Ultimate Frisbee Rules

Ultimate Players Association Rules will govern play, subject to restrictions and exceptions laid down in the following rules:

A participant may play for only 1 team in each division (Men, Women, CoRec).

General Rules

Official Team: An official team shall consist of seven (7) players on the field with unlimited substitutes. A minimum five (5) players must be present to start, and continue the game to avoid a forfeit.

CoRec participation distribution:
   a. Playing 7: 3Men, 4Women or 4Men, 3Women
   b. Playing 6: 3Men, 3Women
   c. Playing 5: 3Men, 2Women or 3Women, 2Men

Score Card: Prior to each game, all players must sign in on the official score card. The game officials will then verify each player’s identity by checking the players ID. All participants must display their valid Armstrong Atlantic State University ID in order to participate. NO ID, NO PLAY! (NO EXCEPTIONS) An individual whose name appears on the official score card will be considered as having played in the contest. Late arriving players must have their name added to the score card upon arrival by an official before they may participate.

Starting the Game: GAME TIME IS FORFEIT TIME! A team must report to the game official and be “ready to play” with the minimum number of players to avoid a forfeit. “Ready to play” means checked in with the proper game equipment and on the field ready to begin play at the scheduled game time. It is advised that teams show up 15 minutes prior to their schedule start time.

Officials: The Intramural Sports department does not schedule officials for Ultimate Frisbee games. Participants will call their own games. No game may be played without its being scheduled through the Intramural Office. An Intramural Staff member will keep the time. That staff member will assist in keeping the score if necessary but teams are responsible for keeping their own score.

Field Rules: Only officials, players, and one coach per team are permitted in the player’s area. TOBACCO use on the Recreational Sports Fields is PROHIBITED. Failure to comply with all Intramural Sports Rules and Regulations for the fields by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game.

Equipment

Shoes: Each player must wear athletic shoes. They must be made of soft, pliable upper material (molded plastic, canvas, leather, or synthetic) which covers the foot attached to a composition bottom. Shoes with rubber cleats are acceptable; however, metal screw-in cleats are not permitted.

Illegal equipment: All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. Soft stocking hats are acceptable but hard billed baseball hats are not. Any equipment that in the Intramural Staff’s judgment would be injurious to participants is illegal to wear.

Disk: A regulation disk will be provided for the game by the Intramural Sports program.

Game Regulations

Game: A regulation game shall consist of two 22-minute halves, running clock. There will be a five-minute break between halves. Each team will receive one (1) timeout per half. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off. The clock will continue to run during time outs. No timeouts may be called in the last two (2) minutes of a
game. The team with the most goals at the end of the game is declared the winner.

Ties: In the event of a tie during the regular season, the game will end in a tie. During the single elimination playoff, a sudden death over time will be played. For playoffs, the overtime sudden-death periods will continue until the first team to score wins.

Substitutions: Substitutions can be made: after a goal and prior to the ensuing throw-off, before the beginning of a period, or to replace an injured player. In the case that one team replaces an injured player, the opposing team has the option to replace one of their own players.

Coin Toss: The game shall start with a coin toss, or odds game. The team that wins the toss is given the option to receive, to throw off or which side to defend. The team losing the flip is given the remaining choice. The second half begins with an automatic reversal of the first choice of options.

Starting and Restarting Play: At the beginning of each period of play and after each goal, a throw-off will start play. Each time a goal is scored, the teams switch the direction of their attack, and the team which scored throws-off.

Throw Off & Positioning: Prior to a throw-off, players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released. Players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

Throw off: The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play. As soon as the disc is released, all players may move in any direction. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops. If the throw-off lands out-of-bounds the receiving team makes a choice of: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.

If a member of the receiving team tries to catch the disc; however drops it, it is the opponents possession at that spot.

