfeiture of the game.

2. Individuals ejected from intramurals should receive an email notification from the Intramural Sports Staff as well as a notification form from an Intramural Sports Supervisor on site. Ejected participants must contact the Intramural Sports Graduate Assistant(s) within 14 days of the ejection.
   a. Failure to do so may result in referral to Virginia Tech’s Office of Student Conduct.
   b. Ejected participants are suspended from participating in all intramural programs and from the use of recreational sports facilities until having met with the Intramural Sports Graduate Assistant(s).
   c. An ejected individual found to be playing with an intramural team prior to meeting with the Intramural Staff may result in loss of intramural privileges for the duration of the academic year.
   d. Self-imposed punishment is not accepted.

3. Ejection meetings are structured around open dialogue to ensure all points of view are represented before any outcome is decided. Therefore, it is in the ejected individual’s best interest that the meeting is conducted in a timely fashion.

*More information on the ejection process can be found in the Participant Policy and Procedure Manual.*

Forfeits

1. Teams must have the minimum number of players required to start a game.
   a. If a team does not have the required number to start, a 10-minute grace period will begin. A team must have the required number of players by the end of the grace period or that team will forfeit the game.
   b. If neither team has the necessary number of players, the game will be recorded as a double forfeit.

2. A team that forfeits during regular season play has until 5:00pm the 2nd business day following the game to pay the Forfeit Reinstatement Fee ($20) online. If the fee is not paid by that time, the team will be eliminated from regular season play. The team will be replaced with a team from the waiting list or replaced with another team wishing to play an extra game. If there is not a waiting list, open spots will be filled on a first come, first served basis by contacting teams through Twitter/Facebook or e-mail.
3. A forfeit during the playoffs eliminates the forfeiting team from further competition.

**Protests**

1. Eligibility Protests
   a. If a team wishes to protest player eligibility, the captain is responsible for notifying a supervisor.
   b. Following an eligibility protest, the game will be played as normal. The Intramural Staff will rule on the protest the following business day and notify both teams of the outcome.

2. Rule Misapplication or Misinterpretation Protests
   a. Judgment calls cannot be protested.
   b. If a team wishes to protest a rule application or interpretation, the captain must notify the Intramural Supervisor immediately, before the continuation of play. The team captain should refuse to continue play until the supervisor arrives and makes a ruling regarding the protest.
   c. If the team captain disagrees with the supervisor’s protest ruling, the team captain should immediately inform the Supervisor that the contest is being played under protest. In that situation, the Supervisor will record all necessary information (e.g., score, ruling, date, time, site number, time remaining in the contest) and file a report with the Coordinator of Intramural Sports.

**All protests must be filed in writing by the protesting team captain within one hour of the incident and accompanied with the Protest Fee ($10). See the Participant Policy and Procedure Manual to find the Protest Form.**

**Inclement Weather & Cancellations**

1. Decisions concerning game status are made before 4:00 pm daily.
2. All decisions made after 4:00 pm are made by the supervisor on duty at the activity site.
3. For the most current game status, follow us on Twitter/Facebook (@VTIntramurals)
4. Games cancelled during regular season play will not be rescheduled (unless circumstances permit). The Intramural Sports Office will notify team captains/co-captains if games are rescheduled via email once rescheduling has been completed.

**Responsibilities of the Captain**

1. Know rules, schedules, and program policies... and pass information along to all team members.
2. Have team members properly check in prior to the scheduled start time with their valid VT Hokie Passport.
3. Encourage sportsmanship with all team members.
4. Act as team representative when discussing rule interpretations and player eligibility with Intramural Staff.
5. Select one MVP from the opposing team following each game.

**Equipment**

1. Teams are required to bring a white shirt/jersey and a dark-colored shirt/jersey to all games.
   a. The dark-colored shirt/jersey must be a similar shade of color for all team members.
   b. Opposing teams are not allowed to wear similar colors during the game.
   c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will forfeit the game.
   d. Teams playing flag football, 9-on-9 soccer, 5-on-5 basketball, and softball are required to have one- or two-digit whole numbers on their shirt/jersey for administrative purposes.
      i. Player numbers must be distinct from other team members.
      ii. Numbers must be clearly visible from a distance of 10 yards.
      iii. Taping numbers is not allowed.
2. Due to safety risks, all jewelry – except medical alert items – must be removed before play.
   a. Taping over jewelry is not an acceptable alternative to removing jewelry.
   b. If a Supervisor suspects a team member has taped over jewelry, the team member may be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play.
3. Casts (above or below the waist) and braces (above the waist) are not allowed.