**Intramural Sports Policies and Procedures**

*Additions and revisions are highlighted in grey*

**Eligibility**
Eligibility rules for Intramural sports are designed to provide an opportunity for everyone to participate in a safe, balanced, and fair competition. The rules listed below cannot provide for all possibilities; therefore, the Intramural staff reserves the right to rule on the eligibility status of participants not covered specifically by the following rules. It is important that all participants observe the rules equally so that no team or individual may gain an advantage over those abiding by the rules. Each participant is responsible for the verification of his/her own eligibility. Each team manager is responsible for the eligibility of his/her team members.

A. All participants must be current WCU undergraduate, graduate, faculty/staff, faculty/staff spouses and domestic partners
   a. Student and Faculty/Staff spouses and domestic partners must obtain a CatCard and pay $10 per semester to Campus Recreation and Wellness to participate


C. An individual may not participate for more than one team within a division in a given sport. For example: a male may not play in Men’s A league and Men’s B league, but is allowed to play on a Men’s team and a Co-Rec team. **Exception: A player may only be released from a team if they first played for a team in their first regular season game and have not since played for another team or in another game**

D. Any person who is a member of a varsity or junior varsity squad, red shirt freshmen, practice squad, walk on, shall not be eligible to participate in that sport or corresponding sports. (see participant handbook). Varsity athletes are considered as such during the entire academic year.

E. Varsity athletes may compete in non-corresponding sports however the number of varsity athletes allowed on each team is limited in each sport.

F. Club sports athletes are identified as those appearing on the club sport roster or waiver form. They are still considered as such one semester after they last appear on the roster or waiver.

G. In order to participate for a fraternity or sorority an individual must be associated with that organization as a member or member going through process

H. Consequences for using an ineligible player(s):
   a. The team shall forfeit all contests in which the ineligible individual(s) played.
   b. Players participating illegally are referred to the Assistant Director of Intramurals Sports for further disciplinary action.

**Reschedules**
A. The rescheduling option is only available if there are open times. No guarantees.
B. Requests for open game times and rescheduling games will only be taken or completed during business hours. (Monday-Friday)
C. The Associate Director has to talk with both captains before a reschedule is confirmed and this must be done by noon the day of the game or by 4pm on Fridays for Sunday games.
D. Do not assume a game is rescheduled, unless confirmation has been given by the AD of IMs

**Forfeits**
A. Teams or individuals not ready to play with enough players present to start the game based on the rules for the sport in question, within 10 minutes after the scheduled time for the contest, will lose by forfeit.

B. A team claiming an at game time forfeit must be present at the scheduled game time and ready-to-play with the minimum number of players needed for the specific sport.

C. Teams arriving late for a scheduled contest, but within the 10 minute forfeit time, will be assessed a penalty (see rules below for penalty)

D. If neither of the teams arrives by the scheduled game time, the game will be recorded as a double forfeit and each team will be given a loss and a forfeit on their record.

E. If a team has two forfeits, or two defaults, or one forfeit and one default, they are dropped from further competition.

F. Playing with ineligible players will result in a team receiving a forfeit

**Protests**

A. The team manager must file all protests with the Intramurals sports Supervisor/official at the time a question occurs.

B. Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.

C. Rule interpretation protests:
   a. PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.
   b. Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor (before the next play).
   c. NO contests or portions thereof will be replayed due to improper rules enforcement. If you have a question captains, please ASK it.
   d. The IM Supervisor will record all protests that challenge rule interpretation.

D. Player eligibility protests
   a. All players eligibility protests must be filed by a formal written protest.
   b. Regular season can be filed before, during or after the game
   c. Playoffs must be filed before the game begins or when the player in question arrives
   d. Eligibility protests will be decided at the time the question is raised whenever possible.
   e. Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

**Conduct**

The Intramural Sports program promotes positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. No alcohol, chewing, dipping, smoking tobacco is allowed during an intramural activity or on any playing facility by anyone

**Ejections**

A. Any player ejected from a game must leave the facility immediately and will be suspended from participating in all Intramural Sports activities as well as suspended from the CRC. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:
   a. Use of Tobacco and/or Alcohol during event
   b. Unsporting conduct/fighting of any kind
   c. Constant bantering, disrespect or disregard of officials or intramural sports staff

For any additional information on eligibility, forfeits, protests, policies and procedures, please see the Intramural Sports 2015-2016 Participant Handbook, which can be viewed online at reccenter.wcu.edu or imleagues.com/wcu.
Ultimate Frisbee Rules

The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.

