Intramural Ultimate Disc Rules

Any rule not specifically covered will be governed in accordance with the 11th Edition of the Official Rules of Ultimate published by the Ultimate Players Association. Modifications have been made to suit Ohio State Recreational Sports programs.

Rule 1: Eligibility

A participant may be an Ohio State student taking a minimum of four credit hours. The Department of Recreational Sports defines a student as any individual who is currently enrolled at The Ohio State University and is registered with the university registrar. Students taking four or more credit hours automatically pay the Recreational Sports student fee and therefore do not need to purchase a membership.

The following people are eligible to participate after purchasing the appropriate Recreational Sports membership through the RPAC Welcome Center for the semester in which they intend to participate.

A participant may be:
- an Ohio State student taking less than four credit hours
- the spouse of a student or a faculty or staff member
- a faculty or staff member of The Ohio State University. The Department of Recreational Sports defines faculty and staff as all current faculty and staff, as well as visiting professors at The Ohio State University who are paid through the university payroll department
- an affiliate of the department (alumni, member of the President's Club, other recognized affiliate groups)
- a member-sponsored adult

To participate in any intramural activity, all participants must show a valid Ohio State issued photograph identification card. Acceptable identification cards are limited to BuckIDs, Ohio State Medical Center identification cards, and Recreational Sports membership cards. An Ohio State identification card must include the following information and be clearly visible to be considered valid: the individual’s name, photograph, and identification number. Identification cards that do not have one or more of these requirements will not be accepted and the individual will not be allowed to play.

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc) is a violation of The Ohio State University Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member in order to regain possession of their identification card.

Professional Athlete Rule
Any individual who has been paid to participate in ultimate, under contract with a professional team, included on a professional team roster, practiced with a professional team, and/or compensated for trying out for a team is NOT eligible to participate in intramural ultimate disc.
Intercollegiate Athlete Rule
Intercollegiate ultimate athletes are not eligible to participate in an intramural ultimate game, activity, or event until a period of one year has passed following completion of all activities with the team. After the period has passed, former intercollegiate ultimate athletes must participate in the Premier League. Intercollegiate ultimate athletes are defined as individuals who are practicing with or competing with a team recognized as a varsity sport. Included in this rule are red-shirt athletes and practicing proposition 48 athletes.

Sport Club Rule
No more than two members of the club ultimate team may participate in intramural ultimate per team. Sport club members must participate in the Premier League. A sport club member is defined as an individual who has practiced or played in a contest for a registered sport club during the academic year.

Rule 2: Levels of Play

Co-Rec (CO)
You may play with a maximum of either four females or four males at one time. You may only play on ONE Co-Rec team per sport.

Open
You may only play on ONE Open team per sport.

Rule 3: Equipment
- Jewelry is not allowed. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband is permitted; however, hats, bandanas, and "do-rags" are not permitted.
- Rubber, cloth, or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, cast, or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Knee and ankle braces that are unaltered from the manufacturer's original design/production shall be permitted and do not require additional padding.
- Knee and ankle braces that are altered from the manufacturer's original design/production shall be permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2-inch foam rubber (or 1/4 inch closed cell, slow recovery foam rubber).
- Baseball cleats are prohibited. It is illegal to wear metal spikes, screw-in cleats with metal studs, or a molded shoe with a cleat on the toe.
- Closed toe shoes are required.

Rule 4: Team Captain Responsibilities
- Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.
- Responsible for communicating game time, location, and ID policy to teammates.
Ensure that all teammates sign a Release of Claims form located on the back of the scorecard before participating in their first game.

- Ensure teammates have a valid Ohio State ID at game time to check in.
- Representing the team and communicating with the opposing team captain on all violations and fouls. The captain shall represent the entire team when disputing/defending a call made by his or the opposing team.
- Ensure good team sportsmanship among teammates.
- Turning in team conflict sheets reflecting any scheduling problems for the members of your team.
- Cooperating with the intramural supervisors at the game site concerning any protests, incidents, or accidents that may occur as well as with the intramural sports staff the day following such occurrences.

Rule 5: Players

- Each team shall consist of seven players on the field; however, a game may begin with as few as five players.
  - All players must check in using a valid Ohio State issued ID.
  - The roster limit is 16.
- Substitutions may occur after a goal, to replace an injured participant. The opposing team may substitute if an injured player is substituted.

