# ULTIMATE FRISBEE HANDOUT

**INTRAMURAL SPORTS**

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**REGISTRATION DATES:**  
**Begins:** August 24th, 2018 – 8:00 a.m.  
**Ends:** September 4th, 2018 – 12:00 p.m.

**LEAGUES OFFERED:**  
Open, Co-Rec

**FREE AGENTS**  
Players looking for a team can attend the free agent meeting on **September 6th at 6:00pm** in the SWRC Skybox.

**REGULAR SEASON:**  
The regular season will consist of 5 weeks for both competitive leagues and recreational leagues. Divisions will consist of 4 teams. Games will start every 50 minutes. Regular season begins on **September 9th.**

**GAME SITES:**  
All games will be played on UVS Fields located just west of the Southwest Recreation Center.

**MERCY RULE:**  
There is no mercy rule in Ultimate Frisbee.

**GAME:**  
Game play will consist of (1) 45 minute game. The game will end when a team reaches 10 points or when time runs out, whichever occurs first. Games are self-officiated.

**OVERTIME:**  
There will be no overtime during the regular season. Games tied at the end of regulation will result in a tie. In the playoffs, games tied at the end of regulation will go to overtime. Overtime rules will be explained in the Playoff Information Handout.

**TIMEOUTS:**  
Each team is entitled to two (2) one minute timeouts per game.

**FORFEITS:**  
GAME TIME IS FORFEIT TIME. Minimum of 5 players needed to start; if 1 player is legally signed in at game time, a 10-minute grace period will be given for 5 people to be signed in and ready to play. Co-Rec: No more than 4 for each gender.

**EQUIPMENT:**  
Teams must wear the same shade of color shirt (numbers not needed). Exposed jewelry is prohibited. Headwear must consist of soft, yielding material without bills or knots. No metal spikes or cleats are allowed. Teams must bring their own disc. Disc must be white and at least 175 grams.

**PLAYOFFS:**  
All teams earning a .500 or better record and a 7.0 sportsmanship average or higher will be automatically eligible for playoffs. **Teams under .500 record or 7.0 sportsmanship rating must email the league coordinator by 1:00 pm the day after the regular season is completed in order to be considered for playoffs.**

**PLAYOFF SCHEDULES:**  
The Playoff Selection Draft will be held online on IMLeagues.com. Please check the Playoff Information Sheet at recsports.ufl.edu for more information.

**CHAMPIONSHIPS:**  
Intramural Sports Championship T-shirts will be awarded to the winning team for each bracket. A maximum of 12 shirts per team.

- Clock only stops for timeouts, injuries, or retrieval of disc (over the fence, etc.)
- Games are self-officiated; therefore any disputes not resolved by teams will be decided by the supervisor on site.
- A captain’s meeting prior to the start of play will determine which team chooses to pull, receive, or end of field to begin play.
- Initiating play has both teams standing behind their respective end zone lines with the defensive team pulling to the offense to receive.
- A player only has ten seconds to hold the disc before thrown.
- The defender is responsible for the count (ex. stall one, stall two, etc.)
- Thrower may pivot but not travel with the disc
- The disc may be thrown in any direction
- No handoffs are allowed (results in a turnover)
- When a pass is not completed (i.e. out of bounds, dropped, interception), the defense immediately takes possession of the disc and becomes the offense
- There must be at least one disc diameter between the thrower or marker. Arms and legs cannot be extended towards the opponent to hinder the thrower. No double teaming is allowed.
- Only a player within 3 meters of a thrower may initiate a count.
- A brick is any pull that lands out of bounds untouched by the receiving team. Play will resume at the nearest brick mark (dots painted on the field).
- A player in possession of a live disc (e.g., walking an out-of-bounds pull to the sideline or brick mark) must touch the disc to the ground to put the disc into play.

**CO-REC RULES REVIEW:**

- Teams are only allowed to play with any combination of males and females provided they do not exceed the max number of 4 players for one gender. Points awarded are the same, regardless of the gender scoring.

**REGISTRATION PROCESS**

**Registration opens August 24th, 2018 at 8:00 am and will remain open until September 4th, 2018 at 12:00 pm**

1. **Register your IMLeagues Account**
   a. Go to [https://www.recSports.ufl.edu](https://www.recSports.ufl.edu).
   b. Under the Intramural Sports tab, click on IMLeagues.
   c. Sign in using your Gatorlink username and password.
   d. Complete the required information and click Sign In.
   e. Click the University of Florida link at the top of the page.

2. **Signing Up A Team For An Intramural Sport**
   a. Log in to your IMLeagues account using your Gatorlink username and password.
   b. Click the Create Team button at the top right under Player Signup OR click on the University of Florida link and go to the school’s homepage on IMLeagues.
   c. Select Ultimate and the League and Division you wish to play in (if registration has not opened yet, you may organize your team in the Waitlist. Once registration opens you must log in and move your team from the Waitlist to desired Division).
   d. Click Create Team.
   e. View the "Captain's Training Video" embedded via YouTube and review Ultimate Sport Rules.
   f. Complete the "Ultimate Captain’s Quiz".
      i. You must obtain 100% on this quiz to be eligible to register. An unlimited number of attempts are allowed.
   g. Once you pass, enter all necessary information and click Submit.
   h. If registration has not opened and your team has been added to the waitlist, once league registration opens you must move your team to desired Division.
      i. Log in to your IMLeagues.com account.
      ii. Select your Ultimate team from the "Teams" section on your homepage.
      iii. A red banner will appear at the top of the next screen prompting you to "click here" to view open spots in Divisions.
   iv. Review open Divisions and select "Move to Division".

3. **Joining An Intramural Sports Team**
   a. Create a Team (for team captains only)
      i. Invite members to the team
         - If team member has already registered on IMLeagues, search for his/her name and invite him/her; all invited members must accept the invitation to be added to your team
         - If team member is not registered on IMLeagues, scroll down to the "Invite by Email Address" box and input his/her email address.
b. Join a Team  
   i. Click the orange **Join Team** icon button at the top of your homepage.  
   ii. Select **Ultimate** and the League and Division which your desired team is registered.  
   iii. A list of teams playing in that division will load, select the team you wish you join by clicking the orange **Join Team** icon.  
   iv. Agree to the waiver and fill in all necessary information.  
   v. A message will be sent to the captain of the team you asked to join, once the captain has given approval you will be added to the roster.

You may organize your team early on the Waitlist (training, quiz, and adding team members). However, once registration opens you MUST move your team from the Waitlist to desired Division, otherwise your team will not be scheduled for play.

**Note: IMLeagues offers a live support button on the top right corner of all pages.**