I. Rosters
   A. Catcards are required. NO I.D. = NO PLAY! No exceptions!
   B. Seven on seven. Minimum five players are required to avoid a forfeit.
   C. Coed Modification: Eight players, minimum of six. Coed teams may play with the following male/female combinations (4m:4f, 4m:3f, 3m:4f, 3m:3f)
   D. Maximum roster size = 16
   E. Restricted players: must compete at the highest level of play (Competitive)
      i. Club Players – Teams are only allowed two club players on entire roster.
         Check with Assistant Director regarding club sport status and eligibility
      ii. Varsity Athletes - Teams are only allowed three varsity athletes on entire roster. Check with Assistant Director regarding varsity status and eligibility

II. Equipment
   A. Intramural Sports will provide the official disc for each scheduled contest
   B. If teams wish to warm up, they may check out a disc from the CRC Equipment Check
   C. All players must wear proper athletic attire
   D. All players must wear only athletic type soccer/football, running, court, or turf shoes with or without molded plastic or rubber cleats. Metal/sharp plastic cleats are not allowed. No sandals, boots, or bare feet
   E. Hats or caps with bills and bandanas that are tied with a knot are not permitted.
   F. Jewelry: No metal, hoops, bars rings or necklaces. Studs and bracelets all must be taped down or taken off. The IM Staff will not provide tape. All equipment and jewelry decisions are at the discretion of the supervisor
   G. Players wearing a cast or splint will not be allowed to play
   H. No chewing gum, tobacco products or sunflower seeds are allowed on the field.

III. Game Format
   A. Game time will be 40 minutes or 50 minutes depending on facility space and time. Teams will be notified when schedules are posted.
   B. The clock will run continuously throughout each half. EXCEPTION: During the last 2 minutes of the game the clock will stop after a score and will restart on the throw off.
   C. Time Cap: When time expires, the team with most scores wins.
   D. Score Cap: First team to score 11 wins, win by two or time cap
   E. Halftime: Halftime is taken when either team reaches 6 goals, clock still runs.
   F. Scoring:
      a. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
      b. The team which is scored upon changes goals and must walk to the appropriate end of the field before the throw-off.
      c. Scores are worth one point in all leagues
   G. Timeouts:
      a. Stops the play clock and suspends play
      b. Each team has one timeout per game
      c. Disc is left at spot of called timeout
d. Only thrower with possession of the disc may call timeout

e. Any player may call a timeout after a score and before the pull

f. No timeouts in overtime period

H. **Late Penalty:** Game clock will start immediately

a. 0-3 minutes: 1-0 and early team’s option of throw, receive, field, defer
b. 3-6 minutes: 2-0 and early team’s option
c. 6-9 minutes: 3-0 and early team’s option
d. 10 minutes: 4-0 and forfeit (score of 4-0)

I. **Overtime:**

a. Regular Season Games: A 3-minute overtime period is played with a sudden death format. If no one has scored after the overtime, the game will be determined a tie.
b. Playoffs: The overtime sudden-death period will continue until the first team scores.

J. **Self-Officiating:** Players are responsible for calling their own fouls. It is up to the players to resolve their own disputes. If there is a dispute that cannot be resolved on the field, play is stopped and the captains must consult the supervisor on duty. The supervisor will then determine a FINAL ruling

K. **Spirit of the Game:** Ultimate is a game of fair play, sportsmanship, honesty, and trust. Respect calls made by other players and resolve disputes in a sportsmanlike manner.

II. **The Start**

A. The game shall be begin with a throw-off determined by a coin toss conducted by the IM Supervisor. The options for each half shall be:

   a. Winning Captain – Chooses throw, receive, defend.
   b. Losing Captain – Chooses remaining option
   c. Teams will alternate at second half

B. During the pull:

   a. The throwing team must throw-off from behind the 30 yard line if games are played on the field turf. All players must remain in their endzone until the disc is released.
   b. If disc goes out of bounds before goal line, the receiving team takes from the point where it goes out of bounds
   c. If the pull lands and stays in-bounds or endzone it must be played from where it stops (although anyone can stop the disc from rolling)
   d. If the disc passes out-of-bounds on the side after crossing the goal line, then it is put into play at the front corner of the endzon
   e. If the disc is touched in the air and dropped, then it is a turnover

