ULTIMATE POLICIES AND RULES PRESENTATION
ULTIMATE FRISBEE PRESENTATION

• This presentation is in place of the managers meeting
• It is highly recommended that all participants review this presentation as it contains important information regarding policies and ultimate frisbee rules.
• In order to register a team, the team captain must take a quiz and pass it with a 100%.
• Must pass quiz by Thursday, Sept. 26th to make playoffs
• Unawareness is not an excuse
2013-2014 UPDATES

- 3.0 avg. sportsmanship rating now required to make playoffs
- Eligibility protests must be filed in writing by the protestor
- Captains must now pass a sport quiz to make playoffs
- Rosters maximums have changed for all sports
- Detailed updates can be found further in this presentation
INTRAMURAL STAFF

• Assistant Director for Intramural Sports
  • Jonathan Johnston
  • jdjohnston@wcu.edu

• Graduate Coordinator for Intramural and Club Sports
  • Kale Jeffords
  • kajeffords@wcu.edu

• Nine supervisors and 14 officials
CONTACT AND TIMES

• Assistant Director
  • 9-12 and 12-5pm Monday-Friday
  • In and out of the office during the day
• Graduate Coordinator
  • Monday and Wednesday: 1-4pm
  • Tuesday and Thursday: 9-noon
  • Friday: 9-noon
• Calls and emails
  • If received after 5pm during the week, you will not get response until next day
  • If received after 5pm on Friday, you will not get a response until Monday
INTRAMURAL SUPERVISORS

• Policies?
• Sport Rules?
• Facility Concerns?
• Employee Concerns?
• Protest?
• Eligibility?
• First Aid?

• Ask an Intramural Supervisor!
TEAM CAPTAINS

• Fully responsible for their team
• Eligibility of players
• Behavior of players and spectators
• Cooperate and communicate with all IM Staff
• Be a team leader
NEW SPORT QUIZ

• To ensure that intramural team participants have a good understanding of our policies and procedures, we have created the Intramural Sports quiz. This quiz must be taken and passed with a 100% score by the individual listed as the captain for any team sport. The test is based on the intramural handbook and provides important information that will aid each team during their intramural sports season.
IMLEAGUES

• Pre-registration is required for all intramural sports unless otherwise stated
• Look up schedules, scores, rosters, standings, policies and rules
• Highly recommended that all players join the team online as game check-in is so much easier
• To be approved and scheduled for the ultimate league, teams must have a minimum of five players joined on imleagues by registration end
TIME PREFERENCES

• Now including time preferences for game times
• Each division has different time options
• Input your teams time preferences before league registration closes
• System will best fit your preferences within your teams schedule
• Not 100% guaranteed
• Time preferences will not apply in playoffs
SCHEDULES

• Schedule posted Wednesday, August 28th
• Start play on Tuesday, September 3rd
• Check imleagues schedule frequently
• All games are set at beginning of season
• Four game regular season
• Everyone makes playoffs
FACILITY

• Played in WCU football stadium
• No pets allowed
• No seeds or gum on the field
• Enter through any gate
• No restrooms
POLICIES AND PROCEDURES

• Detailed information concerning policies and procedures can be found in the Participant Handbook

• The Participant Handbook is viewable at:
  • Intramural Sports webpage (reccenter.wcu.edu)
  • www.imleagues.com/wcu, click on the info link on the left side of page, then click handbooks and manuals
ELIGIBILITY

• Must be a current WCU student, faculty/staff or faculty/staff spouse/partner
• Must show your valid Cat-Card every time to play
• Falsifying name or using another students card will result in forfeit
• Playing with ineligible players will result in forfeit
• Teams can’t agree to play with an ineligible players
• Ask up front with all eligibility to avoid a forfeit in season
FACULTY/STAFF

• Faculty/Staff
  • Must show Faculty/Staff CatCard
  • Must sign liability waiver before playing
  • Waiver only needs to be signed once

• Faculty/Staff Spouses/Partners
  • Must have a Spouse/Partner CatCard
  • Pay a $10 Intramural Fee at the Rec Center
  • IM sticker is put on CatCard
RESTRICTED PLAYERS

• Varsity Athletes
  • If Athletics recognizes a player as a varsity athlete in any sport this academic year, then they will be identified as such
  • **Allowed three non-corresponding sport varsity athletes on entire roster for Ultimate**
  • If Athletics recognizes a player as a varsity athlete in this academic year, then they will be identified as such
  • Ask up front to avoid a possible forfeit in season
RESTRICTED PLAYERS

• Soccer professional and semi-professional players are not allowed to play intramural volleyball

• Club Players
  • Allowed two ultimate club players on entire roster
  • Clubs players are identified as those who have appeared on the roster or waiver form and considered as such one semester after their last appearance on roster or waiver form

• Varsity and Club Sport Coaches
  • Coaches may play in their corresponding sport, but they will be considered a club sport player.
ROSTERS

• Rosters
  • Players may only play on one CoRec team and one men’s/women’s team
  • Once a player checks in for a team that’s it.
  • Max roster size of 15 players

