LSUS REC SPORTS

Ultimate Frisbee Rules

Field
The fields are located behind the HPE building.

Procedures
1. Each team should have a captain and a team name.
   a. The captain’s responsibilities include: attending all captain’s meetings, making sure each player signs-up on-line (or signs the team entry form), paying the team’s entry fee, guaranteeing eligibility of the players on their roster, informing their team of the procedures and rules, being the spokesperson for their team during each game, providing their team with the schedule or any rescheduled games, and controlling the conduct of their team. Each member of the team must sign the waiver before participating, including those individuals added to the roster during regular season play. No more than 20 individuals on a roster. No individual may be added to the roster after play-offs begin. All players on the team must play in 2 regular season games to be eligible for play-offs.

2. No jewelry.
3. Any player bleeding must leave the game and is not able to return until the bleeding has stopped and the wound has been covered. If blood is on the clothes, the player must change before reentering the game.
4. A maximum of 14 intramural championship t-shirts will be given to the league champions. If teams have less than 14 players, only the players listed on the roster will receive a t-shirt. Players need to have played in at least 50% of the intramural games to receive a t-shirt.
5. Eligibility:
   a. All LSUS undergraduate or graduate students currently enrolled in classes. All LSUS faculty and staff members employed during the current semester. LSUHSC students enrolled in the current semester.
   b. A valid LSUS or LSUHSC ID MUST be presented to the Recreational Sports staff at check-in. If you do not present your ID before each game, you WILL NOT be eligible to participate.
   c. A student who has received a scholarship or has participated in intercollegiate competitions shall not be eligible to compete in that particular sport (or similar sport) for at least one Academic semester.
   d. No more than 2 ex-collegiate players of the same or similar sport may participate on each team (from the past 4 years).
   e. Any individual participating in a university club sport is not eligible for that sport during the same year.
   f. Athletes who have participated at the professional level in the same sport are not eligible for three years after his/her professional experience and there may only be 1 ex-professional player per team.
   g. Players may only play on one team unless playing in a men’s or women’s league and co-rec league.
   h. Players may not switch teams once their name is on a roster.

6. Entry Fees: To help eliminate forfeits and to maintain the quality of the Recreational Sports Program, Recreational Sports has instituted fees for recreational activities. Fees are due with the entry form and must be received by the entry deadline. Failure to pay the total fee by the entry deadline will result in the team not being scheduled. Recreational Sport’s fees vary depending on the sport. The only time a refund may be given is when a team has paid and not enough teams sign-up to form a league.

7. Forfeits
   a. If a participant or team fails to begin five minutes after the scheduled starting time, the Recreational Sports Staff may declare the contest forfeited to the team ready to play. If neither team is ready to play five minutes after the scheduled starting time, a double forfeit will be declared.
   b. Teams will forfeit any games in which they used an ineligible player.
   c. If, in the opinion of the officials or supervisor, a team is not playing the game within the spirit of the rules, or according to acceptable fair play, the game may be stopped and a forfeit declared against one or both teams.
   d. Two forfeits during a given season will result in the team being dropped from the league for the remainder of the current sport’s season.
   e. Any team that forfeits will receive a 1 for sportsmanship and the team forfeited against will receive a 5.

8. Protests
   a. Protests regarding rule misinterpretations must be made by the Team Captain before the next live ball. If the protest is the last play of the game the protest must be made before the teams leave the field. The protest must be made to a game umpire who should then explain the rule interpretation. If the game umpire is unsure of the rule, the Assistant Director for Recreational Sports should be notified.
   b. Protests on matters of an umpire’s judgment will be disregarded.
   c. All protests regarding eligibility must be made in writing to the Assistant Director for Recreational Sports by the next business day after the infraction occurred. Eligibility protests of a single day event must be made during the working hours of the business day following the event in question. Eligibility protests during playoffs must be made by NOON the day following the contest being protested.
   d. Regular season eligibility protests may not be filed after postseason has begun.
   e. The Assistant Director for Recreational Sports, at his/her discretion, may hold one hearing for each protest at which all parties involved may present their cases of the event before a decision is made.
   f. Protests of playoff games must be made in writing within 24 hours or by 12:00 noon on the day of the next scheduled game, whichever is first.

9. Reschedules: After the schedule is made, it is the responsibility of the Team Captain to notify the Assistant Director for Recreational Sports ASAP of any days/times his/her team will be unable to play. Games will try to be rescheduled, but there is no guarantee. If something arises at a later date, the Team Captain must notify the Assistant Director for Recreational Sports of any scheduling conflicts at least 7 business days prior to the game. Postseason games will not be rescheduled. Defaults: If the Team Captain notifies the Assistant Director for Recreational Sports at least 24 hours in advance that their team will be unable to make their upcoming game, the team will receive a loss, but not be given a forfeit. After 4 defaults, the team will be taken out of the league.
10. **Alcohol**: The use or possession of any alcoholic beverage is prohibited at any Recreational Sports activity. Use of alcohol by either participants or their fans will result in the ejection of those involved and/or the complete forfeiture of the game and may result in further disciplinary actions.

