

## Ultimate Frisbee Rules (4/08)

### ➤ Players

- A. A team will consist of six (6) players on the field.
- B. A team may start and play a game with as few as four (4) players.
- C. All players must be registered with their teams before the first scheduled game.

### ➤ Play

- A. The Game: Ultimate Frisbee is a non-contact sport. Contact will not be tolerated. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.
  - 1. The game will consist of two 20-minute halves (running clock), with a 5 minute halftime.
  - 2. Each team will receive one (2) minute timeout per half.
  - 3. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off.
  - 4. The team with the most goals at the end of the game is declared the winner.
  - 5. If the score is tied at the end of regulation play, a three-minute sudden-death overtime period will be played until a winner is declared.
- B. Substitutions:
  - 1. Substitutions can be made: after a goal and prior to the ensuing throw-off, before the beginning of a period, or to replace an injured player.
  - 2. **An ejected player may not be replaced.** *All ejection's will be reverted to Intramural Sports Policies*
- C. Starting and restarting the play:
  - 1. Start of Game
    - a. To start the game, a coin toss will be conducted. The winner will have the choice of either throwing or receiving the initial throw-off, or selecting which goal they wish to defend initially.
    - b. The team losing the coin toss is given the remaining choice.
    - c. The second half begins with an automatic reversal of the first choice of options.
    - d. When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
  - 2. Throw-off
    - a. Play starts at the beginning of each period of play and after each goal with a throw-off.
    - b. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws-off.
    - c. Positioning prior to throw-off:
      - (1) The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released.
      - (2) The players on the receiving team must stand with one foot on their defending goal line

without changing position relative to one another.

- d. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
- e. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
- f. As soon as the disc is released, all players may move in any direction.
- g. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
- h. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.
- i. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
- j. If the throw-off lands out-of-bounds the receiving team makes a choice of:  
(1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.

**D. Change of possession:**

1. Occurs when a pass is not completed (i.e. dropped, hits the ground, falls out of bounds, blocked, intercepted).

**E. Dead Disc (stoppage in play)**

1. When play stops the player who was in possession retains possession.
2. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
3. The marker restarts play by tapping the disc in play.

➤ **Scoring**

- A. Scoring occurs when a player receives a throw and the first point of contact is beyond the goal-line.
- B. Momentum cannot carry a player into the end-zone, play reverts to initial landing point

➤ **Out-of-bounds**

The perimeter lines themselves are out-of-bounds/fields dimensions will be modified.

- A. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
- C. 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 to be out-of-bounds.
- D. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
- E. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.
- F. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
- G. If there's a change in possession in the end-zone, player has a choice of either resuming play at the goal-line or with an immediate throw from the spot off the turnover.

➤ **The Thrower**

- A. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- B. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.

- C. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- D. The thrower may throw the disc in anyway he/she wishes.

➤ **The Marker**

- A. Only one player may guard the thrower at any one time; that player is the marker.
- B. The marker may not straddle the pivot foot of the thrower.
- C. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- D. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- E. Stalling:
  - 1. Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
  - 2. The count consists of the marker calling "Stalling" and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear.
  - 3. If the thrower has not released the disc at the first utterance of the word ten (10) a turnover results.
  - 4. If the defense decides to switch markers, he/she must start again from one.

➤ **The Receiver**

- A. Bobbling to gain control of the disc is permitted.
- B. 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.
- C. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

➤ **Fouls**

- A. Fouls are the result of physical contact between opposing players.
- B. **The offending player calls the foul.**
- C. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- D. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
- E. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
- F. Fouls and violations result in a change of possession.

➤ **Positioning**

- A. Picks:
  - 1. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team: to do so is a pick.
  - 2. A pick is considered a violation.
- B. When the disc is in the air, players must play the disc, not the opponent.
- C. The principle of verticality: All players have the right to the space in-immediately above them.
- D. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

➤ **Equipment**

- A. **No metal cleats** will be allowed to be worn.