Virginia Tech Department of Recreational Sports
Ultimate Frisbee Information Sheet

A. Welcome, Introductions, and Overview
Congratulations to you and your team 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!

B. Key Dates (dates are tentative and subject to change)
1. Regular Season Starts: Friday, March 17th
2. Playoff Conflict Sheets Due: Wednesday, April 5th (by 5pm online)
3. Regular Season Ends: Sunday, April 9th
4. Playoff Brackets Posted: Wednesday, April 12th
5. Playoffs Begin: Friday, April 21st
6. Championship Night Presented by Foxridge: Sunday, April 30th

C. 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 2 of one sex and 2 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. Foul
   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.
D. Sportsmanship

1. After each game, teams are given a sportsmanship rating by the officials, the scorekeeper, the opposing team captain, 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” or below. Forfeiting teams 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.

**Please help us make this system work by giving appropriate ratings.**

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 and replaced by the opposing team (provided the other team receives at least a 3.0 average).
   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.
E. Ejection Procedure

Any player, coach, or fan ejected from an intramural contest for any reason must immediately leave the playing area if requested to do so by Intramural Staff. Failure to leave may result in forfeiture of the game by the team associated with the ejected person. Full cooperation with the Intramural Staff is strongly encouraged by ejected persons in order to insure a smooth reconciliation of the situation and safety for everyone.

Any ejected individual 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 date. Ejected participants who do not contact the Intramural Sports Graduate Assistant(s) within this time frame may be referred to Virginia Tech’s Office of Student Conduct. Ejected participants are temporarily suspended from participating in all Recreational Sports programs and from the use of recreational sports facilities until having met with the Intramural Sports Graduate Assistant and disciplinary action has been determined. Self-imposed punishment will not be accepted.

The Intramural Sports Graduate Assistant(s) handle all ejection meetings. The Intramural Sports Coordinator may attend meetings as an observer but decision regarding disciplinary outcomes are made at the discretion of the Graduate Assistant(s). It is the responsibility of the ejected participant to contact the Graduate Assistant as explained in the ejection notice. The Graduate Assistant(s) will schedule a meeting within 3 business days once contacted by the participant.

- If a Graduate Assistant is unable to meet with the ejected individual, the Intramural Sports Coordinator will conduct the meeting.
- If a situation arises in which the Graduate Assistant(s) or Coordinator are unavailable, the meeting will be scheduled for the first date one of the three is available.
- The Assistant Director of Intramural Sports and Technology will handle all appeals.

Meetings are structured around an open dialogue to ensure all points of view are represented before outcomes are decided. Therefore, it is in the ejected individual’s best interest that the meeting is conducted in a timely fashion. An ejected individual found to be playing with an intramural team prior to meeting with the Intramural Staff results in removal of the team from further participation in the league and possibly additional outcomes for that individual.

**All one-game suspension decisions are final and may not be appealed. Disciplinary action given beyond a one-game suspension may be appealed to the Assistant Director of Intramural Sports and Technology. If an individual is still not satisfied, he/she may appeal to the Director of Recreational Sports.**
F.  League Structure

1. Leagues consist of 6 teams and a three week round robin schedule. All teams are placed into a playoff tournament based upon the team’s win-loss-tie record provided all playoff requirements are met.

2. The following point system are used to determine the place your team finishes in the league:
   a. Win = 3 points
   b. Tie = 1 point
   c. Loss = 0 points

3. If a tie exists at the end of regular season play, the following tie-breaking system is used:
   a. Records in head-to-head competition
   b. Total Scores - Total Scores Allowed = Total (the team with highest total wins tie)

4. All round robin results are posted on the website for teams to review.

G. Forfeits

1. Teams must have at least 6 players (Men’s, Women’s, and CoRec) to begin a game.
   a. In CoRec there must be at least 3 members of each gender.
   b. 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.
   c. 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 waiting list, open spots will be filled on a first come, first served basis by contacting teams through Twitter/Facebook.

3. A forfeit during the playoffs eliminates the forfeiting team from further competition.

H. Roster Policy

1. Fifteen minutes before the contest is scheduled to start, players should find the scorekeeper at their field/court to sign in for the game. Players must present a valid Virginia Tech ID before participating.

2. Additions to the team roster can be made at any point throughout the season.
   a. Players must check in by presenting a valid Virginia Tech ID to an Intramural Staff member.
   b. When a player properly checks in, he/she is automatically added to the team roster.
   c. If a player does not properly check in, he/she is not allowed to participate.
   d. Practice games do not influence team rosters – roster additions begin with regular season contests.

3. Roster Switches – An individual may be removed from a roster so he/she can play for a different team within the same league (i.e., Men’s, Women’s, CoRec).
   a. The player has 7 days from the time he/she plays with the first team to sign in for another team. After 7 days, an individual cannot be removed from a team.
   b. Prior to the 7th day, he/she only needs to sign in to a game for the new team and verify with an Intramural Supervisor that he/she wishes to be deleted from the first team’s roster.
   c. The player may call the Intramural Sports Office to be removed from a team prior to the 7th day.
   d. A player may only remove himself/herself once per league for each sport.

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.

I. Playoff Structure

1. All teams (even those that have lost every game) advance to a playoff tournament at the conclusion of round robin play if they meet the following criteria:
   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. Teams are divided into playoff classes as follows:
   a. 1st through 3rd place teams in a round robin to Advanced (A) playoffs
   b. 4th through 6th place teams in a round robin to Beginner (B) playoffs
   **Note: playoff classification may be adjusted by the Intramural Sports Staff.**
3. If a team prefers to be placed in the “A” bracket, the team may request it on the Playoff Conflict Sheet. Teams may not request the “B” bracket. **All requests may not be honored.**
4. Playoffs are single-elimination tournaments.
5. **Teams should check the brackets after 1:00pm the day following a playoff game.** Game times will not be given out over the phone, please do not call the Intramural Sports Office for game times.
6. Intramural Champion Shirts are awarded to the champions of Advanced bracket. Beginner bracket winners receive an Intramural Sports shirt.

