

TRUMAN STATE UNIVERSITY INTRAMURAL RECREATIONAL SPORTS

ULTIMATE FRISBEE RULES

The object of Ultimate Frisbee is to gain points by scoring goals (1 point per goal). The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. The team with the most points at the end of the game is declared the winner.

Simplified Rules

1. Initiate play—Each point begins with both teams lining up on their respective endzone line. The defense throws the disc to the offense.
2. Number of players: six (three females and three males)
3. Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each point.
4. Movement of the disc: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (thrower) has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession: When a pass is not completed (e.g. out of bounds, dropped, blocked, intercepted), the defense immediately takes possession of the disc and becomes the offense.
6. Substitution: Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact: No physical contact is allowed between players. A foul occurs when contact is made. When contact disrupts possession, the play resumes as if possession was retained. The offended player's team gets the disc at the point of the foul or takes the results of the play. If the player committing the foul disagrees with the foul call, the play is redone.
8. The game: Consists of two twelve-minute halves with a 3-minute halftime intermission. Teams will switch ends at the beginning of the second half. The winner is the team with the most points at the end of play. If the game is tied at the end of the second half, a sudden death rule will take place. The first team scoring in the sudden death period will win (the winner of the coin toss may choose to be on offense or defense).
9. Mercy Rule: The game shall end if one team is ahead by 8 goals or more at halftime or any time thereafter.
10. Self-Officiated: Players are responsible for their own foul and line calls. Players resolve their own disputes!

Players:

1. A team shall play with a maximum of 6 players and a minimum of 4 players at any one time.

Equipment:

1. No metal spikes on cleats.
2. No jewelry or hats
3. Please make sure all metal on knee braces are completely covered.

Playing Field:

1. A rectangular shape with endzones at each end. A regulation field is 70 yards long by 50 yards wide, with endzones 15 yards deep [*TSU Intramurals will play on approx. 80% of a regulation field*].

2. If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the disc. In order to be considered in-bounds, a player must land with both feet touching inside or on the boundary line. Should the disc land outside the lateral boundary; it is returned to play on the main playing field at the point where the disc went out-of-bounds. The player throwing the Frisbee in-bounds must have one foot on the line.

Officials:

1. No referee is used; the two teams play on an honor system. An IM staff member will keep the time and the score, and may be called upon to settle questions regarding rules, fouls, etc.

Time:

1. Games will consist of two 12-minute periods, with a 3-minute halftime between the periods. The clock will run continuously except for injuries, time outs and during the last 5 minutes of the second half and during the 5 minute overtime period. During the last 5 minutes and the overtime period, the clock will stop after every goal, for time outs, injuries, fouls, and when the disc goes out-of-bounds. The clock restarts when the disc is thrown in-bounds, when the receiving team touches the disc following a throw-off, or when both teams are ready to resume play.

2. Each team is permitted 1 time-out per half and one per overtime period, each lasting one minute. 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.

3. In the event of a tie at the end of regulation time, sudden death overtime will occur (first team to score wins). The captains will flip a coin to determine which team will throw-off.

Throw-Off:

1. 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 own goal line without changing relative position.

2. 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 and 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.

3. 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.

The Play:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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:

1. 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.

Fouls:

1. 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.**
2. 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.
3. 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.
4. 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.

Scoring:

1. A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scores receives one point. **MERCY RULE: The game shall end if one team is ahead by 8 goals or more at halftime or any time thereafter.**

Substitutions:

Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play. **Substitutions cannot be made during a timeout unless it is an injury timeout.**

Clarifying Statements:

1. There are no scrimmage lines or offsides in Ultimate Frisbee. The disc may be passed in any direction—forward, to the side, or backwards. The term “when both teams are ready,” implies that the defender will hold the disc until the defensive team is ready, and then hand the disc to the thrower—the clock restarts. It should be common practice that the offensive team remains stationary until the disc is given to the thrower.

Forfeits:

1. A team must have submitted the roster to the Supervisor and have a minimum of four players on the field and ready to play at the scheduled starting time or the game will be forfeited. **GAME TIME IS FORFEIT TIME!**