ELIGIBILITY
The following eligibility regulations have been established to protect the intramural athletes and to insure them ample opportunity to participate. 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 captain is responsible for the eligibility of his/her team members.

- In order to be eligible to participate in Intramural Sports, an individual must fall into one (1) of the following categories:
  - All Oklahoma State University (Stillwater Campus) and Northern Oklahoma College Gateway Undergraduate and Graduate students who are enrolled during the current semester. The key to being eligible is that a student who has paid the Student Activity Fee (correspondence courses or audited course work do not make participants eligible).
  - Faculty/Staff members who have purchased a Colvin Recreation Center Activity Card.
- Before participation in an Intramural Sport, individuals must be registered on an entry form filed in the Intramural Sports Office. This entry form becomes the official team roster.
  - For each Intramural Sport(s) there are a maximum and minimum number of players allowed. These numbers vary per intramural sport/activity and they are known as roster limitations. At no time will the Intramural Sports Office accept an entry form that does not fit within the roster limitations.
  - Roster additions and deletions may be made throughout the sport season in the Intramural Office, or they may be completed at the game site.
    - During scheduled contest(s), new players’ full names may be added at the game site up to the roster limitations.
    - If there is no space remaining on the team roster, names must be deleted and the new name of the team member(s) inserted into that roster spot.
    - The full names and CWIDs MUST be clearly written on the appropriate score sheet for the new team member to be added to the permanent roster. Players are not eligible until this occurs.
    - If this procedure is completed properly the Intramural Sports Office will add and delete the player(s) to the permanent team roster. Note: Roster deletions are permanent. The deleted player will not be eligible to compete unless she/he is added back to the roster.
    - For all intramural activities the final opportunity to add/delete a player(s) is during the first contest played in playoffs.
  - No roster additions/deletions will be taken over the phone.
  - Substitutions in individual/dual sports must be made before a player’s first scheduled game/match. The original player cannot re-enter the tournament after the substitution is completed.
- 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 CoRec team.
  - If a player wishes to change from one team to another, he/she must do so in the Intramural Sports Office before the player competes.
  - A player listed on two rosters will be considered a member of the team he/she first plays for. *Any player signed in on a game score sheet will be considered to “have played.”
  - The Intramural Database will recognize ineligible players by marking them ineligible via the score sheet. There are many reasons why players are marked ineligible on the score sheets, but the most common reason is due to players participating for multiple teams. *Ineligible players must visit the IM Sports Office to become eligible.*
- Any person playing under an assumed name or ID number shall be barred from intramural competition during that season and the team penalized with forfeits/losses for all the games in which the violator participated.
- Only two (2) sport club members eligible to play on a team in their sport or corresponding sports. In their sports specific/corresponding sport(s), sport club members must play in “A” league competition.
- Any person who is a member of a varsity or junior varsity squad shall not be eligible to participate in that sport or corresponding sports.
• Any person who has competed as a professional in a sport shall not be eligible to participate in that sport or corresponding sport(s) until the lapse of seven (7) years from their last season on a professional roster.
• In order to participate for a fraternity or sorority an individual must be associated with that organization as a pledge, member or alumni.
• In order to compete on a residence hall team, a player must be a current or past resident of the hall. The maximum number of past residents on a team’s roster is two (2).
• Independent teams may be composed of persons who may or may not belong to a previously mentioned group.
• Consequences for using an ineligible player(s):
  o The team shall forfeit all contests in which the ineligible individual(s) played.
  o Players participating illegally are referred to the Intramural Sports Coordinator for further disciplinary action.

For any additional information on eligibility please see the Intramural Sports 2010-2011 Policies and Procedures Handbook which can be viewed online at http://campusrec.okstate.edu/ or visit the Intramural Sports Office in room 104 Colvin Recreation Center

Equipment
A. Rubber molded cleats, or sneakers may be worn. No metal cleats or screw-ins with metal tips are allowed. SHOES ARE REQUIRED!
B. Players must remove ALL jewelry prior to participating. NO hats, bandanas, or headwear that contains knots. NO metal or plastic hair devices.
C. Teams must wear matching jerseys, or pennies checked out from the Intramural Sports Supervisor on duty. (No “shirts/skins”)

Players
A. A team will consist of seven (7) players or in eight (8) Co Rec.
B. A team may start and play a game with as few as five (5) players; in Co Rec (6) teams must maintain a 3:3 ratio. Co-rec teams may not play with fewer than 3:3

Forfeits
A. Game time is forfeit time. All teams must be signed in and ready to play at game time in order to not receive a forfeit. The supervisor’s watch is the official game time on the field.
B. The game will begin when at least (5) players are present; (6) for Co Rec.
C. In order to claim forfeit, a team must have the correct number of players present and ready to play.
D. If neither team is able to field a team, a double forfeit will be declared.
E. Teams that forfeit a contest will be charged a forfeit fee.
   1. The forfeit fee is $25.00
   2. Forfeit fees must be paid in the Intramural Office within 24 hrs of the forfeited contest or they will be charged to the Captains Bursar’s Account.
   3. All forfeits, regardless of cause, will result in the forfeit fee being assessed.
   4. Two forfeits in the mini-season will cause a team to miss the playoffs.
Play

A. **The Game: Ultimate Frisbee is a non-contact sport.** Contact will not be tolerated. Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.