J. 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. The “No ID, No Play” policy is in effect.
   a. Participant must present a valid Virginia Tech ID card to play.
   b. ID cards must be readable and in proper condition. Cards with unrecognizable pictures, names, or ID numbers will 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 official 2013-14 sport club roster on file.**
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 or CoRec) for the remainder of the season.
9. Random eligibility checks by the Intramural Sports Supervisor may be done on a nightly basis.
10. 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).
11. 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).

K. Protests
1. Eligibility Protests
   a. In all ultimate frisbee contests, eligibility protests must be lodged prior to the start of the second half.
   b. The team captain is responsible for notifying a supervisor. **The team captain should refuse to continue play until a supervisor arrives at and makes a ruling regarding the protest.**
   c. A supervisor will hear the protest and then explain the protest to the opposing team captain.
   d. If the player(s) in question is/are removed from the game, no further penalty is required.
   e. If the player(s) in question play(s) after that point in the contest, the Coordinator of Intramural Sports will rule on the protest the next business day.

2. Rule Misapplication or Misinterpretation Protests
   a. **Judgment calls cannot be protested.**
   b. If a team captain wishes to protest a rule application or interpretation, he/she must do so immediately before the continuation of play.
   c. The team captain is responsible for notifying a supervisor.
   d. **The team captain should refuse to continue play until the supervisor arrives and makes a ruling regarding the protest.**
   e. 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 at which point 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 with the Intramural Sports Office by 12:00 noon the day following the incident and accompanied with the Protest Fee ($10) for each player eligibility or rule interpretation under protest.**

L. Game Locations and Parking
1. All games are played at the South Recreation Area (SRA) fields.
2. All participants are encouraged to park in properly marked university spaces to avoid being ticketed.

M. Inclement Weather/Cancellations
1. Decisions concerning game cancellations are made before 4:00pm on the day of play or as weather conditions dictate. All decisions made after 4:00pm are made by the supervisor on duty at the activity site.
2. For game status decisions, please call the Intramural Sports Hotline at 231-6060 or follow us on Twitter/Facebook.
3. All 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.

N. Responsibilities of the Captain
1. Captains are required to view the online captains’ meeting video by Monday at 5:00pm following the week of registration.
2. Inform players of game time and location.
3. Notify team members of eligibility policies before the season begins.
4. Have team members properly check in prior to the scheduled start time.
5. Provide IDs for the supervisor if randomly selected for eligibility check.
6. Encourage sportsmanship with all team members.
7. Act as the team representative when discussing rule interpretations and player eligibility with Intramural Staff.
8. Know rules, schedules, and policies of the intramural program and pass information along to all team members.
9. Remind team members that the use of any tobacco product by active participants is not permitted and the use of alcohol by participants and spectators before or during a game is never permitted.
10. Complete and submit online Playoff Conflict Sheets.
11. Provide Coordinator of Intramural Sports with feedback about program through activity assessment survey.
12. At the end of the game, name one MVP from the opposing team and rate the opposing team’s sportsmanship.
13. Review team records on the web page and notify the Intramural Sports Office immediately if there is any discrepancy with what is posted.

O. Responsibilities of Team Members
1. Show a valid Virginia Tech ID and when checking in for each contest.
2. Arrive and sign in 10-15 minutes prior to the scheduled start time to ensure contests begin on time.
3. Return any Intramural Sports Equipment checked out for practice or warm-up.
4. Clean up any trash or equipment before you leave at the end of each contest.

P. Equipment
1. Teams are required to bring a white team shirt/jersey and a dark-colored team shirt/jersey to all team contests (teams are not allowed to wear black shirts for soccer since referees will be wearing black).
   a. The dark-colored shirt/jersey must be the same 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 default 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. Each team must have a distinct number from other team members.
      ii. Numbers must be at least 6 inches in height and must be clearly visible from a distance of 10 yards (i.e., no black numbers on a navy shirt/jersey).
      iii. Taping numbers is not allowed. We suggest purchasing a Black Magnum Sharpie and a White Paint Marker to write on your numbers if you are making your own shirts/jerseys
2. All jewelry except medical alert bracelets must be removed before play.
3. Taping over jewelry is not an acceptable alternative to removing jewelry.
   a. If a supervisor suspects a team member has taped over jewelry, the team member will be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play. Players wearing jewelry will be penalized according to sport rules.
   b. This policy is strictly enforced – jewelry poses a safety risk for the player wearing jewelry and others.
4. Cleats are acceptable as long as they do not have metal spikes.
5. Intramural Sports frisbees must be used in the games. However, teams may bring their own balls or checkout items from Intramural Staff for practice.
6. No casts are allowed. No pads or braces are allowed above the waist.
7. Knee braces made of hard, unyielding material are not allowed unless covered with at least ¼ inch of closed-cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties (such as the Lenox Hill Sport sleeve or a Neoprene sleeve).
8. Any mistreatment of the Intramural Sports Equipment may result in an automatic ejection.

Q. Questions
1. Call the Intramural Sports Staff at 231-8297.
2. Email recsports@vt.edu.
3. Visit the Recreational Sports Administration Office in 135 War Memorial Hall.