

# Ultimate Frisbee Rules

## Intramural Sports

### Recreation and Wellness Services

#### University of Akron

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

Ultimate Frisbee rules will be conducted under the UPA rules with the following additions, exceptions, and clarifications.

#### **GENERAL INFORMATION:**

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid U of A ID.
- Teams must have a minimum number of players check in with the game monitor prior to the scheduled game time to avoid a forfeit
- All games will be played in the Athletics Fieldhouse.

#### **GAME INFORMATION:**

- Ultimate is a non-contact sport played by two seven-player teams. The object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone, which that team is attacking.
- Seven (7) players on the field per team. Five (5) players are required to avoid a forfeit. If, due to injuries, a team drops below five (5) players it may continue if the Referee feels they still have a chance to win.
- This is an open tournament; teams can consist of any combination of male and female players.
- The field of play is a rectangular area with dimensions as follows:
  - End zones: Two (2) 10 yard zones.
  - Play fields: 80 yards.
  - Play field size: 100 yards long by 40 yards wide.
- Length of game:
  - Each game consists of two (2) halves.
  - Each half lasts **20 minutes** of running time.

- Overtime: Two minutes of running time.
- Scoring: A goal is worth 1 point.
- Mercy Rule: If at anytime a team is 10 points ahead during the last 10 minutes of the second half.
- Definitions:
  - Thrower: Offensive player in possession of the disc.
  - Marker: Defensive player that is guarding the thrower.
  - Receiver: Any offensive player not in possession of the disc.
- Equipment: Shoes must be worn. Metal cleats, boots, and sandals are prohibited.

### **Object of Play**

- The object of the game is to score goals. A complete pass into the opposing end zone is a goal.
- To begin a game, flip a disc to determine which team “pulls” (see below).
- The captain winning the flip has the choice of:
  - Receiving the initial throw off; or
  - Selecting which goal they wish to defend initially.
- The second half begins with the loser of the flip choosing one of the two options.
- Overtime procedure calls for a new flip with options being the same.
- The disc may only be advanced by passing. Any time a pass is not complete, possession reverts to the other team.
- A pivot foot must be established once a player catches the disc. Moving the pivot foot is a travel.
- The disc may be passed in any direction by any player. Players may occupy any position on the field at any time.
- Stalling - Defender says “stalling”, and then counts 1 to 12 in seconds. If the disc is not thrown, it’s a turnover

### **Out-Of-Bounds:**

- The player’s first contact with the ground after catching the disc determines whether he/she is in or out. The line is **out**. The first point of contact must be all the way in, this includes the end zone.
- Player in-bounding disc must have pivot foot on the line.
- When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back, walk it to the closest spot on the end line.

### **Throw Off (The Pull):**

- Both teams must line up at or behind their respective goal lines. Each team raises a hand to signal ready; then throw.
- Throwing team gains possession if the receiving team touches the disc in the air and drops it.

- If the pull lands out of bounds, receiving team has a choice of taking disc on sideline, where it went out, or in the middle of the field at the point where it went out. If the pull goes out of the back of the end zone the receiving team starts play at the five-yard line.

### **Change of Possession in End Zone:**

- If you gain possession in the end zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there.
- If you gain possession in the end zone you are attacking, you must walk the disc perpendicularly back to the goal line. Play continues and no “check” is required.

### **Fouls:**

- Fouls are the result of physical contact between opposing players. A foul can only be called by the player who was fouled. It must be called immediately after the occurrence.
- All fouls result in a re-throw, after a “check” of the disc, EXCEPT:
  - If a fouled pass is completed, the foul is automatically declined; Play continues. Call “Play on”.
  - On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.
- On defensive fouls the “stall” goes back to zero. On offensive fouls or travels, it stays the same or goes back to six, whichever is lower.
- **Check:** The thrower holds the disc and the marker counts down “2, 1, disc in”, then taps the disc.
- If the count is too fast, thrower says “too fast”, and the marker must immediately go back 2 in the count.

### **Violations:**

- Traveling
  - The thrower must keep part of the pivot foot in contact with a single spot on the field. Losing contact with that spot is a travel.
  - Taking more steps than needed, after receiving a pass.
- Strip
  - No defensive player may touch the disc while in the hands of the thrower (Excluding the Check).
- Double Team
  - No other defensive player may establish a position within three meters of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.
  - If the offensive player realizes a double team, he/she should yell “double team”, if the defensive team continues to double-team this is a violation.

### **Time Outs:**

- Each team is permitted one (1) time-out per half. There are no time-outs in overtime.
- Each time-out lasts up to one minute.
- Injury time-out:
  - An injury time-out can be called by any official.
  - If a player had possession when an injury time-out was called, play is restarted by a check back to the thrower who was in possession at the time of the injury.
  - If the disc was in the air, play continues until possession is gained.
  - An injury time-out is not charged to either team.
- When play resumes after a time-out has been taken during play, the following apply:
  - The player who had possession puts the disc into play. If the player calling the time-out leaves the field due to injury, the player replacing him/her puts the disc into play.
  - The disc is put into play at the location where the disc was when the time-out was called. Play is resumed through the use of a check.

### **Substitutions:**

- Substitutions can be made only:
  - After a goal and before the ensuing accepted throw-off;
  - Before the beginning of a period of play;
  - To replace an injured player(s).
- If a team replaces an injured player (s), the opposing team has the option of substituting a like number of, or fewer, players.
- Substitutions other than injury substitutions cannot be made during a time-out taken during play.

### **Scoring:**

- A goal is scored when an offensive player completes a pass to a teammate in the end zone which his/her team is attacking.
- 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.
- A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there

### **Turnovers:**

- An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession.
- The following actions result in a loss of possession and a check:
  - If the marker's count reaches the maximum number;
  - If the disc is handed from player to player;
  - If the thrower intentionally deflects a pass to him/herself off another player;
  - If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

### **Positioning:**

- It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided.
- Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.
- Picks:
  - 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; to do so is a "pick."
  - In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check.
- 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. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur the player restricting the vertical area is responsible.
- A player who has jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of take-off and the direct path between the take-off and landing spot was not already occupied.

All final decisions to eligibility rules will be at the discretion of the Manager of Intramural Sports.

Any further questions can be directed to the Manager of Intramural Sports at 972-7443.

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