Intramural Ultimate Frisbee

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

University at Albany, the State University of New York and the State of New York are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Campus Recreation. The University at Albany does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Only players who are able to present their current UAlbany photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.

c. For a full list of all eligibility requirements, including club sports and varsity sports restrictions, please refer to the Intramural Sports Handbook.

II. Team Composition

a. Seven (7) players constitute a team. A team must have at least 5 players by the start of the game.

b. All players on a team must be registered to the team’s roster through IMLeagues.com prior to the first regular season game. Team members may not be added after the first game.
c. All team members are required to present their UAlbany photo ID card and sign in with the Intramural Site Supervisor at the beginning of each game. If a team member does not have his/her ID card or does not sign in with the Intramural Site Supervisor they will not be eligible to play.

d. For Co-Rec teams there must be an equal amount of males and females registered on a roster. During play there must be an equal number of males and females playing on the field. If there are 7 players on a team on the field there may be 4 males and 3 females or 3 males and 4 females.

III. Playing Field and Equipment

a. The field will be 20x70 yards long.

b. Intramural participants will be expected to keep all used fields in pristine condition. Before leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team’s sportsmanship ratings will be reduced by one half point.

c. All equipment will be provided by the Office of Campus Recreation.

d. All players are required to have a number on the back of their shirt. If they do not, colored pinnies will be provided by the Office of Campus Recreation.

e. NO JEWELRY MAY BE WORN DURING GAMES. Captains are responsible for ensuring that all team members remove jewelry before play. This includes, but is not limited to, earrings, necklaces, bracelets, rings, watches, facial rings, etc. Medical and religious jewelry may be worn but must be completely covered and taped to the body.

f. Players may wear a knit hat or stocking cap. No baseball style hats or hats with rigid edges will be allowed. Rubber or cloth hair elastics may be worn to tie back hair. Hard or metal hair clasps may not be worn.

g. Shoes with metal cleats, metal tipped cleats, plastic cleats with sharp edges (i.e. baseball cleats), or any other shoes deemed unsafe by the Intramural Site Supervisor may not be worn. Shoes with rubber, nylon, or blunt plastic cleats may be worn. Athletic clothes must be worn.

h. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.

i. The Intramural Site Supervisor will have the final say on the legality of all equipment.

IV. Game Times

a. It is recommended that teams arrive 15-20 minutes prior to the start of the game in order to allow time to sign in and warm up. If a team is not able to field a team at the time the game is scheduled to begin the game will be recorded as a forfeit. Game Time is Forfeit Time.

b. Each match will consist of two 20 minute halves with a five minute halftime.

c. If by the end of the second half the teams are tied, a four minute overtime will ensue.

V. Game Rules
a. **Rules of Play**

   a. A coin toss will determine who receives the Frisbee to begin the game. The winner of the toss can choose whether to receive or “pull” the Frisbee to begin the game. The team to receive the Frisbee at the start of the game will “pull” the Frisbee to begin the second half.

   b. After each score, a “pull” ensues where the team who scored throws the Frisbee from their end-zone to the other team. During the “pull” players on the throwing team are free to move anywhere in their defending end-zone, but cannot cross the goal line until the disc is released. Players on the receiving team must stand with one foot on their defending goal line without changing position relative to another.

   c. The perimeter lines are out-of-bounds. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds. For a player to be considered in-bounds after gaining possession of the disc, the second point of contact with the ground must be completely in-bounds.

   d. Players are not allowed to run into the end-zone to score.

   e. Players may not run with the disc.

   f. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

   g. The disc may be advanced in any direction by completing a pass to a teammate.

   h. The person with the disc (the thrower) has ten seconds to throw the disc. The defender guarding the thrower (marker) counts of the stall count. Seconds must be counted off.

b. **The Thrower**

   a. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

   b. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.

   c. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

   d. The thrower may throw the disc in any way he/she wishes.

c. **The Marker (Defensemen)**
a. Only one player may guard the thrower at any one time; that player is the marker.

b. The marker may not straddle the pivot foot of the thrower.

c. There must be at least one disc’s diameter between the upper bodies of the thrower and the marker at all times.

d. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

d. **The Receiver**

   a. Bobbling to gain control of the disc is permitted.

   b. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.

   c. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

e. **Fouls**

   a. Fouls are the result of physical contact between opposing players.

   b. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

   c. If the marker is fouled in the act of throwing and the pass is not completed, the Frisbee remains with the team who was fouled.

   d. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.

   e. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team: to do so is a pick. A pick is considered a violation, this will not be allowed.

   f. A player cannot strip another player of the Frisbee when it is in someone’s possession. Passes, however, may be hit or batted out of the air to the ground

f. **Possession Changes**

   a. Changes of possession occur when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted). The possession change takes place at the sport of the foul, not at the spot of the Frisbee.

g. **Player Substitutions**
a. Substitutions may take place only after a goal has been scored, or to replace an injured player.

h. Time outs

   a. There will be one time out for each team per half. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing “pull”.