

ULTIMATE

Information Sheet

Spring 2009

This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.

ENTRIES OPEN

April 28, 2009 (Entries are limited and are sold on a first come, first served basis.)

ENTRY FEE

A \$30.00 non-refundable entry fee will be required at registration for each team.

CAPTAINS MEETING

A meeting for team captains (or a representative from each team) will be held **Thursday, April 30 at 4:00 PM in 267 Richards Building**. Intramural policies and procedures will be discussed during this meeting and it is important that all teams be represented.

ELIGIBILITY

Spring 2009 full-time students (6 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay an intramural activity fee for each semester in which they participate. Non-students must be active members of a BYU ward and their membership records must reside in the BYU ward that they attend.

The intramural activity fee is paid at the HHP College Services Office in 112 Richards Building. The cost is \$20.00 per semester during fall/winter and \$10.00 for spring/summer. A BYU ID or BYU Net ID with valid picture ID is required at time of payment. This fee will enable a participant to compete in any intramural activity during the appropriate semester.

To participate in a team sport, each player must be added to his online team roster. Players need to be added to their team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games. Team rosters are limited to **18** players. Each participant may play for only **one Ultimate** team.

DAYS, TIMES, AND LOCATION

Games will be played Tuesdays through Thursdays 6:15 PM to 10:15 PM and Saturdays 9:00 AM to 1:00 PM at the North University Fields located north of 2230 North Canyon Road.

CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. *All participants will need to show a valid (government, school, or work issued) picture ID before every game.* Picture ID printouts are not acceptable. Participants, whose privileges list “Fee Needed”, will need to show their paid receipt for the intramural activity fee before they can be checked-in.

FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams having less than **five** legal players at game time. Teams receiving their second forfeit will be dropped from regular season play and will not be eligible for tournament play. *Refunds will not be given for forfeited schedules.*

EQUIPMENT

Both teams must provide their own model 175g disc.

UNIFORMS

Any appropriate, modest athletic uniform is permissible. Shirts and shoes must also be worn. Sleeveless shirts are not allowed. **No metal cleats allowed.**

OFFICIALS

Ultimate is a self-officiated game; however, there will be an observing intramural supervisor at every contest. Supervisors assigned to your game have the power to make decisions on any point not specifically covered by rules of the game or by intramural policy.

LIABILITY

All participants play at their own risk and must acquire their own insurance.

INCLEMENT WEATHER

The decision to cancel activities due to inclement weather will be made by **4:00 PM on weekdays and 8:00 AM on Saturdays**. Participants may call the intramural rainout hotline at 801-422-3992 for this decision.

SPORTSMANSHIP

Sportsmanship is everyone's responsibility. We hope that everyone will conduct himself in a mature and friendly manner. Team captains are responsible for the conduct of their players and their spectators. Spectators may be asked to leave if necessary.

A yellow/red card system will be used to monitor unsportsmanlike behavior, rough play and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card shall be ejected from the game and will need to leave the field/court before play resumes. A team with a carded player will be required to play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses that apply to Ultimate:

Yellow Card: Non-directional profanity; arguing; rough play; taunting opponents.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

TOURNAMENT INFORMATION

There will be two divisions (upper and lower) for regular season play. At the conclusion of regular season play, eligible teams will be re-evaluated and placed in the tournament division that best fits their ability. Important tournament dates are listed below.

- Tournament classification rankings will be posted by **4:00 PM on Tuesday, May 26.**
- Teams will have until **4:00 PM on Thursday, May 28** to challenge classification rankings.
- Tournament schedule will be posted by **4:00 PM on Friday, May 29.**
- Tournament play begins **Tuesday, June 2.**

*If you have any questions contact Emily in 145 RB (801-422-7597) or access our web page.
<http://intramurals.byu.edu> **Have a fun season!***

RULES

For a complete list of the Ultimate Players Association (UPA) 11th Edition Rules please visit the UPA website at: www.upa.org

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 15 yards deep.
2. **Game Time:** Each game will be played until a team scores 12 goals, with a margin of at least two goals *or* until a cap is reached. Halftime occurs when one team first reaches 6 goals, half the game total. A point cap will be set 45 minutes after the scheduled game time. The cap will be set at 2 goals more than the score of the team in the lead. The first team to reach the point cap wins.
3. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
4. **Scoring:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
5. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
6. **Change of Possession:** When a pass is not completed (e.g. the disc went out of bounds, or was dropped, blocked, or intercepted), the defense immediately takes possession of the disc and becomes the offense.
7. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury time-out.
8. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
9. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
10. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
11. **Spirit of the Game:** Ultimate 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 play. Please review the Spirit of the Game philosophies found on the next page.

SPIRIT OF THE GAME (SOTG)

1. **The golden rule: treat others, as you would want to be treated.** Spirited games result from mutual respect among opponents. Assume the best of your opponents. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”
2. **Control: SOTG takes real effort.** SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point #1, the game heals itself.
3. **SOTG is compatible with the championship play.** It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.
4. **Don’t “give as you got.” There is no “eye for an eye.”** If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with the supervisor or the program coordinator. If you retaliate in kind, however, a complaint may be filed against you. We recall point #1: treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.
5. **Breathe.** After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out’ did you hit hand or the disc’ did that pick affect the play).
6. **When you do the right thing people notice.** When you turn the other cheek, you know you’ve done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.
7. **Be generous with praise.** Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.
8. **Impressions linger.** Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.
9. **Have fun.** All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.