• Adding
  • Add any players at any time on IMLeagues and game site
  • Ask all players if they have played for someone before

• Removing
  • You can remove players if they haven’t checked into a game, once they check in, they are permanent on your team.
ROSTER MAX

- 15 for ultimate
- Different for each sport, so double check
- Can add if spots available on game sheet
- If no space available, then you can scratch out those who have zero games checked in and add new player. They will then be deleted from team.
- Remind all players to get imleagues account and on to your roster
RESCHEDULES

• Check with Assistant Director or Graduate Coordinator if there are any available times open
• Communicate with other captain and agree on one of the open times
• Needs to be fully completed/approved by 5pm the day before the original game. Friday by 4pm if a Sunday or Monday game
• We have to receive confirmation from both captains before a reschedule game is approved
TOBACCO, ALCOHOL, DRUG USE

• Tobacco (chewing or smoking) is not allowed on the Intramural fields or other activity areas as well as 50 feet from any structure on campus per university policy 45.
• Alcohol/Drugs are not allowed on the intramural fields/facilities
• If a player or spectator is suspected of being under the influence of alcohol or drugs, they will be removed from the contest.
ASSUMPTION OF RISK & INJURIES

• Strive to provide safe and well-supervised activities and facilities, there is an inherent potential for physical injury or death in all sport activities.
• All participants are strongly encouraged to have a yearly medical examination and to carry medical insurance coverage.
• Participation in sporting activities may cause injury and exposure to blood borne pathogens.
• First Aid Care (IM Supervisors)
SPORTSMANSHIP

• Teams and captains are responsible for behavior
• Failure to comply with requests from the Intramural Staff will result in a forfeited contest and further disciplinary actions
• Examples of unsporting behavior
  • Excessive physical contact
  • Cursing or gesturing lewdly at other teams or IM Staff
  • Insubordination
  • Taunting
  • Anything else deemed unsporting by IM Staff
SPORTSMANSHIP RATING

- Team Conduct Rating System
  - Zero to four scale
  - GAME OFFICIALS give ratings at end of game
  - Ratings given at the game site are NOT NEGOTIABLE
  - Must have 3.0 cumulative score to qualify for playoffs

- One and Zero Ratings
  - Team will be notified and captain will need to meet with the Assistant Director before next game
  - Depending on severity, one or zero ratings could result in a team being dropped from the league
SPORTSMANSHIP

• Forfeits, defaults, and eligibility affect your rating
• Poor sportsmanship towards each other will not be tolerated
• Verbal abuse of officials will especially not be tolerated!
• Supervisors and officials have every right to stop any game if they seem it necessary
EJECTED PLAYER

• Must leave fields/facility immediately
• Automatically suspended from all Intramural Activities
• CRC is access is denied
• Must set up an appointment with Assistant Director before eligible to play
• Minimum suspension is one game depending on severity and case by case
FORFEITS/DEFAULTS

• Forfeits
  • 10 minute grace period with penalty
  • Clock starts at game time
  • Losing team = 2 and winning team = 4

• Defaults
  • Call by 2 pm the day of the game to default
  • Losing team receives a 3 and winning team a 4

Once a team forfeits or defaults twice or has one forfeit and one default they will be removed from the league.

Do not call other teams telling them you are forfeiting!
ULTIMATE LATE PENALTY

• 0-3 Minutes = Option and 1-0
• 3-6 Minutes = Option and 2-0
• 3-9 Minutes = Option and 3-0
• At 10 minutes = game forfeited (4-0)
PROTESTS

• A team captain must file the protest with the IM supervisor/official at the instant the question occurs.
• Protests may only be filed concerning rule interpretations, policies or procedures and player eligibility.
• Protests that challenge the accuracy of a judgment call by officials or supervisors will not be accepted.
ELIGIBILITY PROTEST

• All eligibility protests must be filled in writing with a protest form
• Phone calls, hear say, or emails will not be taken as formal eligibility protests
• In the regular season, eligibility protests can be filed before, during, or after the contest
• In playoffs, eligibility protests must be filed before the game starts, if player arrives mid game, then protest may be filed then
FREE AGENTS

• Don’t have a team?
• Sign up as a free agent in each division and sport on imleagues
• Captains use this resource to pick up players before and during the season
• We will attempt to make a free agent team if there are enough free agents
• Free agency is not a guarantee as captains make the choice to pick up free agents
WEATHER

• Most games will be played in the rain since on turf
• IM Rain Line updated by 3pm and throughout the evening
• Call: 828-227-8808
  • Do not call rec or me asking about weather
• Rained out games will not be rescheduled unless its playoffs
ROSTER

• Seven players on a team (five needed to avoid forfeit)

• Co-Rec Modifications
  • 8 players, minimum of six to start
  • Combinations: 4m:4f, 3m:4f, 4m:3f, 3m:3f
  • All players must bring their Cat Card to play (NO EXCEPTIONS!!)

