Ultimate Frisbee Rules

Each participant must present a current Photo ID at game time in order to play. NO EXCEPTIONS!

The Game, Players, and Equipment

Eligibility

It is the responsibility of each team to know the existing intramural rules. IGNORANCE OF ANY INTRAMURAL RULE IS NOT AN EXCUSE!! The Department of Campus Recreation does not assume responsibility for the investigation of the eligibility of all participants. The Department of Campus Recreation will, however, investigate any case as required.

- Men are not permitted to compete in the Women’s Division.
- One (1) woman is allowed to appear on the roster of a Men’s team.
- It is the responsibility of all participants to know their own eligibility status at all times.

All current members of the Fitness & Wellness Center are eligible to participate. This includes faculty/staff, students, Alumni, semester off, and EELI students. If you have access to the Fitness & Wellness Center you are welcome to play Intramural Sports.

All participants must have a valid state/government issued PICTURE ID to play and know their identification number. Student ID with picture is recommended but we will also accept the following: Driver’s License, State ID Card, Military ID and Passport.

Exceptions:
Any individuals who have been declared ineligible to participate through disciplinary sanctions by the Director or Assistant Director of Campus Recreation

False Name:
An individual may not participate under an assumed name or use false identification. Violation of this rule will result in suspension from further participation for the individual and/or team.

Compete on Two Teams:
A player may participate on only one team in any given activity during a season. Note: The only exception to this rule is that a player may play on a team in the men's or women's division and play on a Co-Rec team. If an individual plays for more than one team in that division, all teams involved will receive a forfeit in games in which that player was involved and the player shall be suspended for a period of 1 week.

Greek “A-Team” Rules

Ultimate Frisbee Rules Amended December 3, 2010
1. All participants appearing on the Greek “A” team roster must be on the official chapter roster with the office of Greek Life.
2. Alumni are not allowed to participate on Greek “A” teams.

Playoff Eligibility:
Team members must have participated in at least one (1) game during the regular season to be eligible for participation in the playoffs. Teams must earn at least a 7.0 Sportsmanship Rating average to participate in the playoffs.
   - The Intramural Staff reserves the right to declare an individual ineligible for competition if his/her participation is considered unsportsmanlike or dangerous

Professional and Olympic Athletes:
An individual who has participated as a professional/Olympic athlete in a sport is not eligible for intramural competition in that sport or similar sport.

Current and Former Intercollegiate Athletes:
Any person who participated with a varsity team in the current or last school year (i.e. practiced, red shirted, and/or played) is ineligible to participate in that intramural sport (or related activity). Ineligibility will be determined by the Assistant Director based on rosters, media guides, and participant reports which will be looked into and ruled upon. All protests on ineligibility rulings may be taken to the Director of Campus Recreation.

Ringer Rule
The ringer rule allows former varsity athletes and current sport club members the opportunity to participate in Intramurals in their sport (or related activity). Individuals are considered ringers in a particular sport for the following reasons:
1. They are a current sport club member in that sport.
2. They have competed on a College or University Varsity team at any level in that sport but are currently eligible for that Intramural sport.
Teams in open or competitive divisions may have two ringers on their roster. Teams in recreational divisions may not have ringers.
Any matter that cannot be resolved through these eligibility rules shall be brought to the Assistant Director of Campus Recreation for a decision.

Games shall be played with six (6) to seven (7) players for Mens and 6-8 Players for CoRec.

Official Game = 6-7 players present, 6-8 CoRec
Forfeit = Less than 6 players.

10 Minute Forfeit Rule: Your team has 10 minutes after their scheduled game time show up with the required number of players to start. For each minute late the opposing team will receive a point. Example team A shows up 5 minutes late team B will receive 5 points at the start of the game. Team B also has the option not to take any points.

A. Co-Rec: When playing with 8 players, the gender numbers must be even (4 males, 4 females). When playing with 7 players, the gender difference must not be greater than 1 (4 males and 3 females or 4 females and 3 males). It is acceptable by mutual Captain’s agreement to alter these numbers
B. Games will consist of two 20-minute periods with a running clock and a 5-minute half time period.
C. No referee is used; the two teams play on an honor system. An Intramural Supervisor will keep the time, and may be called upon to settle questions regarding rules, fouls, etc.

D. Each team is permitted 1 one-minute time-out per half. Either team may call a time-out after a goal and before the ensuing throw-off. A team must be in possession of the disc in order to call a time-out during play.

E. Regular Season and Playoffs: In the event of a tie at the end of regulation time, captains will flip a coin to determine which team will throw-off and the tie will be broken by sudden-death overtime (first team to score wins). Each overtime period will be 5 minutes in length. Switch sides and throw-off for each new sudden-death period.

The Field

All games will be played on the intramural turf fields. The field will be a 120yds x 40yds with 2 – 25yd endzones.

Initiate Play

Play begins with the throw-off. The captains of the two teams will flip a coin to determine which will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their goal line without changing relative position.

A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air or before it is touched by a member of the receiving team.

*The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

The disc must land within the boundaries of the playing field on the throw-off. If it does not, the receiving team has the option to take the disc where it went out-of-bounds or to have the disc re-thrown. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

Scoring

Each time the offense completes a pass in the defense's end zone, the offense scores a point. The offensive player must have at least one foot in the endzone AND the disc must cross the plane of the goal line. Play is initiated after each score by the scoring team throwing from the end zone in which they just scored (i.e. “losers walk”).

Movement of the Disc

The team, which has possession of the disc, must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he wishes. The Frisbee may never be handed from player to player. In order for the disc to go from one player to another, it must at sometime be in the air.

No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop,
play stops and he returns to the point where he gained possession and play resumes when both teams are ready.

The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. **Only one player may guard the person in possession of the disc.** The disc may not be wrenched from the grasp of an opposing player or knocked from his or her hand.

The defensive team gains possession whenever the offensive team’s pass is incomplete, intercepted, knocked down or goes out-of-bounds. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it.

A player may catch his own throw if the disc has been touched by another player during its flight. Bobbing to gain control is permitted, but tipping to oneself is not allowed.

**End Zones**

Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line provided that he or she approaches it perpendicularly. The player may not pass the disc as he or she approaches the goal line. If a team gains possession in the end zone, which it is attacking, the disc is carried perpendicularly to the goal line and play resumes immediately from the goal line.

**Substitutions**

Players not in the game may replace players in the game after a score and during a timeout or injury timeout. In Co-Rec, a male and a female may substitute for each other only if the proper number of males and females is maintained.

**Fouls**

Only the player fouled calls a throwing foul. It is defined as any physical contact between offensive and defensive player sufficient to deter the flight of the disc. Contact occurring during the follow-through is not sufficient grounds for a foul. **If the pass is completed, the foul is automatically declined, and play proceeds without stopping.**

A foul is also called when any physical contact occurs as a result of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, kicking, submarining, etc.

The player who is fouled calls “foul,” play stops and the player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.

**Stalling:** A stalling violation occurs when the player guarding the thrower calls out “stalling” and counts aloud 10 seconds. If the disc has not been released at the end of the count it is turned
over to the defense at that point. The person guarding the thrower must be arms length and disc, but thrower cannot pivot into the defender.