COED ULTIMATE

Information Sheet
Spring 2026

This information sheet is intended to provide basic information and rules for this activity. Please refer to the 'Information' tab on the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.

ENTRIES OPEN

Online team schedule registration will begin at 9:00 AM on Tuesday, April 28 and will end at 11:00 AM on Thursday, April 30 (**Entries are limited**). Visit our website and click on the 'Registration' tab. Schedule distribution will begin at 9:00 AM on Friday, May 1.

ENTRY FEE

A $40.00 entry fee will be required for each team.

CAPTAINS MEETING

A meeting for team captains (or a representative from each team) will be held **Monday, May 4 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

Current full-time BYU students are eligible. Current faculty and staff employees (70% or greater) and their spouses are eligible. **2026 College or Professional level Ultimate team members are not eligible,** i.e. CHI Ultimate (Men's A Team & Women's Team), SLC Shred, & Utah Wild.

The following are eligible with an Intramural Activity Fee: Part-time students, non-degree seeking students (Flex GE, Post-Baccalaureate, Evening School, English Language Center), student employees, faculty and staff employees (less than 70%), and spouses of students. All students are also eligible to participate for **one semester** beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online. **Payment must be made before a participant can be added to a team roster.** The cost is $25 per semester(fall/winter) or $15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or 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 **sixteen** 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 Saturday 9:15 AM to 1:15 PM. Games will be played at the North University Fields located just north of 2230 North and 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 or school issued) picture ID before every game.

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

An appropriate, modest athletic uniform is permissible. Shirts, shorts or pants, and shoes must be worn. Metal cleats are not allowed. **Teams are required to have two sets of shirts/jerseys of differing colors (one white and one dark).** The lower numbered team will wear white, and the higher numbered team will wear dark.

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. Weather updates, when needed, will be posted on our website – iSports.byu.edu.

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).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. The BYU Intramural Sports 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. **Stand as a Witness:** *We are to stand as witnesses of God at all times and in all things, and in all places* (Mosiah 18:9). Be consistent with who you are in all situations. "Never check your religion at the door. That kind of discipleship cannot be – it is not discipleship at all." (Elder Jeffrey R. Holland – Israel, Israel, God is Calling. September 2012)

2. **Live with Integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men…* (Thirteenth Article of Faith). Honesty applies equally in sports as it does in all other areas of life. Never lower your standards because "it's just a game."

3. **Play by the Rules:** Do not push limits or escalate the level of physical play to match the style of enforcement. This style of play endangers other players. Intentional disregard for the rules of the game is unsportsmanlike. Play hard, but honor the rules.

4. **Be Accountable:** Although we are free to choose our actions, we are not free to choose the consequences. Others cannot determine our feelings or thoughts. We are each accountable for what we do and say and should never blame others for our behavior.

5. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). Sportsmanship is the Golden Rule in action. Treat others—officials, opponents, spectators, teammates—with honor and respect.

6. **Be Meek:** 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. Demonstrate humility in victory and dignity in defeat.

7. **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.

8. **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 facility 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 one division 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.
2. Passes are caught with consistency.
3. Offense uses the entire field.
4. Effective team defense.
5. Team speed and endurance.

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 4:00 PM on Wednesday, May 27.
- Teams will have until **4:00 PM on Thursday, May 28** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Friday, May 29.
- Tournament play begins Tuesday, June 2.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 RB). **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 with 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 2026-27 Rules with the following exceptions or points of emphasis. For a complete version of the rules please visit the USA Ultimate website at: www.usaultimate.org/rules/

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.

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 time cap is reached. Halftime occurs when one team reaches 6 goals. A soft time cap will be set 45 minutes after the scheduled game time. This cap will be set at 2 goals more than the score of the team in the lead – maximum will be 12 goals. The first team to reach the soft time cap wins. If neither team reaches the soft time cap within ten minutes of it being set, a hard time cap will be enforced after the next goal. In tournament play, if the score is tied after the hard time cap, play continues until one additional goal is scored.

3. *Timeouts*: Each team will have one timeout per half. No accumulation of timeouts is allowed. No team timeouts may be taken during the soft time cap.

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*: Player substitutions can be completed only after a goal and before the substituting team has signaled readiness, or to replace injured players, or players with illegal equipment. In the case of an injury or illegal equipment, the opposing team may substitute a like number of, or fewer, players.

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.

If you have any questions, contact Brianna in 145 RB (801-422-7597) or access our web page. iSports.byu.edu Have a fun season!