

NSA Mid-South Intramural Ultimate Frisbee Rules & Regulations

USA Ultimate rules apply to all games (www.usultimate.org), unless otherwise noted herein.

Game/Forfeit Time: Games will be played on Monday and Wed. afternoons at 1110 and 1210 at the multipurpose fields in front of N82 Gym. There will be a 10-minute grace period from the scheduled start time for each team to be able to field at least 4 players. If both teams have at least 4 players at the posted start time, the game shall begin as scheduled. If not, the clock shall start and the 10-minute grace period is in effect. Additional players will be allowed to check into the game as they arrive. If a team cannot field at least 4 players after the 10-minute grace period, that team shall be charged with a forfeit.

Schedules: Schedules will be available by Facebook (www.facebook.com/NSAMidSouthSports) and posted on the sports bulletin board in the Joe Dugger Fitness Center. If there are any WORK-RELATED changes to your team's playing availability, notify the Sports Office by 1200 on the Thursday prior to the week of the next game, so that schedules can be adjusted accordingly and posted on time. This can be done in person at the Sports Office in Joe Dugger Fitness Center, or through e-mail to the Sports Coordinator, to which a return e-mail will be sent to verify that the notification was received. In the event of a game day availability issue, teams should notify the Sports Coordinator by NO LATER THAN 0830 on the day of the scheduled game. Games will be forfeited if proper prior notification is not given. Schedules will be posted by approximately 1530 on the Friday prior to the week of games. Playoffs will be a double-elimination tournament (unless otherwise decided by the Sports Coordinator). **During playoffs, we may not be able to make availability accommodations, due to the constraints of the bracket schedule.**

Team Size: There is no limit on team roster size. **ALL PLAYERS MUST BE LISTED ON THE ROSTER PRIOR TO PLAYING THEIR FIRST GAME.** Every player listed on the roster MUST adhere to the sport's rules and regulations regarding participation AND sign the liability waiver.

Rosters: Team rosters should be submitted **NO LATER THAN** the team's first game. Rosters must be completed in-full and include head coach and assistant coach contact information, players' names, command, and affiliation. In addition, a command signature is required for participation approval, sportsmanship issues and any other concerns. Any days or dates that your team is **NOT** available for play should be noted on the back of the roster form.

Players on a team MUST be from the same code, department, or company within their attached command. A MAXIMUM of 3 non-code players will be allowed on team rosters. Teams found in violation of any participation/eligibility policies will not be eligible to receive Captain's Cup points. Roster changes must be submitted to the Sports Office in writing by 1000 on the day of play. Rosters will freeze **2 WEEKS** prior to the beginning of the playoffs. **NO** new members may be added after the roster freezes. Rosters will not be accepted without complete player/team information. It is the responsibility of the team captain/coach to comply with this rule and to periodically check his/her team roster in the Intramural Office to ensure all players are registered. At no time will a team captain/coach have access to a roster other than that of his/her own team.

Additions to Rosters: New players may be added to rosters at any time prior to the date of the last two scheduled regular season games. Teams may not pick up new players during the Championship Tournament. All players **MUST** have played in at least **2 regular season games** to be eligible to participate in the tournament.

Eligibility: Eligibility for participation in NSA Mid-South Intramural Sports programs is restricted to:

- Active Duty Military members, Active Duty Military dependents, Active Duty Military retirees, Reservists, and DoD employees with valid access to NSA Mid-South facilities
- DoD dependents, Veterans and civilians without a valid ID are NOT allowed to participate
- All participants **MUST** be 18 years of age or older

- **Participants MUST play for the command code/department to which they are attached/detailed. If a player's command does not have a team participating in the league, he or she may play for another team as approved by the Sports Coordinator.**

- **ALL participants MUST have a VALID NSA Mid-South Military/NSA Mid-South CAC/Dependent/Retiree ID card to be eligible to participate. Failure to present a valid ID will result in removal from the league. Any team found using ineligible players will be charged with a forfeit for ALL games in which the ineligible player(s) participated.**

- **ALL PLAYERS MUST BE ABLE TO PRESENT THEIR VALID ID AT EVERY GAME. NO EXCEPTIONS. Eligible players who cannot provide a valid ID card will not be allowed to participate. ID checks will be done at random, or upon request throughout the regular season and before every game throughout the playoffs.**

- **An individual may only play for ONE team. Participants found playing for multiple teams will be subject to removal from the league.**