1. The game will consist of two 18-minute halves (running clock) or the first team to score 15 goals.
2. Each team will receive one (1) minute timeout per half.
3. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off.
4. The team with the most goals at the end of the game is declared the winner.
5. If the score is tied at the end of regulation play a sudden death period will begin with no time limit.

B. **Substitutions**

1. Substitutions can be made after a goal and prior to the ensuing throw-off, before the beginning of a period, during a timeout or to replace an injured player.
2. **An ejected player may not be replaced.**

C. **Starting and restarting the play**

1. **Start of Game**
   a. To start the game, a coin toss will be conducted. The winner will have the choice of receiving the initial throw-off or selecting which goal they wish to defend initially.
   b. The team losing the flip is given the remaining choice.
   c. The loser of the initial coin toss will have the choice to start the second half.
   d. If overtime periods are needed the coin toss is repeated for the first overtime period. Each subsequent overtime period will also start with a coin toss.
2. **Throw-off**
   a. Play starts at the beginning of each period of play and after each goal with a throw-off.
   b. Each time a goal is scored, the teams switch the direction of their attack and the team that scored throws-off. When your team scores, you throw-off from the same endzone you scored in.
   c. Positioning prior to throw-off: (1) The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released. (2) The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
   d. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play. Once a team has been scored upon, a 30 second count will start for the team walking (the team who was scored upon) to be ready for the next throw-off. If the team walking does not make it back to the designated throw-off area, they will be called for a violation and the team throwing-off will be awarded the disk at center field. This rule is in effect so teams are not delaying play.
   e. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
   f. As soon as the disc is released, all players may move in any direction.
   g. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
   h. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.
   i. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
   j. If the throw-off lands out-of-bounds the receiving team makes a choice of: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.
   k. If a member of the receiving team touches the disc during flight of the throw-off (whether in or out-of-bounds) yet fails to catch it, the team which threw-off gains possession of the disc at the nearest point on the playing field proper.

D. **Change of possession:**

1. Occurs when a pass in is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).

E. **CO-REC SCORING,** if a female scores (either throws for a score or catches a score) the goal will be worth two instead of only one.

**Out-of-bounds**

A. The perimeter lines themselves are out-of-bounds.
B. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
C. 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.
D. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
E. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.
F. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
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 anyway he/she wishes.

The Marker (Defender)
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. When the Marker approaches the thrower in an attempt to play defense, he or she must set their feet and begin to count loudly to 12 in one second increments. The thrower should be able to hear the count. Arms and hands may be used to block the disk, but the marker may not continuously shuffle his or her feet around the thrower. Likewise, the thrower may not pivot into the marker. If the marker decides to reposition his or her feet, they must restart their count to 12. If the thrower has not released the disc when the marker has counted to 12 a turnover results.
D. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

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.

Fouls
A. Fouls are the result of physical contact between opposing players.
B. The offended player calls the foul.
C. 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.
D. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
E. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
F. Fouls and violations result in a change of possession.

Positioning
A. Picks:
   1. 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.
   2. A pick is considered a violation.
B. When the disc is in the air, players must play the disc, not the opponent.
C. The principle of verticality: All players have the right to the space immediately above them.
D. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

Protests
A. Rule interpretations and player eligibility are the only protests that will be considered.
B. Rule protests
   1. Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor.
   2. NO contests or portions thereof will be replayed due to improper rules' enforcement. If you have a question, ASK it.
   3. SUPERVISORS' JUDGEMENT IS NOT PROTESTABLE.
C. Player eligibility protests
   1. Should be filed as soon as you have a question. During playoffs all eligibility protests must be filed prior to the start of the contest.
   2. Eligibility protests will be decided at the time the question is raised whenever possible. If no decision can be made the game will be played as scheduled. The IM office will then make a decision as soon as possible.
   3. Players found to be ineligible after the contest will result in that contest being forfeited and that player being suspended.

Player Conduct
A. Team captains and manager/coaches are responsible for the conduct of their players and fans.
B. Only the Captain or designated Coaches are allowed to question the supervisor during play.
C. Coaches must stay at the team bench area during play.
D. Acts of unsportsmanlike conduct including unnecessary roughness, arguing with the supervisor, fighting, and abusive language directed towards the supervisor or opponents will result in the player(s) being ejected from the game.
E. Any player ejected from a game will be ineligible to participate in any intramural sport until he/she meets with the Graduate Assistant in charge of the sport (Matt Lee).
F. Ejected players must serve at least a two week suspension, after speaking with a G.A (Matt Lee), prior to being allowed to return to play. Other penalties include, but are not limited to, suspension for the remainder of the sport and/or upcoming sports/semesters.
G. Ejected players must leave the playing area for the remainder of that contest and any other contests that day.

Miscellaneous

B. Players arriving late may sign in at that time and upon doing so may enter the game.
C. All players must present a valid OSU ID prior to the start of the game. **No Exceptions**
D. All fans must remain along the sidelines of the field, out of play.
E. Players will not be allowed on the field to warm-up until the preceding game on their field is finished.
F. The Intramural Office does not provide insurance and assumes no responsibility for injuries occurring during intramural sports.