

**INTRAMURAL RECREATIONAL SPORTS
Presents**

ULTIMATE FRISBEE



Location: Student Recreation Multi-Purpose Field (southwest of Student Recreation Center),

Entry Form: Registration is must be completed on-line

Competition: Co-Rec, Open [Self-officiated, players are responsible for own foul and line calls]

Schedule: Single Elimination Tournament, will be posted on IM Bulletin board at SRC and online at http://recreation.truman.edu/intramural_documents/Games%20Schedules/sportschedule.html

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: 6 (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 three-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).

Games will commence on Saturday, April 18 through Sunday April 19

Reminder:

ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.

Complete rules for Ultimate Frisbee are available on the following website:

<http://www.recreation.truman.edu>

Please contact the Intramural Office, 660-785-4467, if you have any questions.