11. **Tiebreaker Policy**
   a. Head to Head
   b. Least amount of forfeits
   c. Least amount of Defaults
   d. Points allowed
   e. Points scored

12. **Ejections**
   a. Any participant or spectator who, at the discretion of the Recreational Sports Staff, does not participate in a manner suitable to the Recreational Sports competition may be ejected at any time from the game or facility.
   b. Consequences for any player suspended from Recreational Sports activities, due to an ejection, will be determined by the Assistant Director for Recreational Sports or authorized designee.
   c. In addition to the determined consequence for being ejected, the ejected player(s) will be required to meet with the Assistant Director for Recreational Sports before regaining eligibility. Failure to meet this requirement will result in a team’s forfeiture of any games in which the player is involved after the suspension. This eligibility will carry over into the next sport season or academic year.

13. **Sportsmanship Points**: The LSUS Recreational Sports program will use a Sportsmanship Point system based on that of the National Intramural and Recreational Sports Association (NIRSA). Each team will receive a sportsmanship rating from the official(s) at the conclusion of the game. The score given will be based on the scale below.
   a. **5 pts (Excellent)** - given to a team which demonstrates good sportsmanship and maintains an excellent attitude of complete cooperation. Full and complete support of the officials.
   b. **4 pts (Above Average)** - given to a team when there is no incident of poor sportsmanship. Respect shown for opponents and officials.
   c. **3 pts (Average)** - given to a team when unsportsmanlike conduct is not present in the game except for rare minor infractions. Poor behavior limited to individual(s), not to the entire team.
   d. **2 pts (Below Average)** - given to a team if players, other than the captain, persist in questioning officials’ decisions; and/or they repeatedly argue with the officials. Frequent use of profane or vulgar language. If spectators clearly related to the team fail to cooperate with the officials and the team is not supportive of the officials’ efforts.
   e. **1 pts (Poor)** - given to a team when a player is ejected and the team does not assist the officials in removing the player from the area. If players disregard warning of unnecessary roughness, unsportsmanlike conduct, abusive language or action, etc. If the team refuses to attempt to control their fans after a request to do so from the Assistant Director for Recreational Sports.

14. **Qualifying for Postseason**: A team must have a cumulative 3.5 average sportsmanship rating in order to be eligible for the postseason. A team must have at least a **3.0** rating for each game in the postseason to advance to the next round. Teams receiving less than a **3.0** will not be eligible to advance to the next round of postseason. Any team that receives a **1.0** in a playoff game will be disqualified from that playoff tournament and the team and players will be suspended from all Recreational Sports events for a period of time to be determined by the Assistant Director for Recreational Sports. The nature and severity of the incident will be taken into account.

15. **Miscellaneous**: LSUS Recreational Sports is not responsible for any injuries that occur during play. Every participant should have their own health insurance. Participating in intramurals is voluntary. Individuals injured during play must have an injury report form on file with Recreational Sports before regaining eligibility. Failure to meet this requirement will result in a team’s forfeiture of any games within 48 hours of the injury.

16. **Rain dates**: To determine if your game is cancelled due to inclement weather, please call 797-5393.

**Game Guidelines**

1. **The Game**
   a. Teams will consist of 7 players. Four players are required to start each game. Co-rec: Any of the following combinations – 3 men, 4 women; 4 men, 3 women; 3 men, 3 women, 3 men, 2 women; 2 men, 3 women; 2 men, 2 women; 2 men, 4 women; 4 women, 2 men; 3 women, 1 man; 3 men, 1 woman; 4 women, 1 man; 5 women, 1 man; 6 women, 1 man; or all women.
   b. A two out of three rock, paper, scissors match will be done and the winner can choose to throw, receive, or the side of the field.
   c. Players must remove all jewelry prior to the match.
   d. Players must wear athletic shoes.
   e. Teams must have the same shade of color shirt. Pennies will be provided.
   f. Substitutions may be made after a goal is scored, at halftime, or following a time-out.
   g. Each game will consist of two 20-minute halves with a running clock. Halftime will be 3 minutes.
   h. Each team will receive one time-out per half.
   i. Teams advance down the field by passing the disc from player to player. As soon as a player has caught the disc, he/she must make a complete stop. One foot must remain planted as he/she attempts to throw the disc. If the pivot foot moves, a turnover will be awarded.
   j. As soon as a player gains possession of the disc, he/she has 10 seconds to pass it to a teammate. The defensive player is responsible for counting out loud the 10 seconds. If the disc is not released in 10 seconds, a turnover is awarded.
   k. The defensive team may not make contact with the player in possession of the disc, or hit the disc out of his/her hand. The defensive team may block a throw by the offense.
   l. A point is scored when a player passes the disc to a teammate in the end-zone, and the disc is caught. Each score is worth 1 point.
   m. The team scored upon is responsible for walking to the opposite side of the field to receive the disc.
   n. If a team is ahead by 5 points during the last 5 minutes of the game, the game will be called.
   o. If the game goes into overtime, sudden death will be played. Another rock, paper, scissors match will be done and the winner of the toss can choose to throw, receive, or the side of the field. The first team to score will be declared the winner.
   p. The games will be played on the honor system. Each team is responsible for making the correct calls. There will be one game official on site, if the teams disagree on a call and can not resolve it among themselves, the game will be called.