

# COED ULTIMATE

## Information Sheet

### Spring 2017

**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

**Online appointment time sign-ups will begin at 3:00 PM on Tuesday, May 2 @ [imsignup.byu.edu](http://imsignup.byu.edu)**

A net ID and password are required to register for an appointment time. Schedule sales will begin on Wednesday, May 3. Those who make an appointment will have first priority. **(Entries are limited)**

#### 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 **Monday, May 8 at 4:00 PM in 267 Richards Building**. Intramural policies and procedures will be discussed so it is important that all teams be represented at this meeting.

#### ELIGIBILITY

Spring 2017 full-time BYU 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-BYU students must be active members of a Provo young single adult (YSA) or married student ward**. Their membership records must reside in the YSA or married student ward they attend.

The intramural activity fee is paid at the Information Center in 112 Richards Building. The cost is \$25.00 per semester during fall & winter and \$20.00 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/term.

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

#### RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can be added to a team roster. Release agreements are valid for one academic school year – fall semester through summer term.

#### DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Friday 6:15 PM to 10:15 PM and Saturdays 9:15 AM to 1:15 PM. Games will be played at the North University Field 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 must 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”, must present their paid receipt for the intramural activity fee before they can check in.

## FORFEITS

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

## EQUIPMENT

**Both teams must provide their own 175g model disc.**

## UNIFORMS

**It is recommended that each team have two sets of jerseys of differing colors.** An appropriate, modest athletic uniform is permissible. Shirts and shoes must be worn. Sleeveless shirts are not allowed. **No metal cleats will be 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 authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## 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 rainout hotline at 801-422-3992 for this decision.

## SPIRIT OF SPORTSMANSHIP

“Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired. . . . Sportsmanship is the spirituality in athletics” (The Teachings of Ezra Taft Benson, 436-438).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. Team captains are responsible for the conduct of their players and spectators. The BYU Intramural Activities program has identified the following principles as our “Spirit of Sportsmanship” guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Live with integrity:** We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men. . . (Thirteenth Article of Faith). Be consistent with who you are in all situations. “We are what we repeatedly do; excellence, then, is not an act but a habit” (Aristotle).
2. **Be accountable:** The gift of agency allows us the ability to choose right from wrong. Although we are free to choose our actions, we are not free to choose the consequences. Other people cannot determine our feelings or thoughts. We are each accountable for the things we do and say and should never blame others for our behavior.
3. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). “Good sportsmanship includes thoughtfulness and concern for others. . . humility in victory; and calmness and composure in defeat. It is fair play, following both the spirit and the letter of the rules. It is the Golden Rule in action on the playing court, on the bench, and in the stands” (Physical Fitness, Sports, & Recreation Manual. The Church of Jesus Christ of Latter-day Saints, 1984; 17).

4. **Play by the rules:** Do not push limits or escalate your level of physical play to match the style of enforcement. Playing to the call or whistle instead of by the established rules of the game is a violation of integrity and honesty. This style of play endangers the other players. Play hard, but play fair and honor the rules.
5. **Turn the other cheek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict—it only compounds the situation. Be meek. Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth...whosoever shall smite thee on thy right cheek, turn to him the other also (Matthew 5: 38-39).
6. **Be gracious:** Compliment your opponent after a good play. Focus on the good. Build people up—do not tear people down. Be genuine when you congratulate your opponent. Demonstrate gratitude for the efforts of the officials and activity supervisors. A soft answer turneth away wrath: but grievous words stir up anger (Proverbs 15:1).
7. **Have fun:** ...Men are, that they might have joy (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

### **YELLOW/RED CARD SYSTEM**

A yellow/red card system is used to monitor unsportsmanlike behavior 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 will be ejected from the game and must leave the field before play resumes. A team with a carded player must 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:

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

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. Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

- |                                                            |                              |
|------------------------------------------------------------|------------------------------|
| 1. Can effectively throw the disc for accuracy & distance. | 4. Effective team defense.   |
| 2. Passes are caught with consistency.                     | 5. Team speed and endurance. |
| 3. Offense uses the entire field.                          |                              |

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

- Tournament classification rankings will be posted by noon on Thursday, June 1.
- Teams will have until **4:00 PM on Friday, June 2** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Saturday, June 3.
- Tournament play begins Tuesday, June 6.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 Richards Building). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done through the use of a schedule request form, which is available

in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

## **RULES**

BYU Intramural Ultimate abides by the USA Ultimate 11<sup>th</sup> Edition Rules with the following exceptions or points of emphasis. For a complete version of the rules please visit the USA Ultimate website at:

[www.usultimate.org](http://www.usultimate.org)

1. *Team Composition:* Teams may consist of five (minimum) to seven (maximum) players on the field. No more than five males may be on the field at one time. A minimum of one female and one male must play on the field at all times. Team rosters are limited to eighteen participants.
2. *Game Duration:* 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 reaches 6 goals. 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 – maximum cap will be 12 goals. The first team to reach the point cap wins.
3. *Timeouts:* Each team will have one time-out per half. No accumulation of time-outs is allowed.
4. *The Field:* The fields will be 70 yards by 40 yards, with end zones 15 yards deep.
5. *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.
6. *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.
7. *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.
8. *Scoring:* Each time the offense completes a pass in the defense's end zone, the offense scores a goal.
9. *Substitutions:* Players not in the game may replace players in the game after a score, during an injury or during a timeout.
10. *Non-contact:* No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
11. *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.
12. *Self-Officiating:* Players are responsible for their own foul and line calls. Players resolve their own disputes.
13. *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 on the USA Ultimate website.  
[http://www.usultimate.org/about/ultimate/spirit\\_of\\_the\\_game.aspx](http://www.usultimate.org/about/ultimate/spirit_of_the_game.aspx)

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