C. **Time between pulls:**

   a. The receiving team must signal readiness to play within 40 seconds after the previous goal was scored.
   b. The pulling team must release the pull before the later to occur of:
      i. 60 seconds after the previous goal was scored; or
      ii. twenty seconds after the receiving team signaled readiness.
   c. The first instance of a time violation for each team will result in a warning. After a team has received its warning, any further time violations will result in assessment of a team time-out (and the resulting time extensions). If a team has no time-outs remaining, time violations are treated as follows:
i. Time violation on receiving team: the receiving team starts with the disc at the midpoint of the end zone they are defending, after players set up and a check is performed.

ii. Time violation on pulling team: the receiving team starts with the disc at midfield, after players set up and a check is performed.

d. On a re-pull,
   i. the receiving team must signal readiness to play within 10 seconds after the call for a re-pull was made; and
   ii. the pulling team must release the pull before the later to occur of:
       1. 30 seconds after the call for a re-pull was made; or
       2. 10 seconds after the receiving team signaled readiness.

III. Substitutions
   A. Eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the disc becomes live.
   B. Substitutions may only be made:
      a. After a team has scored and before the ensuing throw-off.
      b. To replace an injured player.
      c. At half-time.

IV. Advancing the Disc
   A. The disc is advanced by throws and catches only in any direction. The disc may not be handed to a teammate.
   B. The thrower must retain a pivot foot as in basketball in order to keep the thrower from walking. The thrower may not change his/her pivot foot. A maximum of two (2) steps are granted to the receiver of a pass in order to stop. Should the receiver take steps that are obviously not required to stop, then play stops, he/she returns to the point where he/she gained possession of the disc.
   C. Deflections are not allowed among offensive players in an attempt to advance the disc during the catch. A player may catch his/her own throw only if the disc has been touched by another player. Tipping the disc to oneself is not allowed but bobbling to gain control is permitted. No skipping of the disc is allowed.
   D. If opposing players grab disc at the same time, the disc goes back to the offense.
   E. If the receiver catches the disc and his/her momentum carries him/her over the goal line, then he/she must step across the goal line and return to the field of play before advancing the disc.
   F. In-Bounds
      a. 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.
      b. 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).
      c. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.
      d. In-bounds/momentum rule applies to a end zone area as well.
V. Defense

A. Only one defensive player may guard the player in possession of the disc. A defender may block the disc with their hands, feet, face, or body.

B. A defender must allow the thrower room to follow through with his/her throw. (Arms length plus disc). Failure to do so constitutes a foul. The disc may not be grabbed from the grasp of an opposing player.

C. The burden of advancement of the disc falls on the offense. If the disc is not caught by the offense and no violations occur, then the disc is turned over to the defensive team, even if the defense was the last to touch the disc before it touches the ground or passes out-of-bounds. The missed disc goes into play from the spot at which it lands.

D. There should be no contact between opposing players with the exception of minor contact during an attempted catch.

E. If the defensive team intercepts the disc and momentum carries him/her out-of-bounds, then the disc is inbounded by the intercepting team at the spot in which it went out-of-bounds. The thrower must have one foot on or near the line and the disc may be advanced anywhere on the field. There is no "check" by the defense.

VI. Violations and Penalties

A. Players call their own fouls. By not calling them, you proliferate reckless behavior.

B. **Foul Contests:** In the event of a foul, the player fouled should make a call of “foul.” The player accused of the foul should then either accept the call or deny the foul happened and play should resume as quickly as possible according to the result of the calls made.

C. If the disc is in air, and contest is won, then disc goes back to the previous thrower. No contest means it should stay with the receiver.

D. If the disc is “in hand” when a foul happens, then that disc stays with the player

E. Contest means the count stays roughly where it is. No contest means the count is reset to 0.

F. Contact: There is NO physical contact allowed between players! Picks and screens are prohibited. A foul occurs when someone makes contact with another player or with the disc while it is in someone's possession. A player may not try to hit a disc out of another player’s hand. This is a foul and will result in possession for the opposing team.

G. The following rule infractions constitute violations:
   a. Screens and blocking.
   b. Pushing, reaching, or restricting the vision of a player attempting to catch a thrown disc.

H. A throwing foul called by the player who is fouled during an attempted throw. Any physical contact between offensive and defensive players sufficient to deter the flight of the disc constitutes a throwing foul. However, contact occurring during the follow through does not constitute a foul.

I. Delay of game: Each offensive player has ten (10) seconds in which to release the disc when they gain possession. The defending player must count out loud to the offensive player. If the disc has not been released at the end of the count, then the disc is turned over to the defense at that spot. There is no delay of game if the defender does not count out loud.

J. In the event of a violation, the defense "checks" the disc and the offense must freeze. When the defense is ready to resume play, the disc is given to the offensive player at the spot of the infraction and play resumes.

*Revised 9/14*