

# SOUTHWESTERN INTRAMURAL-RECREATIONAL ACTIVITIES

## INTRAMURAL ULTIMATE FRISBEE RULES

### 1. The game mechanics

The game shall consist of **two -15 minute running time halves**. There is a 5 (five) minute half time.

There shall be **(1) minute time out per team per half**. Time-outs are not accumulated. Time out can only be called when a team is in possession of the disc following a goal, or after an injury.

### 2. Composition of teams and substitutions

A single sex team consists of **7 players** on the field. Single sex teams **must have 5 players to compete**. A co-rec team consists of **8 players** on the field, a maximum of 4 males and 4 females. Co-rec teams **must have 6 players to compete**, consisting of a minimum of 3 males and 3 females. Any combination of 3 and 4 will also be allowed. Due to the running nature of the game it is advisable to have at least 3 substitutes.

Any number of substitutes shall be permitted during the game. Substitutions are allowed under the following conditions: after a goal is scored, after an injury, after a time out.

### 3. Equipment

A Frisbee disc will be provided by the Intramural Department.

Athletic shoes must be worn. **NO BARE FEET** or Sandals.

### 4. Definition of terms.

**Goals:** A point awarded to the offensive team when a player on the field outside the end zone completes an airborne pass to a teammate in the end zone. **Both feet must be inside the end zone**. After a goal the scoring team becomes the throw-off team.

**Throw-off:** Method of putting disc in play at beginning of game, second half, and after a goal.

**Overrun:** Stepping more than 3 steps after gaining possession of disc off of a run. Player over running may return to spot where player gained possession.

**Pass or throw in:** Method of putting disc in play after a turnover, infraction, or foul.

### 5. Pre-Game

Preceding the beginning of the game, the two team captains will meet for a coin toss. The winning captain of the toss shall choose one of the following options: a) to throw the Frisbee b) to receive the Frisbee or c) to defend either end zone. These privileges shall be reversed to start the second period.

### 6. Throw-off

Teams line up on opposite goal lines and remain in contact with goal line until throwing team throws the disc. The throw-off team passes the disc toward the opposite goal (receiving team). The receiving team may catch the disc and begin play from that point or they may allow the disc to touch the ground and begin play where disc was grounded. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.

If the disc goes out of bounds before crossing the goal line, the receiving team makes the immediate decisions of a) gaining possession at the point the disc went out of bounds or b) having the disc thrown off again.

If the disc goes out of bounds after crossing the goal line, the receiving team gains possession on the goal line at the nearest corner. Each time a goal is scored, the teams switch direction of their attack, and the team that scored throws off on the signal of the receiving team.

### 7. Basic Restrictions

The team in possession of the disc must attempt to move the Frisbee into position so that they may score a goal. A player may propel the disc in any possible way. Frisbee may never be handed from player to player. It must at some time be in the air.

**After catching the disc off of a run, a player is allowed 2-3 steps to halt momentum.** If a player goes more than 3 steps, player must return to area where possession was gained. The player throwing the Frisbee must be stationary when the throw occurs.

Thrower may pivot (one foot must be stationary as in basketball) and may throw in any direction. Pivot foot may not be changed.

**Both feet must touch in bounds or on boundary line for a pass to be complete.** If a player catches a pass out of bounds, the disc is turned over from the approximate spot in which the disc went out of bounds. **On a turnover, the team gaining possession of the disc takes control on the spot where the disc was grounded, intercepted, went out of bounds, knocked down, or the infraction or foul occurred.** On an out of bounds turnover, the thrower must place one foot in contact with side line and keep it there, with the option of pivoting the other foot, until the release of disc. (The pressure is on the offensive team to complete the pass. If for any reason the pass is incomplete, the disc goes to the defense.)

A disc thrown out of bounds results in a turnover.

A turnover in the end zone resulting in the defensive team gaining possession, the player may choose to resume play where the disc is stopped, or at the goal line.

A player may catch his/her own throw only if another player has touched the disc during its flight. Bobbling to gain control is permitted but tipping to oneself is not allowed.

**A tie disc** (a disc held simultaneously by offensive and defensive players) **possession goes to the offensive player.**

If a foul is committed by the defensive in the end zone, the offense gains possession on the 1-yard line for a throw in. If the offense fouls in the end zone, it is a turnover. The disc is put in play on goal line.

#### 8. Infractions:

The penalty for an infraction is a turnover at the spot where the infraction occurred. The following are infractions:

1. Double teaming the Thrower: Only **one player may guard** the person in possession of the disc. The disc may not be wrenched from the grasp of opposing player or knocked from the hand.

2. Stalling: Infraction committed by offensive player in possession of the disc. The player holding the disc has a **10 second verbal count** in which to get rid of the disc. The player counting off must be within 4-6 feet of the offensive player with the Frisbee. (This is much like the closely guarded rule in basketball.)

#### 9. Fouls

**This game is self-officiated and all fouls will be called on an honor basis. No questioning of an offensive player's judgment call is allowed. The player 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 gained at the goal line.**

1. Throwing foul: Any physical contact between offensive and defensive players 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 declined; and play continues without stopping.

2. Interference: Playing through an opponent in an attempt to gain or prevent possession of the disc. Interference may occur before or while disc is in flight. Player interfered with calls the foul.

#### 10 Scoring:

A goal is scored when an offensive player outside the goal line passes the disc in the air and an offensive player in the end zone catches the disc. Both feet must be in the end zone. Each goal is worth one point.

After a team has scored, the team scoring the goal becomes the throw-off team on the goal line of the end zone just scored in.

#### 11. Tie games.

If the game is tied at the end of regulation time, there shall be a **2-minute overtime**. The team with the most goals scored at the end of the overtime shall be the winner. There is a **maximum of 2 overtime periods**. A coin toss shall occur just as in the pre-game. **One time out per team per overtime.**

#### 12. Co-rec modifications.

Besides the previous mentioned team composition differences, (which consisted of a maximum of 4 men and 4 women and a minimum of 3 men and 3 women) there is no other co-rec modification.