

**Alice Lloyd College**  
**Intramural Athletics**  
**Official Ultimate Frisbee Rules**

**INTRAMURAL ULTIMATE FRISBEE RULES AND PROCEDURES**

1. The following rules and procedures are those items for which the Intramural Athletics Program feels a need to further elaborate and clarify. In no way should the absence of a particular rule or procedure be interpreted to mean that it will not be enforced. All team coaches are responsible for the information in the current set of rules and procedures.
2. An Intramural (IM) Supervisor and/or Intramural Official will be on duty for each game. The persons acting in these capacities have been given directions and authority by the IM Director to carry out necessary duties. Any problems should be referred to the Official first and then to the IM Supervisor if necessary.
3. The particular league and/or tournament format, (example: round robin), is dependent on the number of entries in each division

**PROCEDURES**

1. The responsibilities of each participant are:
  - a. The schedule and all information contained on it. A schedule will be posted on the bulletin boards all over campus. The IM Supervisor on duty will also have a schedule. No schedule information will be given over the phone.
  - b. Eligibility
  - c. Check in with the IM Supervisor prior to each scheduled match (Penalty: Forfeit). A 5 minute grace period will be in effect.
  - d. Notify the Intramural Director prior to the entry deadline concerning players who are participating in concurrent intramural activities. Immediate notification may help to avoid a time conflict.
2. All matches must be played at the scheduled place and time unless a “Mutual Postponement Agreement” form has been cleared and completed through the IM Director.
3. If games are rained out, the team coaches are responsible for contacting the IM Director to find out when they will be played.
4. It is also the team coaches’ responsibility to keep the sidelines clear of players and spectators.
5. Teams are responsible for their own scores. Give the scores to the Supervisor after each game.

**THE GAME:**

Ultimate Frisbee – 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.

**RULES:**

**1. EQUIPMENT:**

- a. The IM Director will supply a Frisbee for each game.
- b. Jerseys and Frisbees will be check out to the team on the field. Captains are required to check out the jerseys from the supervisor on duty before the game. An I.D. will be returned when Frisbees and all jerseys are returned to the supervisor. The captain is financially responsible for any lost equipment. The team listed first on the schedule must wear the jerseys.
- c. No steel cleats or casts can be worn.
- d. Any equipment the supervisor decides is dangerous to other players is illegal.

**2. ELIGIBILITY:**

- a. Each player's name must be on the roster filed with the IM Director.
- b. A person may play for one team only of the same league.
- c. Penalty for violation of the above is forfeit of the game.

**3. PROTEST:**

- a. There are no rules protests. Get two captains together and settle the problem.
- b. If no agreement is made, the disc reverts back to the thrower.
- c. Summon the Supervisor for interpretation of the rules.
- d. Eligibility protest must be made before the game ends.

**4. TIMING:**

- a. Play two 20 minute halves with running clock.
- b. Timing begins at 5 minutes after game time (forfeit time).
- c. There will be a two minute warning given at the end of each half. The warning is signaled by two blasts from an air horn. The clock continues to run.
- d. One blast from the air horn signals the end of the half or game.
- e. Two minutes are allotted for halftime. At this point, timing begins for the second half.
- f. Games tied at the end of regulation time are scored as ties.

**5. PLAYERS AND SUBSTITUTIONS:**

- a. A team consists of seven players.
- b. Substitutions can be made only:
  1. After a goal and before the ensuing accepted throw-off
  2. Before the beginning of a period of play
  3. To replace an injured player.
- c. If a team replaces an injured player(s), the opposing team has the option of substituting a like number of or fewer players.
- d. During time-outs

**6. STARTING PLAY:**

- a. A coin toss will determine offense and defense. The winner of the toss has the option of throwing or receiving, or choice of which goal to defend. The loser of the toss is given the remaining choice. The choices are reversed to start the second half.

