

# Ultimate Frisbee Rules

## Nature of the Game

- Ultimate Frisbee is a fast-moving, competitive, non-contact sport played by two six-person teams, in Co-Rec, three men and three women makeup a team. The sport has a great amount of freedom and informality implicit in the rules. Primary among these is the spirit of sportsmanship, which enables the honor system to be effective.
- Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win at all costs" behaviors are fouls against the spirit of the game and should be discouraged by all players.
- The object of Ultimate Frisbee is to gain points by scoring goals. 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.

## General/Eligibility

- At the beginning of the game the supervisor shall toss a coin to determine possession. One captain will make the call prior to the coin toss. The winner of the toss shall have the option of either 1) receiving the disc, or 2) choice of goal. At the start of the second half, goals automatically change.
- The beginning of each half (and after every score) begins with both teams lining up on the front of their respective end zone lines. The defense throws ("pulls") the disc to the offense. All players must have one foot on the end zone line, or be in the end zone, of the end zone they are defending.
- 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 10-seconds to throw the disc. The defender guarding the thrower counts out the stall count.
- 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.
- Players not in the game may replace players in the game after a score or during a time out.
- Scoring – each time the offense completes a pass in the defense's end zone, the offense scores a point. Teams will switch direction after every score.

- A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything out-of-bounds.
- For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered out-of-bounds. A player that lands in-bounds but is carried out-of-bounds by their momentum will be considered in-bounds and is allowed to put the disc into play at the point where he/she went out-of-bounds.
- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- Only one defensive player ("marker") may guard the thrower at any one time.
- There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. The marker can only play the disc. Any contact made on the arm of the thrower will be considered a foul.
- 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 disc is caught simultaneously by the offensive and defensive players, the offense retains possession.
- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. 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 or around an opponent. A player who jumped is entitled to land at the same spot without hindrance by opponents.

### **Players and Substitutions**

- Six players constitute a team. Co-Rec teams must have at least 3 males and 3 females on the field at all times. There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 2 females, you can only play 3 males and 2 females.
- A team may start with no less than 5 players.
- Unlimited substitutions. Substitutes can enter the field after a score or after a time out.

## Equipment

- Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS, & OPEN TOED SHOES ARE STRICTLY PROHIBITED. Shoes must be worn. If there are any questions concerning footwear, contact the supervisor.
- The game disc (165 gram) shall be issued by the Intramural Sports Department (unless both teams agree on a particular disc provided by one of the teams). Teams are encouraged to bring their own discs to practice (warm up) with.
- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. Individuals are not permitted to tape jewelry down, as this does not provide any real protection for you or others. If you cannot remove the item then you CANNOT play. Once the game has begun, any player entering the field with jewelry on could receive a yellow card.
- **The Field:** The playing field will be 70 yards long (two 15 yard end zones) and 40 yards wide.

## Duration of Game, Overtime, and Mercy Rule

- Game: Each half lasts for 18-minutes. There is a 3-minute halftime period. The clock will run continuously until the last minute of each half when it will stop after every goal, for timeouts, injuries, fouls, and when the disc goes out-of-bounds. The clock starts when the disc is touched in-bounds, and after every throw-off when a member of the receiving team touches the disc; play continues at the location of the disc when the play was stopped.
- Overtime: In case of a tie, sudden death overtime will begin. The first team to score a goal will be declared the winner.
- Time outs - 1 per team per half (2 minutes in length). Unused time outs do not carry over into the 2nd half or into any overtime period.
- Mercy Rule: Upon the two-minute warning of the second half if a team is out scoring their opponent by 10 or more points the game shall end. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 10 or more the game shall end at that point.
- Ultimate has traditionally relied upon a spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players.

