Ultimate Frisbee

Eligibility

- To participate in Intramural sports a player must be a current Dixie State student or employee and needs to present an ID card at every event. A player may only play on one team per sport. A player that has not played in the regular season may not be added to the roster for the tournament/playoffs; only players who have previously played on the team can play during the tournament/playoffs. If a team is eliminated the players may not play on a different team. A current DSC collegiate athlete may not play the same sport in Intramurals.

Sportsmanship

- Participation in DSC Intramurals is a privilege; it is for enjoyment and enhances the college experience. Respect for teammates, opponents, and the Intramural Staff is expected. Acknowledge that the referees are not professionals, but fellow students. Having amateur and inexperienced officials will result in inconsistencies and/or discrepancies in their calls throughout the course of a game or season. Respect for officials is mandatory, and disrespect will not be tolerated. After each game a sportsmanship grade of A, B, C, D, or F will be given to each team by the officials. Teams must maintain a 2.0 average to continue during league play and a 3.0 average is required to enter the tournament.

Rules

- A team consists of seven players.
- A minimum of five players is required to start a game.
- If five players are not present 10 minutes after the scheduled game time it will be a forfeit.
- A game consists of two 16 minute halves with a 2 minute half time.
- The clock will run consecutively for the entire game except for time outs.
- Each team will receive one timeout per half.
- A player with the Frisbee will have two steps to throw it.
- The ball will be immediately turned over to the defense if the disc falls to the ground, a defender deflects the disc and it hits the ground, a defender catches it, the disc lands out of bounds or is caught out of bounds, fouls calls, and if a player stalls. The offensive thrower must release the disc before the defender counts out loud for ten seconds.
- Substitutions can only be made on a dead ball.
- Unnecessary contact will result in a foul call and a turnover.
- Any and all rules will be subject to change by Dixie State Intramural Staff.