Team Uniforms: The Home team and Visitor team shall be designated on the weekly schedule. Team players should make every effort to dress in like-colored shirts to distinguish between teams. **PURCHASED UNIFORMS CANNOT DISPLAY VULGAR CONTENT OR DISTRACTING COLORS.** Players shall not wear jewelry (except FLAT wedding bands). Head sweatbands must not exceed 2 inches in width. Religious or medical alert medals may be worn, but must be taped to the body and should not be visible. Players shall not wear any garments deemed to be vulgar or distracting to the opposing team (i.e. fluorescent colors, offensive images, etc.). **NO METAL CLEATS ALLOWED.**

Forfeits: Any team forfeiting twice during the season will be automatically dropped from the league. As mentioned above, a forfeit is charged when a team cannot field at least 4 players after the 10-minute grace period. A no-call/no-show is equal to a forfeit. Individuals who have played on a team dropped from league play are not eligible to play for another team for the remainder of the season, unless approved by the Sports Coordinator.

Protests: Any protested rulings or decisions will be settled on the field at the time of the occurrence. This is a self-officiated league, so teams will make their own judgments. In the case of an ineligible player, please notify Jacob Miller – Sports Coordinator immediately for a decision. In these cases, the game monitor will note that the game is played under protest from the point of dispute. **PROTESTS MUST BE SUBMITTED TO THE SPORTS OFFICE, IN WRITING, PRIOR TO 1400 THE DAY FOLLOWING THE OCCURRENCE.**

Coaches' Responsibilities: Head/Assistant coaches are responsible for their team and spectators' behavior at all times. He or she shall ensure that all team members are knowledgeable of all league rules and regulations prior to participation. He or she shall ensure that all team members conduct themselves in a sportsmanlike manner at all times. He or she shall keep all team members informed of all league-related information and schedules.

All teams completing league play (without excessive sportsmanship/ejection/forfeit violations) will be eligible to compete in the Championship Tournament. The Sports Office will seed all teams in the Championship bracket based on their league winning percentage. The Sports Coordinator reserves the right to remove any team from the league/Championship Tournament as he sees fit. Any team/player exhibiting poor sportsmanship, multiple player/coach ejections, forfeits, or other detrimental qualities established by the Sport Coordinator shall be subject to removal from all league activities and possible banishment from further Intramural Sports programs and activities.

Alcohol shall not be consumed prior to or during a game. The game monitor can eject a player/coach from a game that, in their judgment, has used alcohol prior to or during a game.

Sportsmanship: Unsportsmanlike behavior will not be tolerated. Any team member who is ejected from a game for ANY reason (flagrant foul, fighting, improper conduct, foul language, etc.) will be suspended from the team's next TWO consecutive scheduled games, including playoffs. A mandatory meeting with the Sports Coordinator shall be held and the punishment may be reduced to ONE game, if approved by the Coordinator. If the offending team member fails to meet with the Sports Coordinator, the mandatory TWO-game suspension shall be assessed. In the event of a physical altercation of any kind, security/police will be notified and all involved individuals shall be reported to their command to face further consequences. Any team member ejected from a game for ANY reason must leave the facility/field IMMEDIATELY. Failure to vacate the premises (including the parking lot) immediately shall result in possible removal from the league and banishment from all future Intramural Sports leagues and activities, as well as possible authority notification.

Cancellations: Games may be cancelled if a team notifies the Sports Office by no later than 0830 on the day of the scheduled game. The game will not be rescheduled. Only 4 cancellations per team per season are allowed. Cancellations may ONLY be made for command/military requirements.

Inclement Weather: During inclement weather, NSA Mid-South Sports will cancel games by **1000**. After this time, the field monitor will cancel the games on the field. We will notify participants using the Sports Facebook page and player e-mails (if possible).

Scorekeeping: The game monitor shall keep score for all matches.

Awards: The first and second place teams shall receive a team trophy.

Safety: Safety is the responsibility of all coaches and players. Coaches should conduct a safety briefing to their team prior to the first game. It is recommended that teams participate in at least 5-10 minutes of stretching and warming up prior to competition.

The Sports Coordinator reserves the right to amend all league rules at any time, without consultation. In the event of a rule change, all officials and coaches shall be notified immediately.

For more information, please contact: Jacob Miller – Sports Coordinator;
n82sports@gmail.com; (901) 232-2109 – Work cell; www.facebook.com/NSAMidSouthSports

