

ULTIMATE FRISBEE RULES

A. REGULATIONS

- a. A regulation field is 70 yards x 40 yards with 25-yard end zones.
- b. The game is SELF OFFICIATED. Players are responsible for their own foul and line calls.
- c. Players are responsible for their own conduct and the conduct of their spectators, teammates, and coaches.
- d. Any misconduct could result in the ejection of players and/or forfeiture of the game.

B. EQUIPMENT

- a. All players must wear athletic shoes. Shoes must have a rubber sole or screw in cleats where the screw is a part of the cleat. NO METAL SPIKES are allowed.
- b. Game discs will be provided by the Intramural Sports department.
 - i. Teams may choose to use their own disc.
 - ii. In this case, both teams must agree upon the disc being used, and it must be at least 175 grams.

C. LENGTH OF THE GAME AND TIMING

- a. Games will be 2 halves of 20 minutes in length with a continuous running clock.
 - i. The clock will stop for timeouts or injuries.
 - ii. The clock is not stopped for violations.
- b. The team with the highest point total at the end of 40 minutes will be the winner.
 - i. Teams do NOT need to be up by two points to be deemed the winner of the contest.
 - ii. When time expires, if the team with a lower point total is in possession of the disc, play will continue until a change of possession occurs. At this point, the game will be final.
- c. Each team will be allowed 2 time-outs of one (1) minute in length per game.
- d. Overtime:
 - i. The overtime period will begin with a coin toss to determine possession.
 - ii. The first team to achieve 3 points or have the highest point total after a 15-minute time limit will be the winner.

D. THE GAME

- a. The game will begin with a coin toss by the supervisor. The winning team will have the choice of throwing or receiving, or which end to defend. The opposing team will be given the other choice.
- b. 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.
 - i. If the disc is not caught, hits the ground, and remains inbounds, play starts from the initial hit.
 - ii. If the disc is not caught and hits the ground but moves out of bounds before being touched by the receiving team, play begins from the nearest spot where the disc crossed the line.
 - iii. If the disc goes out of bounds after being touched by the receiving team, play starts nearest the point where the disc crossed the line. There is no turnover.
 - iv. If the pull is caught and then dropped the result is a turnover.
- c. Throwers may pivot and throw in any direction, but not travel with the disc. A travel is defined as three or more steps in any direction.
- d. Throwers have 10 seconds with the disc to attempt a throw and the defender is required to keep the stall count.
 - i. The stall count will be kept, out loud, at the pace of 1-Mississippi. (Ex: "Stall 1, stall 2, stall 3...")
 - ii. A fast count can be called if this policy is not upheld, at which point the count will re-

start.

- iii. The distance of the defender must be at least 1 disc in diameter. Hands and arms may not be extended in this distance. If a player is too close, a foul may be called and the count re-starts.

E. VIOLATIONS

- a. Violations or fouls must be called at the time they occur to be enforced. If not called immediately, the foul cannot be enforced.
- b. The following violations will result in a change of possession:
 - i. An attempt to throw the disc is not made within the 10-second stall-count.
 - ii. The disc is handed to another player, not thrown.
 - iii. A time-out is called when none remain.
 - iv. During a pull, a player is offside. Meaning, a player is not behind their end zone line at the time of the pull. This will result in a re-pull.
 - v. Any player setting a pick
 - vi. A player uses an unfair act to block or catch a pass.
 - vii. Any player may stop a rolling or sliding disc but advancing it in any direction is a violation.

F. FOULS

- a. A foul is the result of physical contact between opposing players that affects the outcome of the play.
- b. All fouls lead to stoppage of play. All players must return to the same position occupied at the time of the foul for play to restart.
- c. If a foul occurs in the end zone, the player fouled gains possession on the end zone line nearest the infraction.
- d. Players must play the disc, not the intended receiver.
- e. No player may take the disc away from another player.
- f. A player may not block an opponent from moving into an unoccupied space.
- g. The marker may not make contact with the thrower.
- h. A player may not set a "pick" as defined above.
- i. If a defensive player other than the marker is within six feet of any pivot of the thrower without also being within six feet of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
 - i. If a double team is called by the thrower, the second defender must retreat, and the count will restart.

G. DEFINITIONS

- a. *Pull* – Initial play of game where one team throws to the other. Also performed after each goal.
- b. *Brick* – A brick is any pull that lands out of bounds, untouched by the receiving team.
- c. *Brick Mark* – The mark on the field where play starts if a brick occurs.
- d. *Change of Possession* – When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- e. *Out of Bounds* – Play is out of bounds when a player in possession of the disc or the disc itself contacts an area out of bounds.
 - i. The field line is considered out of bounds.
 - ii. The player who gained possession as a result of an out of bounds turnover has the option of starting play at the Brick mark or as close to the point of lost possession as possible.
- f. *Play Out of Bounds* – The disc may "float" out of bounds in a throw, as long as it returns to inbounds before a player catches it.
 - i. A player may run out of bounds to make a play as long as the disc is caught in-bounds.

- ii. If a player's momentum carries him/her out of bounds but the catch was made while in contact with in-bounds, the disc is still in play. One foot is considered contact.
- g. *Turnovers* – Any drop, block, interception, out of bounds play, or marker's stall-count to 10 results in a turnover of possession.
- h. *Drop* – A player fails to catch the disc and it falls to the ground. If deflected off one player and caught by another, the disc is still in play.
- i. *Block* – The defensive player knocks the disc to the ground before the offensive player catches it.
- j. *Interception* – The defensive player intercepts a pass meant for the offensive player.
- k. *Call* – A call is anytime a player announces a foul or violation.
- l. *Traveling* – When a player walks with the disc in hand. A player is only allowed 2 to 3 steps after catching a pass (this is a violation).
- m. *Pick* – There are three requirements for a pick to be in occurrence:
 - i. The defender must be within 10 feet of the offensive player.
 - ii. They must be playing an active defense (picks do not typically occur in the zone, but they can).
 - iii. A player must obstruct the defender from taking the shortest route to their assignment (someone just standing near the path you want to take is not a pick).