• All players must be checked in on the score sheet before playing
ATTIRE

• Athletic attire is required to play
• All players must wear athletic shoes.
• No sandals, boots, metal cleats, open toed shoes
• No hats or bananas tied with knots
• Teams are encouraged to wear similar colored shirts or wear the provided intramural jerseys
JEWELRY

• No hoop/bar jewelry, rings or necklaces
• Studs and bracelets all must be taped down or taken off
• If a supervisor deems any jewelry unsafe, you will have a choice to take it off or not play
• Tape will not be provided by IM Staff
EQUIPMENT

• Casts or splints of any nature are not allowed
• Discs will be provided, but teams may bring their own and must be agreed upon by both teams
• All equipment and attire decisions are at the discretion of the supervisor on duty
GAME FORMAT

• Two, 16 min running halves (3 min. halftime)
• Clock will stop within last two minutes of game in-between scores, extended out of bounds and injuries
• One timeout per game, must have possession of disc and a dead disc situation
• All scores are worth 1 point
GAME FORMAT

• No OT in regular season, in playoffs 5 minute sudden death periods (throw off decided by coin toss)

• Mercy Rule
  • If team goes ahead by 5 scores anytime within 2 minutes, the game is called. If team is ahead by 10 at any point in second half, the game is called

• Late Penalty – clock starts at game time
  • 0-3 minutes: 1-0 and early team’s option of throw, receive, field, defer
  • 3-6 minutes: 2-0 and early team’s option
  • 6-9 minutes: 3-0 and early team’s option
  • 10 minutes: 4-0 and forfeit (score of 4-0)
SELF OFFICIATED

• Players are responsible for calling their own fouls
• Players resolve own disputes
• Supervisors may make a ruling if a dispute doesn’t come to agreement
• Ultimate is a game of fair play, honesty and sportsmanship.
THE START

• Beginning of game throw off-determined by coin-toss. The winning captain shall have choice of throw, receive or goal to defend, or defer to second half
• Throwing team must throw from behind the 30 yard line and receiving team has to be behind the 20.
• Throw off does not need to be caught in flight. If disc is touched in air and dropped, throwing team gains possession.
• If disc goes out of bounds before goal line, team has option for a re-throw or from the point out of bounds
SUBSTITUTIONS

• Replaced player must be off the field before substituting
• May only be made:
  • After a team has scored and before throw-off
  • To replace an injured player
  • At half-time
ADVANCING THE DISC

• Disc is advanced by throws and catches in any direction. No handoffs
• Thrower must maintain pivot foot like basketball
• 2-steps after catch
  • Must retain pivot foot
  • If more steps, return to point where gained possession
• Momentum CANNOT take you into the end-zone
  • Must step back across goal line into field of play
ADVANCING DISC

• Deflections are not allowed amongst offensive players
• A player may catch their own throw if touched by another player
• No tipping of disc to oneself
• If opposing players grab disc at same time, the disc goes to offense
• Throwers have 10 seconds to advance disc
DEFENSE

• No double teams
• A defender may block disc with hands, feet, face or body
• Must allow the thrower room to follow through with their throw (Arms length plus disc). The disc may not be grabbed from opposing player
OUT OF BOUNDS

• The side lines of the football field are the out of bounds lines

• If momentum carries an offensive receiver out of bounds then it’s a turn over.

• If momentum carries an intercepting receiver out of bounds, then disc is inbounded by intercepting team.

• No check needed
VIOLATIONS

• There should be no contact between opposing players except minor contact during catches.
• Picks and screens are prohibited.
• Throwing foul is during an attempt to throw.
• Delay of game (10 second). Defending must count out loud. Turn over if not released.
• In the event of violation, the defense “checks” the disc and offense must freeze. Disc given to offense then play resumes.
PLAYOFFS

- All teams make playoffs if fit following criteria
- Only teams with 3.0 conduct rating will be eligible (NO EXCEPTIONS)
- Must maintain 3.0 through playoffs or dropped from competition
- Rosters lock at 2 pm the first day of playoffs
- Brackets will be posted soon after regular season ends
PLAYOFF ELIGIBILITY

- Players must have participated in at least one regular season game
- Must be registered and listed on imleague’s roster
- If not listed on game site playoff roster, will not be allowed to play that night
PLAYOFF SEEDING

• 1st – Winning %
• 2nd – Head to Head
• 3rd – Point differential
• 4th – Sportsmanship Rating
UPCOMING IM EVENTS

• Golf Tournament
  • Registration ends at Wednesday, Sept. 4
  • Event is Saturday, Sept. 7th at 1pm

• Sand Volleyball Tournament
  • Registration ends Wednesday, August 21st
  • Tournament is Friday, August 23rd and Saturday, August 24th

• Disc Golf
  • Registration ends Sunday, Sept. 15th
  • Event is Monday, Sept. 16th at 6pm
FINAL REMINDERS

• Tell teammates to register on imleagues and join your team!
• NO METAL CLEATS and NO JEWELRY!
• Double check player eligibility
• Review over detailed rules and policies
• Registration ends Sunday, August 25\textsuperscript{th} at 11:59pm
• Minimum players required to make league
• Pass the team quiz
• Any questions please come ask!

Campus Recreation & Wellness
Western Carolina University