Local Rules

Game Format

1. Games shall be played in a 5v5 format.
2. A team may play with as few as 4 players; otherwise the game shall be a forfeit.
3. The game shall consist of two 20-minute halves (running clock) with a 5-minute halftime.
4. Ultimate is self-officiated and players are responsible for making their own infraction, boundary and scoring calls. A game monitor will be present to resolve disputes, but captains should resolve any issues amongst themselves and minimize conflicts with the goal of sportsmanship in mind. If a disputed call cannot be resolved, a redo will commence at the previous spot.
5. **IF ARGUMENTS AND PROTESTS BECOME A COMMON OCCURRENCE, I WILL CANCEL THE SEASON AND TAKE IT OFF OF MY CALENDAR FOR THE FORESEEABLE FUTURE.**
6. A disc toss shall determine the first possession. The winner of the toss can choose either to receive the initial “pull” (kickoff) or which end zone they wish to defend. The loser of the toss then makes their decision, based on the available options.
 - a. In the second half, the loser of the initial toss chooses from the available options.
7. After a goal is scored, there is a 90 second time limit to begin the next point.
8. There will be NO overtime during the regular season, so tie games will end as a tie.
 - a. Playoffs – overtime sudden death period will be in effect and the first team to score wins.

Game Rules

1. A goal is scored when a player catches the disc in the end zone that player is attacking.
2. A player may not run while holding the disc. The disc is advanced by passing it to the disc holder’s teammates.
3. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of possession.
4. An attempt to unfairly disadvantage an opponent through physical contact is a foul.

The Pull

1. Play starts at the beginning of each half and after each goal with a “pull” -- a player on the pulling team throws the disc toward the opposite goal line to begin play.
2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
5. After the disc is released, all players may move in any direction.
6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
7. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot. If a catch attempt is made and the disc is dropped, it is a turnover.
8. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
9. If the pull lands out-of-bounds, crossing the sideline in the air, the receiving team puts the disc into play at the point on the playing field where the disc went out-of-bounds OR the receiving team can take possession in the middle of the field parallel to the point of exit.
10. If the pull goes through the back of the end zone, the receiving team will assume possession of the disc in the center of the goal line.

In-and-Out-of-Bounds

1. The perimeter lines themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds, or is caught out-of-bounds by a player.
3. 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.
4. 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 he/she went out-of-bounds and puts the disc into play at that point).
5. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.
6. In order to establish possession both on the catch and for a touchdown, it is necessary that the first point of contact be ENTIRELY inside the boundary line. 1 foot down entirely in-bounds is necessary to establish possession.

Turnovers

A turnover occurs when:

- A. A pass is incomplete (dropped, hits the ground, is caught out-of-bounds, blocked, intercepted, etc.). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
- B. The marker's count reaches the maximum number (10) before the throw is released.
- C. When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
- D. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.
- E. If a turnover results from throwing the disc through the back of the end zone, the opposing team will assume possession of the disc at the goal line.

Substitutions May be made after a goal and prior to the ensuing pull, before the beginning of a half, during a timeout, or to replace an injured or ejected player.

The Thrower

1. Any member of the offensive team may take possession of the disc.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

Positioning

1. Each player is entitled to occupy any position on the field not occupied by another player.
2. Picks: 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.
3. When the disc is in the air, players must play the disc, not the opponent.
4. Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

The Marker

1. Only one player may guard the thrower at any one time; that player is the “marker.”
2. The marker may not straddle the pivot foot of the thrower.
3. There must be at least an arm’s length plus one disc’s diameter between the bodies of the thrower and the marker at all times.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
5. Stall count: The period of time within which a thrower must release a throw.
 - A. A player in possession of the disc has 10 seconds to release a throw.
 - B. The marker must be within 10 feet of the person with the disc before beginning the stall count.
 - C. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stall one, stall two, stall three . . .”).
 - D. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stall 8.”
 - E. If the defense switches markers, the new marker must restart the count at one.

The Receiver

1. After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
2. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

Fouls and Violations

A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:

- A. The reporting player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
- B. A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that he/she did not commit the infraction.
- C. After a call, play stops and players remain stationary until the parties involved have resolved the call.
- D. If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. E.g., 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
- E. If a call is disputed and the players cannot come to a resolution, the play is a REDO, with each player returning to the position he/she occupied when the disputed infraction allegedly occurred. The thrower will hold the disc in the air and audibly count to 3 before resuming play.
- F. Infractions include:
 1. Foul: Contact between opposing players.
 2. Fast count: When the marker counts at intervals of less than one second.
 3. Double-team: When more than one defensive player is guarding the thrower within 10 feet.
 4. Disc space: If the marker touches or is less than one disc diameter away from the thrower.
 5. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
 6. Strip: When a defensive player knocks the disc out of a thrower’s hands.
 7. Pick: Obstructing the movement of a player on the opposing team.

Player Conduct

Acts of unsportsmanlike conduct, including unnecessary roughness, excessive arguing, fighting, and abusive language will result in player(s) being ejected from the game. Good sportsmanship is imperative to league participation and success. All players and coaches should practice good sportsmanship and courtesy to all others involved in this program. All those who exhibit poor sportsmanship will be subject to removal from the league.