



## CAMPUS RECREATION INTRAMURAL SPORTS

# ULTIMATE FRISBEE RULES

Updated: 06/16

### 1. TEAMS

- 1.1 A team shall consist of 7 players.
- 1.2 At least 6 players must be present to start and continue a game.
- 1.3 For the Co-Rec league, a team shall consist of either 4 females and 3 males **or** 3 females and 4 males.
- 1.4 Scheduled game time is forfeit time.

### 2. EQUIPMENT & FIELD

- 2.1 The Department of Campus Recreation will provide discs and pullover pinnies. All players must wear a shirt under the intramural jersey. A team may provide their own uniforms as long as they are match in color.
- 2.2 Players will not be permitted to wear any jewelry. Metal cleats **may not** be worn.
- 2.3 The playing field shall be 70 yards by 40 yards, with end zones 15 yards deep.

### 3. GAME REGULATIONS

- 3.1 Contest length:
  - a. The game shall consist of **two - 20 minute halves**, running clock
  - b. There will be a 3 minute halftime
- 3.2 To begin a game, a coin will be flipped. Winner gets the choice of receiving the throw-off first or selecting which goal they want to defend. The team losing the flip will get the other choice. The second half begins with the choices being reversed.
- 3.3 Each half will be started by a throw-off. Both teams must line up at or behind their respective goal lines. Each team raises a hand to signal readiness; then throw.
- 3.4 The throwing team gets possession if receiving team touches the disc in the air and drops it.
- 3.5 If the throw lands out of bounds, the receiving team can only take the disc on the sideline where it went out. If a throw goes out of the back of the end zone, it will begin 5 yards up from the front of the end zone.
- 3.6 **Substitutions are allowed only after a goal or to replace an injured player.**
- 3.7 The offense may not stall the disc. Defender will count out loud a stall count to 10 seconds at which point a turnover is declared.
- 3.8 Each team is allowed three, 30-second time outs each game.

### 4. FOULS

- 4.1 **This is a self-officiated league! Teams are reminded to make fair calls against themselves and their opponents (foul and line calls). Supervisors will be on-site for rule interpretations only. They will not call fouls.**
- 4.2 If a player violates the rules, a player on the opposing team may call a foul.
- 4.3 All fouls result in a re-throw, after a check of the disc, EXCEPT:
  - a. If a fouled pass is completed, the foul is **automatically** declined; play continues. "Play on" by the teams should be called out in this situation.
  - b. On uncontested catching fouls, the receiver takes the disc as if caught. The disc must be checked prior to continuing play.

- 4.4 On a foul, the stall count goes back to zero. Offensive fouls are a turnover and the disc goes to the possession of the other team.
- 4.5 Check: the thrower counts down “two, one DISC IN” and taps the disc. Disc is in play on the tap. If the thrower doesn’t count down it is consider a foul and the disc is turned over to the opposing team.

## 5. SCORING

- 5.1 A goal is scored when an offensive player completes a pass to a teammate in the end zone which his/her team is attacking.
- 5.2 One point is awarded per goal.
- 5.3 In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.
- 5.4 A player **cannot** score by running into the end zone. Should momentum carry a receiver into the end zone then the disc must be brought back out to the closest point on the goal line and put into play from there.
- 5.5 Any regular season game, in which the score is tied at the end of regulation shall be counted as a tie.
- 5.6 OVERTIME (Playoffs only): A 5 minute overtime will be used if the score is tied at the end of regulation. A flip for possession will begin each overtime. At the end of overtime, the team with the lead wins. If the score is tied at the end of overtime, an additional 5 minute overtime will be played. This will be continued until a winner is declared.

## 6. GENERAL PLAY TIPS

- 6.1 Handoffs, double teaming the thrower, or tipping the disc to yourself are **illegal** and result in a loss of possession.
- 6.2 You cannot catch your own throw unless another player touched it.
- 6.3 Picks, hacking the thrower or purposeful contact are **illegal**.
- 6.4 A pivot foot must be established once you catch the disc. Moving the pivot foot is traveling and results in a loss of possession.
- 6.5 The disc may only be advanced by passing. Any time a pass is incomplete, possession reverts to the opposing team.
- 6.6 The disc may be passed in any direction. Players may occupy any position on the field at any time. (Exception: On throw-off players must be at or behind their own goal line.)
- 6.7 If you gain possession in the end zone you’re defending, you may either take the disc where it stopped, or walk it up to the goal line and take it there.
- 6.8 The player’s first contact with the ground after catching a disc will determine if he/she is in bounds or not.
- 6.9 Player in-bounding disc must have pivot foot on the line.
- 6.10 When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back of the end zone, walk it back to the closest spot on the end line.
- 6.11 An incomplete, intercepted, knocked-down, or out of bounds pass results in a loss of possession.
- 6.12 Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between the players, adherence to the rules, and the basic joy of play.