UNIVERSITY OF NOTRE DAME
INTRAMURAL SPORTS
ALL CAMPUS ULTIMATE DISC

INTRAMURAL POLICIES AND PROCEDURES

A. ELIGIBILITY
Notre Dame undergraduate students, graduate students, faculty, and staff are eligible for participation. To play in all Intramural sports, participants must have a valid Notre Dame ID.

B. LOCATION:
All games will be played at Riehle Fields.

C. FORFEITS/RESCHEDULES:
If a team does not have the minimum amount of players at game time, that team will forfeit. No reschedules will be permitted in this sport. If a team cannot make a game, they may call Alex Morrison, Intramural Intern 631-3536 before 3:00pm the day of the game or 12:00pm on the day of game for weekend events and request a default. A default results in a loss, but is not considered a forfeit. Defaults and forfeits result in a 7-0 win for your opponent.

D. SCHEDULE:
All schedules are posted online and it is the captain’s responsibility to check for updates/changes.

E. INCLEMENT WEATHER
No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called.

F. ROSTER ADDITIONS:
Players may be added to the roster at any point during the regular season. Players may not be added during playoffs.

G. INSURANCE WAIVERS:
All players must fill out an insurance waiver before playing intramural sports. Waivers will be handed out at captains meetings and will also be available at the game site.

H. CHECK-IN:
It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor and playing in any intramural activity may result in suspension from future intramural activity.

I. SPORTSMANSHIP:
Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportsmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or RecSports staff will receive a penalty. These penalties will be assessed to the fan or participants team. These penalties can include a technical foul, yellow card, unsportsmanlike conduct, or sport specific penalty. If committed by a fan the captain of that team will be assessed the penalty. Any participant who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with RecSports staff. 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.

J. ALCOHOL, TOBACCO & DRUGS:
Notre Dame Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, RecSports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as NDSP or member of The South Bend Police Department.
SPORT RULES

A. SCORING AND TIMING
   1. GAME TIME IS FORFEIT TIME!
   2. There will be two twenty-minute running halves and a five-minute halftime.
   3. Each team is allowed 1 (one minute) time out per game.
   4. Regular season games may end in a tie.
   5. **Mercy rule:** the game will end if a team is up by 10 or more points with 10 minutes remaining in the second half.
   6. **Playoffs only:** A 3 minute overtime period will be used.

B. PLAYERS:
   1. A team is made up of 7 players.
   2. A minimum of 5 players is needed to start a game.
   3. No jewelry is permitted.

C. START OF THE GAME
   1. The team winning the initial coin toss or the overtime coin toss has the option of receiving the throw-off, or selecting which goal they wish to defend. The team losing the flip is given the remaining choice and will have their choice of those same two options to start the second half or the second overtime, if needed.

D. SCORING
   1. A goal is scored when a player successfully passes the disc to a teammate standing/landing in the end zone which that team is attacking. For goals to count as time expires, the thrower must release disc before scoreboard horn sounds.
   2. In order for the receiver to be considered in the end zone after gaining possession of the disc, their first point of contact with the ground must be completely in the end zone.
      i. contact on the goal line is not a score
   3. A player cannot score by running into the end zone with the disc. Should a receiver’s momentum carry them into the end zone after gaining possession, they must carry the disc back to the closest point on the goal line and put the disc into play from the goal line, where they can throw a pass directly back into the end zone to a teammate for a score.

E. EQUIPMENT
   1. Teams are responsible for bringing their own discs