Rule 6: Forfeits/Defaults

Forfeit policy:

- All late teams shall start the game with a “B” sportsmanship rating.
- Teams ready for play may choose to decline any and all points.
- Not Ready for Play at Game Time: The team ready for play shall choose side and receive the beginning pull.
- Five Minutes Late: The team ready for play is awarded a goal and will receive the beginning pull.
- 10 Minutes Late: Forfeit, recorded 1-0, and the forfeiting team will receive an “F” for its sportsmanship rating.
- If neither team is ready to play by game time, but they are ready less than 10 minutes past the scheduled start time, the teams will be permitted to play. However, the clock will be started at game time.

There are three situations that will result in a forfeit:

- Not Enough Players – Team does not have the required number of players to participate by 10 minutes after the scheduled game time.
- Eligibility – One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, ruled ineligible for sportsmanship-related issues, etc.
- Sportsmanship – Game is ended by staff for sportsmanship-related issues.

Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default the contest. This will result in the team receiving a loss and “A” sportsmanship rating for the
contest. To receive a default, the captain must call the Rec Sports Competitive Sports Office by 4 p.m. on the day of
the contest with their request. For teams playing on Sunday, the deadline is Friday at 4 p.m. The opposing team will
then be contacted to let them know they do not need to arrive for their scheduled contest.

A team is allowed one default per sport per season. Any request after the first default will be counted as a forfeit.

If a team has been granted a default and the contest is then canceled due to weather or scheduling issues, the
default will be removed and the contest will be played normally if it is rescheduled.

Rule 7: Protests

Rules Protest
Questions pertaining to interpretation of rules on the part of opposing team must be addressed by the intramural
supervisor at the time the interpretation occurs and prior to the next live ball. The procedure shall be:
1. if a team feels the opposing team has made a misinterpretation of a rule, the captain shall calmly and
   immediately request a time out and have the supervisor clarify the rule.
2. if corrections are necessary, the intramural supervisor shall rule immediately and the team shall not be
   charged with a time out.
3. if the participant still does not agree with the decision at the game site, a Protest Form should be obtained
   from the intramural supervisor on site and completed. The contest will continue from this point under protest.

Eligibility Protest
Protests involving player eligibility must be called to the immediate attention of the intramural supervisor prior to the
completion of the contest while the protested individual is present. Participants may not make eligibility protests after
the completion of the contest. A Protest Form should be obtained from the intramural supervisor and completed. The
contest will continue from this point “under protest.”

Rule 8: Play

Start of Game
A coin toss prior to the game shall determine who will throw the pull. The team winning the toss shall decide whether
they want to receive or throw the pull or which end zone they would like to defend initially. The opposing team shall
have the remaining option. The opposing team will get the option in the second half. Each half shall begin and end on
the supervisor's whistle.

Timing
- The game is won by the first team scoring 15 goals and winning by two with a cap of 17, or by the team who
  has scored the most goals by the end of regulation.
- Half time shall begin when one team’s score first reaches seven goals, and shall last 5 minutes.
- There will be a 45-minute cap for the game time, if neither team has reached 15 goals at this time, the
  winning team shall be the team with the most goals.
- If a game is tied after 45 minutes, teams shall continue play until the next goal is scored.
- Each team is allowed two time outs per game, but they may be used at any point during the game.
Scoring
- A goal is scored when a legally thrown pass is caught by a player who is in-bounds and beyond the goal line of attack.
- A player’s first point of contact with the ground after catching a pass must be inside the goal line to be scored.
- If a player’s momentum carries them into the end zone after a catch, that player shall walk the disc back to the nearest point on the goal line and continue play.

Mercy Rule
Ultimate disc will not use a mercy rule since the game will end with the first team to score 15 goals.

Pull
- A pull shall begin each game and restart play after each goal.
- The scoring team will pull and the teams will switch directions of attack.
- The puller and a receiving player must hold one arm in the air to signal readiness for play.

Thrower
- The offensive player, who picks up the disc, must be the player to put the disc in play.
- A pivot foot must be established by the thrower.

Receiver
- Once a pass is caught, the player must stop as quickly as possible and establish a pivot foot.
- A player may bobble the disc prior to making a catch; however a player may not guide a disc to gain an advantage in disc position.
- If offensive and defensive players make a simultaneous catch; the offense shall retain possession.
- If the pass is caught while a player is in the air, the catch is not complete until the player has landed.
- A player who has fallen to the ground during a catch is allowed to stand up without a traveling violation being called.