Change of Possession: Occurs when a pass in not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted). When play stops the player who was in possession retains possession. All players must come to a stop as quickly as possible when play is halted and remain in their respective locations until play is restarted. The marker restarts play by handing the disc to the thrower.

Out of Bounds: The perimeter lines themselves are out-of-bounds. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds. The line itself is considered out of bounds.

For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point. If his/her momentum carries him/her into the end zone, that player must walk the disc to the point of end zone-entry and continue play.

To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point. Putting the disc in play is signaled by the thrower by tapping the disc on the ground or having an opposing player tap the disc handled by the thrower. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

The Thrower: The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

The Marker: Only one player may guard the thrower at any one time; that player is the marker. No one can “double team” the thrower. A second defensive marker cannot be within ten feet of the thrower, unless a second offensive player is within that range to the thrower. The marker may not straddle the pivot foot of the thrower. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

Stalling: Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count. The count consists of the marker calling “Counting” and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear. If the thrower has not released the disc at the first utterance of the word ten (10), a turnover results. If the
defense decides to switch markers, he/she must start again from one.

**The Receiver:** Bobbling to gain control of the disc is permitted. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third step after catching the disc without coming to a complete stop.

**Fouls:** Fouls are the result of physical contact between opposing players. The offending player calls the foul. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent. Fouls and violations result in a change of possession.

**Positioning:** Picks are illegal. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team. A pick is considered a violation.

When the disc is in the air, players must play the disc, not the opponent. The principle of verticality: All players have the right to the space immediately above them. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

**Throwing Off:** If the disc lands in bounds, it is played as it lies. If it lands in the opposing end zone, the receiving team plays it where it lands. They cannot bring it to the front of the end zone.

If it lands out of bounds in front of the end zone – the team can bring it to the point at which it went out of bounds OR they can call “middle” (signaled by thrower putting both hands together and raising his arms over his head) meaning they get to bring the disc to the middle of the field where the disc flew out of bounds.

If it rolls out of bounds – the receiving team brings it to the point of initial exit. It lands out of bounds, going out of bounds over the end zone sidelines or the back of the end zone – the receiving team gets to bring it five paces in front of the end zone, in the middle of the field and start play there.

**During Typical Play:** If it goes out of bounds a turnover occurs and the defending team brings it to the point of where it flew/rolled out of bounds and continues play on offense.

If it goes out of bounds in the end zone a turnover occurs and the defending team brings the disc to the front of the end zone. If it goes out of bounds on the sidelines of the end zone the thrower must bring it the respective front corner of the end zone. If it goes out of bounds in the back of the end zone the thrower must bring it straight to the front of the end zone from the point where it flew out of bounds.

**Callahan’s:** Callahan’s are allowed. A Callahan is when a defender intercepts a disc in their offensive end zone. It counts as one score.

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**Conduct**

All participants are expected to play according to the Rules of the Division, Intramural Sports and University Regulations. The staff of the Division of Recreational Sports reserves the right to penalize individual participants and/or teams for fighting or other unsportsmanlike conduct. Any individual or team that has or is consuming alcohol is subject to an automatic forfeiture. Since the use of alcohol is unsportsmanlike conduct, the Intramural Supervisors and Officials have the right to eject the player(s) or team and may forfeit the contest to the opponent.

**Additional Policies**

**Inclement Weather:** During league and or play-off games, a game “under play” may be called due to inclement weather or mechanical failure of the lights. Situations that would warrant calling games due to inclement weather would be lightning and thunder, tornado warnings and conditions that would be deemed injurious to participants continued play. The Intramural Supervisor will have the responsibility for calling games due to inclement weather or light failure. Games that are called prior to starting by the supervisor will be re-scheduled (if time permits) by the Intramural Staff. These games will be re-scheduled by the Intramural Staff the next regular office day and notices of the re-scheduled games will be posted.

For additional information on protests, rescheduling, eligibility and more, please review the Intramural Sports Handbook.

(Updated July 28, 2011—CB)