

Ultimate Frisbee Rules

Ultimate Frisbee rules will be governed by UPA rules with the following additions, exceptions, and clarifications. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. Equipment

- Rubber and molded cleats or sneakers may be worn. No metal cleats or screw-ins allowed.
- Players must remove ALL jewelry prior to participating.
- Teams must wear matching jerseys, or pennies checked out from the Intramural Sports Supervisor on duty. (No “shirts/skins”)

II. Field

- Dimensions – 50 yards wide and --60 yards long with two 10-yard end zones

III. Players

- A team will consist of seven players.
- A team may start and play a game with as few as five players.

IV. Play

- The Game: Ultimate Frisbee is a no-contact sport. Contact will not be tolerated. 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 the play.
 - The game will consist of two 20-minute halves (running clock).
 - Each team will receive one (2) minute 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.
 - Scoring – Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
 - The team with the most goals at the end of the game is declared the winner.
 - If the score is tied at the end of regulation play, three-minute sudden-death overtime period will be played until a winner is declared. In regular season play, if no one has scored after the three-minute sudden-death period the contest will be determined a tie. 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 replacing an injured player.
 - An ejected player may not be replaced.
- Starting and Restarting the Play
 - Start of the Game

1. To start the game, a coin toss will be conducted. The winner will have the choice of receiving the initial throw-off, or selecting which goal they wish to defend initially.
 2. The team losing the flip is given the remaining choice.
 3. The second half begins with an automatic reversal of the first choice of options.
 4. When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
- **Throw Off**
 1. Play starts at the beginning of each period of play and after each goal with a throw-off.
 2. Each time a goal is scored, the teams switch the direction of their attack and the team that scored throws-off.
 3. Positioning prior to throw-off:
 - a. The players on the throwing team are free to move anywhere in their defending end zone, but cannot cross the goal line until the disc is released.
 - b. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
 4. 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.
 5. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
 6. As soon as the disc is released, all players may move in any direction.
 7. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
 8. 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.
 9. 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.
 10. If the throw-off lands out-of-bounds, the receiving team makes a choice of the following:
 - a. Putting the disc into play at the point where it crossed the line
 - b. Requesting a re-throw
 - **Change of Possession**
 - Occurs when a pass is 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.

V. 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.
- For a receiver to be considered in-bounds after gaining possession of the disc, he or she must have one part of the body in-bounds.
- If the momentum of a player carries 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.
- 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.
- The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

VI. 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 thrower may throw the disc in anyway he/she wishes.

VII. The Marker

- Only one player may guard the thrower at any one time; that player is the marker.
- 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 one to ten, 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 will result.
 - If the defense decides to switch markers, he/she must start again from one.

VIII. 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 ground contact after catching the disc without coming to a complete stop.

IX. 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.

X. Positioning

- Picks:
 - No player may establish a position, or move in such a manner, to obstruct the movement of any player on the opposing team: to do so is a pick.
 - 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 in-immediately above them.
- A player who has jumped is entitled to land at the same spot without hindrance by opponents.

XI. Protests

- Rule interpretations and player eligibility are the only protests that will be considered.
- Rules protests
 - Rules protests must be filed at the time a question occurs and need to be settled at that time by the Supervisor.
 - No contests or portions thereof will be replayed due to improper rules' enforcement. If you have a question, ASK IT.
 - SUPERVISORS' JUDGEMENT IS NOT PROTESTABLE.
- Player eligibility protests
 - Should be filed as soon as you have a question, but MUST be submitted in writing to the Intramural Office within 48 hours
 - Eligibility protests will be decided at the time the question is raised whenever possible.
 - Players found to be ineligible after the contest would result in that contest being forfeited and/or that player being suspended.

XII. Player Conduct

- Team captains [you] and manager/coaches are responsible for the conduct of their players and fans.
- Only the Captain is allowed to question the officials during play.
- Acts of unsportsmanlike conduct including unnecessary roughness, arguing with official (supervisor), fighting, abusive language directed towards officials/opponents will result a player(s) being ejected from the game.
- Any player ejected from a game will be ineligible to participate in their team's next game and must pay a \$5 fee.
- Ejected players must leave the playing area for the remainder of that contest and any other contests that day.

XIII. Mercy Rule

- The game will end if one team is ahead by 15 points at halftime or any time thereafter. If a team is ahead by 10 points after 10 minutes in the second half, the game will end.