- b. Play begins each half, and after each goal with a throw off. On the throw off, both teams must stand behind the goal line with one foot on the line.
- c. When the thrower and player on the receiving team raise a hand, play is ready to begin. The thrower throws the Frisbee toward the opposite goal line. When the Frisbee is released, both teams may move in any direction.
- d. No player on the throwing team may touch the throw-off before it touches a member of the receiving team.
- e. If the receiving team catches the Frisbee, it must be thrown for the spot. If the receiving team touches the Frisbee and fails to catch it, it is the throw-off team's disc where it lands.
- f. If the throw-off falls untouched to the grown inbounds, the receiving team gains possession where the disc stops. If the throw-off lands untouched out to bounds the receiving team can:
  - 1. Put the disc into play at the point it crossed out of bounds or call middle and carry the disc to the middle of the field.
  - 2. Before it is touched, extend one hand over the head and call for a re-throw. Once this signal is given, that throw-off can no longer be put in play.

**7. THROWING:**

- a. When the disc is on the ground in or out of bounds any member of the team becoming offense may pick it up and put it in play. (If disc is out of bounds player must return to the spot where it went out then put it in play.)
- b. The thrower must establish a pivot foot (as in basketball) and hold that pivot foot until the throw is released.
- c. The thrower may pivot in any direction, but not into a legally positioned defensive player.
- d. If the thrower drops the disc, it is considered an incomplete pass.
- e. The thrower may not throw a pass to himself.
- f. The thrower may pivot in and out of bounds.
- g. The disc cannot be handed from one player to another.

**8. DEFENSE:**

- a. Only one defensive player may guard a thrower at one time.
- b. The defensive player must stay an arm's length from the thrower.
- c. The defensive player cannot try to knock the disc from the thrower's hand.
- d. Stalling: Once a player has established a defensive position (within 6 feet), he may begin to count to 10 at one second intervals. If the thrower has not released the disc after 10 seconds, it is a turnover, and a check.

**9. RECEIVING:**

- a. Bobbling the disc to get control is permitted, but purposeful tipping of the disc is traveling.
- b. After catching a pass, the receiver must come to a stop as soon as possible and establish a pivot foot. Penalty: traveling.
- c. If a catch is made on a run, the receiver may make a pass before the third contact with the ground. Penalty: traveling.
- d. If the disc is caught simultaneously by offensive and defensive players, it is the offense's disc.

- e. The receiver must have one foot in bounds to be a legal completion. If momentum carries a player out of bounds, or over the goal line, after a legal catch, the receiver must return to the point he went out of bounds, and establish a pivot foot and put the disc in play form that point.

10. END ZONES:

- a. If the disc is controlled in the end zone the team is defending, the player must:
  - 1. Put the disc into play from the spot, or immediately carry the disc to the closest spot on the goal line and put it into play from there.
- b. If the disc is caught in the end zone, and the team is attacking, it is a score-one point.
- c. Each time a score is made, teams switch the direction of their attack. The team that scores throws off.

11. TURNOVERS:

- a. An incomplete, intercepted, knocked down, or out of bounds pass results in a loss of possession.
- b. Loss of possession and a check:
  - 1. If the defensive player gets to 10
  - 2. If the disc is handed form player to player.
  - 3. If thrower catches own pass. Unless it is touched first by another player.

12. FOULS:

- a. Fouls are physical contact between opposing players. A foul is called by the player who has been fouled.
- b. When the thrower is fouled in the act of throwing and the pass is completed, possession reverts back to the thrower after a check. (Contact during the follow-through is not considered a foul).
- c. When the defensive player is fouled by the thrower and the pass is completed, possession reverts back to the thrower after a check. If the pass is incomplete, the play continues without interruption.
- d. Contact with an opponent that interferes with the catch before or after the disc has arrived is a foul. The player fouled gains possession. If the call is disputed, the disc goes back to the thrower.

13. VIOLATIONS:

- a. Violations are non-contact rule infractions (throwing a pass while approaching the goal line, traveling, double teaming, not establishing a pivot foot, etc.)
- b. Violations should be called by anyone who recognizes it.
- c. If the disc is in the air, play is continued. If the team which made the call gains control, play continues unhalted. The player who made the call in this case should call “play on”.
- d. If the team that made the call does not gain control of the Frisbee, the disc is checked back to the thrower.

14. TIME OUTS:

- a. Each team is permitted two 30 second time-outs per half.
- b. Time-outs may be called by either team after a goal and before the throw-off, and by the player with possession of the disc during play.
- c. To resume play, the player who had possession of the disc puts it into play, after a check, at the spot where the time-out was called.

d. No time-outs allowed in the last two minutes of either half.