

MIT INTRAMURALS

ULTIMATE FRISBEE RULES

Eligibility

All team members must have a current DAPER membership and be either:

- A MIT undergrad or grad student who is registered for the semester
- A member of the Staff, Faculty, Instructors, Lecturers or Post Docs
- A member of MIT Alumni Club of Boston (MITCOB) who is registered with DAPER
- A spouse or partner of any eligible player who has an active DAPER membership

Varsity/Club Sport Eligibility

After gaining permission from their coach, members of MIT club or varsity teams may ONLY compete in the highest level league offered (ie B league if no A league is offered) in the same sport as their varsity/club sport. These members are eligible to participate in any B or C League as well as any A League of a sport different from their varsity or club. In the event that only 1 general league is offered for the IM sport, then varsity and club sport members are ineligible to compete in the same sport as their varsity/club sport.

IM participants may only compete on one team in each league per sport. Roster changes may be made up to the start of playoffs. During this time, players may join, quit, or switch teams. Once playoffs begin, rosters will be locked.

Leagues

Here are basic descriptions of levels of skill and competition within each league. Leagues may be combined or split at manager's discretion. Champion t-shirts are awarded to A & B Leagues. See 'Number of Players' section for how many t-shirts will be awarded.

A – Open to men and women with no male-to-female ratios. Experienced players who may have been playing together for some time

B – Open to men and women with no male-to-female ratios. Majority of team has played the sport but not necessarily on a formal team

C – Open to men and women with no male-to-female ratios. A casual league for those who have never played or wish to play leisurely

Co-Rec – An intermediate level league (approx B level competition) which has specific male-to-female ratios during play. See 'Number of Players' section for male-to-female ratios.

Sportsmanship

-Proper sportsmanship is expected of all teams at all times.

-Most MIT intramural leagues are not refereed. The captains are expected to control the behavior of their team members.

-The sport manager reserves the right to remove any player or team from the league without prior warning if there are any incidents of unacceptable sportsmanship.

-Any complaints should be reported to the manager immediately.

Reporting Scores

-It is the responsibility of the WINNING team's captain to record the score on IMLeagues.com. It will be assumed that there was a double forfeit if no score is recorded 24 hours after the game was played.

Forfeits

-If the minimum number of players are not present by game time, the other team has the option of calling a forfeit on that team OR waiting 10 minutes.

-If a team does not have the minimum number of players by 10 minutes past the scheduled game start, it counts as a forfeit.

-The penalties associated with a forfeit can be avoided by communicating to the sport manager and opposing captain that you will not be able to field a team. Further advance notice reduces the penalty, as it gives the manager a better opportunity to use that field/court time for other games:

- * More than 72 hour advance notice results in no penalty. We will try our best to reschedule the game but are limited by facility space. If the game cannot be rescheduled, it will not count towards your record.
- * 24 - 72 hour notice results in loss if game cannot be rescheduled (but no fine)
- * Less than 24 hour notice results in forfeit and fine

Fines

- Fines will be issued according to the IM Handbook Section XII. Refer to the handbook for more information.
- Failure of either team to commence play at game time will cause either or both of them to be charged with a forfeit and a corresponding fine.
 - Failure to attend captain's meeting: \$15
 - Forfeited Matches- First infraction: \$25. Second infraction: \$50 and disqualification from playoffs. Third infraction: \$75 and removal from league.
 - Dropping out of league (once games have been scheduled): \$75

Injuries

- Most intramural games are played on campus within the Z Center facilities. If an injury occurs, send a teammate to summon help at one of the desks within the Z Center. The Z Center staff can provide 1st aid and summon additional help if needed.
- Please report any injuries to the Intramural Office via the Injury Report Form (<http://bit.ly/1VwUyAD>)

Playoffs

A & B leagues will have playoffs. Unless the manager requests special conditions, the following guidelines will be used in all IM sports for determining qualifications for playoffs:

1. Total points (a) two points for a win (b) one point for a tie (c) no points for a loss
2. Head-to-head result
3. Goal differential (in case of less common scoring system, the manager will determine the method of goal scoring)
4. Goals for/Goals against
5. Coin toss

Introduction to Ultimate Frisbee

A) Description: Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul. Ultimate is self-officiated – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls.

B) Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

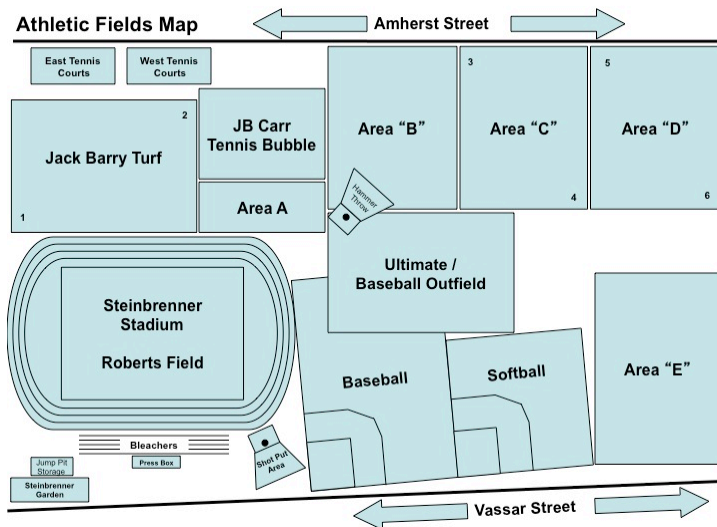
Equipment

- Each team should bring a disc suitable for use as a game disc and eight cones (or suitable replacements) to mark the boundaries of a field.
- Closed-toes shoes are required; cleats are allowed but no metal spikes.

Field <http://web.mit.edu/athletics/www/testim/images/Outdoor%20Field%20Map.jpg>

-Most games are played on the Briggs grass fields between MacGregor and Simmons. It may be possible to conduct matches at another location. These fields will be designated as needed.

-Area B = Grass field next to the tennis bubble; Area C = Grass field next to Area B, near MacGregor; Area D = Grass field near Westgate parking lot; Area E = grass field along Vassar Street with Rugby posts



-The field is a rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

Number of Players

- MIT intramural teams are open to men and women, and there are no male-to-female ratios that need to be adhered to in most cases. Some sports offer co-ed leagues, in which case there are male-to-female ratios that will be specified.
- No more than 7 players on a team may be on the field at a time. Teams must have at least 5 players to start a game.
- CoRec guidelines: The 7 players must contain at least 3 members of the each gender. If this cannot be met, the team should play down a player (ex: if 2 women and 5 men show up, the team should play with 2 women and 4 men)
- Champions in A and B Leagues will receive t-shirts. Regardless of how many people are on the roster, a maximum of 15 tshirts will be awarded

Leagues

- When registering, teams should indicate their preference of league (level of competition). Leagues may be combined or split at manager's discretion.
- A: Experienced players who are competitive
- B: Majority of team has played Ultimate before, not necessarily on a formal team
- C: A casual league for those who have never played or wish to play leisurely

-Teams will be expected to play in 4-6 matches during the regular season, depending on the number of participating teams.

-In the event of inclement weather, it is up to team captains to decide whether a match shall be conducted at the regular time. Captains should confer on this decision and inform the manager. If fields are closed by MIT or DAPER, matches will be rescheduled.

Start of Play

- Each team must have at least 5 players on the field to begin a match. No more than 7 players on a team may be on the field at a time.
- Before the match, the captains should conduct a disc toss (much like a coin toss). The winner decides whether to pull or receive. The other team decides which side to start on.
- After halftime, teams switch sides and mirror the start of the game.

Length of Play

- Please be sure that matches begin on time, so as not to delay any teams that may follow.

-In order to accommodate the intramural structure, 25 minute running-time halves will be used with a 5 minute half-time. NO overtime in the regular season; score at end stands – win, lose, or tie.

-In playoffs, overtime will consist of one five (5) minute period. If the game remains a tie, a 3 minute sudden death period will determine the winner. A coin toss will determine possession for the first overtime period. Possession will alternate for each additional overtime period.

Rules & Clarifications

-We will use the 11th edition of the Ultimate Player's Association's rules. These can be found at www.upa.org/ultimate/rules

Pull

1. Play starts at the beginning of each half and after each goal with a “pull” -- a player on the pulling team throws the disc toward the opposite goal line to begin play.
2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
5. After the disc is released, all players may move in any direction.
6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
7. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
8. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
9. If the pull lands out-of-bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

In and Out-of-Bounds

1. The perimeter lines themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds.
3. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
4. If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point).
5. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.

Turnovers

1. A turnover occurs when:
 - a. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
 - b. The marker's count reaches the maximum number (10) before the throw is released.
 - c. When a turnover has occurs, any member of the team becoming offense may take possession of the disc.
 - d. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

Substitutions

May be made after a goal and prior to the ensuing pull, before the beginning of a half, or to replace an injured or ejected player.