Marker
- The marker is a defender who is within three feet of the thrower’s pivot foot or of the thrower if no pivot foot has been established.
- The thrower has ten seconds to release the disc; the marker shall initiate the count by announcing “stalling” and then counting to 10 loudly and clearly.
- A marker may not be closer to the pivot or torso of the thrower than the diameter of a disc.
- A marker may not block the vision of a thrower.

The offense turns the disc over if:
- The marker’s count reaches ten before the disc is released.
- The thrower hands off the disc to a teammate.
- The thrower catches their own pass, provided it was not tipped by another player.
- The thrower requests a timeout without having any timeouts remaining.
• One offensive or defensive player assists another in an attempt to catch or block a pass.
• An offensive or defensive player use equipment to assist in an attempt to catch or block a pass.

**Fouls**
• Incidental contact is acceptable in the play of ultimate.
• The offended player shall call a foul if non-incidental contact causes the player to lose control of the disc, to miss an opportunity to make a play on the disc, to go out of bounds, or to not catch the disc.
• The disc shall be returned to the spot of the throw when any foul is called.
• Picks are illegal.

**Out of Bounds**
• The perimeter lines are considered out of bounds.
• If a player’s momentum carries them out of bounds after their first point of contact was in bounds, the player shall be ruled inbounds. The player will bring the disc back to the perimeter line to restart play.
• The disc is considered out of bound when it makes contact with an object, the ground, or a person who is out of bounds.
• The disc shall be put back into play by walking it to the perimeter closest to where it became out of bounds.

**End Zone**
• If a team gains control of the disc in the end zone they are defending, they may put the disc in play immediately or walk it to the goal line and put it in play from that spot.
• If a team gains or retains control of the disc in the end zone they are attacking, without scoring a goal, the disc shall be put in play on the goal line closest to the spot where it was caught.

**Rule 9: Sportsmanship**

The team captain is responsible for the actions of his or her team and their spectators. Additionally, the captain will ensure that his or her team is familiar with the rules of play and intramural policies and procedures contained in this handbook. Sportsmanship is a vital component for success in every intramural contest. Participants and spectators are expected to display good sportsmanship toward opponents and the Intramural Staff at all times.

Ultimate does not require officials, as all contests are self-officiated. This requires all players to maintain a level of sportsmanship that is fair at all times. Competitive participation is highly encouraged, but it should not take precedence over mutual respect among players, adherence to the rules or enjoyable atmosphere that ultimate provides. It is the responsibility of every participant to ensure that sportsmanship is the most important component of ultimate.

**Unsportsmanlike Conduct**
Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during, or after a contest. No player or team shall:
• use foul or derogatory language, threaten, or verbally abuse any other participant or intramural employee before, during or after the game
• participate in a game for which he or she is ineligible
• Argue or talk back to the intramural staff. Only the captain should address an official and only if done so in a courteous manner.
• Intentionally strike, push, trip, or flagrantly foul another participant, spectator, or Recreational Sports employee
• Mistreat the facility, equipment, or supplies of The Ohio State University and/or the Recreational Sports Department

Unsportsmanlike Conduct Penalties
Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by the Intramural Supervisors.
  • Verbal Warning Resulting in Incident Report – Conduct Warning
  • Ejection of Participant With/out Warning – Ejection
  • Two Ejections or Three Verbal Warnings – Forfeit

Disciplinary Action
Any player receiving two conduct warnings in one game or ejected from a game is required to meet with professional staff. The player will be suspended from ALL Recreational Sports facilities and programs until the meeting occurs and for a minimum of seven days from the time of the meeting.

Rule 10: Co-Rec Modifications

• Each team shall consist of a maximum of four females or four males to begin a game.
  - Note: A team will play with seven; therefore a full team will consist of a 3:4 or 4:3 ratio.
  - Note: Teams may play with four of one gender and one of another, to give them a total of five players.

Rule 11: Playoffs

In addition to placing first or second in their pool, teams must also maintain a “3.0” or “B” sportsmanship average during pool play to be eligible for the playoffs. Team’s averages will be formulated in the same way a student’s GPA is calculated. Each sportsmanship letter grade is assigned a numerical value:
  • “A” – Four (4) points
  • “B” – Three (3) points
  • “C” – Two (2) points
  • “D” – One (1) point
  • “F” – Zero (0) point

The grades for each pool play contest will be added together and divided by the total number of contests held. This will equal the team’s sportsmanship average.

For any questions or clarifications, please contact the competitive sports office at (614) 292-2732.