

Ultimate Frisbee

All players must sign the activity consent form and present their valid ZipCard prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

Official UPA Ultimate Frisbee rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

- 1.1. Teams consist of 7 players, but may start and/or play with 5 players. All players must be checked in with the Intramural staff before they are allowed to participate.
- 1.1. A minimum of 2 women must be playing at all times.
- 1.2. The game will end if a team has to drop to less than 5 players due to injury or ejection, regardless of the score.

2. LENGTH OF GAME

- 2.1. Game will consist of two 20 minute halves with running clock, separated by a 3 minute halftime period.
- 2.2. The clock will stop only for timeouts and injuries.
- 2.3. Each team receives 3 (1 minute) timeouts per game (limit 2 per half).
- 2.4. Mercy Rule: If a team is ahead by 15 or more points at halftime or by 10 or more points with 5 minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by 8 points and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.
- 2.5. There will be no overtime in regular season play. In the event of a tie in playoffs, a tiebreaker will be conducted as follows:
 - a. There will be one 5 minute overtime period. Coin toss will determine possession.
 - b. If the game is still tied, there will be an additional sudden death overtime period.

3. FORFEIT POLICY

- 3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 3 for sportsmanship.
 - a. EXCEPTION: The opposing team grants a 10 minute grace period, in which the game clock starts at game time, and play continues with remaining time once the team becomes ready.
- 3.2. Should a team be granted the grace period, the following penalties will be assessed:
 - a. Within 5 minutes of game time, opposing team receives 2 points and starts with the disc.
 - b. Within 5-10 minutes of game, opposing team receives 2 additional goals.
 - c. Final forfeit score is a 4-0 win for opposing team; granted at the end of 10 minute grace period.
- 3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.
- 3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

- 4.1. **NO jewelry allowed.** The only exception is a medical alert bracelet the must be taped down. Penalty: Ejection if not removed after initial warning.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with a least 2" of slow recovery rubber or similar material will be allowed.
- 4.4. Campus Recreation provides game discs only. Teams must bring their own for warm-up. Team discs may also be used for games if both teams agree on usage.
- 4.5. **METAL SPIKED CLEATS MAY NOT BE WORN AT ANY TIME.** Molded rubber-soled athletic shoes or rubber screw in cleats ½" and under will be allowed. Any player with metal spikes will be disqualified.
- 4.6. Teams must wear shirts that are the same shade of color.

5. SUBSTITUTES

- 5.1. Teams may substitute only:
 - a. After a goal and before the ensuing accepted throw-off.
 - b. Before the beginning of each half.
 - c. To replace an injured player(s).
- 5.2. Substitutions cannot be made during a timeout, unless it is an injury substitution.

6. SCORING

- 6.1. A point is awarded when the offense completes a pass in the defense's end zone.
- 6.2. The Frisbee must be touched at least once by a female during the offensive progression, in order for the goal to count.
- 6.3. Females scoring will be awarded 2 points for each goal. Males will receive 1 point per goal.

7. SPECIAL INTRAMURAL MODIFICATIONS

- 7.1. Ultimate Frisbee is a self-officiated sport; therefore players are responsible for their own foul and line calls, and for resolving their own disputes.
- 7.2. Games will be played at Plaster Sports Complex, so field will be altered from existing football dimensions.

8. POSSESSION AND DISC MOVEMENT

- 8.1. When a pass is not completed, the defense immediately takes possession of the disc and becomes the offense.
- 8.2. Pass incompleteness results from any of the following: out of bounds, drop, block, interception, etc.
- 8.3. The disc may be advanced in any direction by completing a pass to a teammate. Players may NOT run with the disc.
- 8.4. The thrower has 10 seconds to throw the disc. The defender guarding the thrower (marker) counts out the stall time.

9. FOULS

- 9.1. Ultimate Frisbee is a no-contact sport. No physical contact is allowed between players.
- 9.2. Picks and screens are also prohibited. A foul occurs when contact is made.
- 9.3. When a player initiates contact with another player, a foul occurs. When a foul disrupts possession, the player resumes possession at the spot of the foul.
- 9.4. If the player committing the foul disagrees with a foul call, the play is redone and possession returns to the thrower.