



Ultimate Frisbee Rules 2007-2008

Each participant must present a current EKV ID at game time in order to play. NO EXCEPTIONS!

The Game, Players, and Equipment

Games shall be played with six (6) to seven (7) players for Mens and 6-8 Players for CoRec.

**Official Game = 6-7 players present, 6-8 CoRec
Forfeit = Less than 6 players.**

- A. **Co-Rec:** When playing with 8 players, the gender numbers must be even (4 males, 4 females). When playing with 7 players, the gender difference must not be greater than 1 (4 males and 3 females or 4 females and 3 males). It is acceptable by mutual Captain's agreement to alter these numbers
- B. Games will consist of two 20-minute periods with a running clock and a 5-minute half time period.
- C. No referee is used; the two teams play on an honor system. An Intramural Supervisor will keep the time, and may be called upon to settle questions regarding rules, fouls, etc.
- D. Each team is permitted 1 one-minute time-out per half. Either team may call a time-out after a goal and before the ensuing throw-off. A team must be in possession of the disc in order to call a time-out during play.
- E. Regular Season: In the event of a tie at the end of regulation time, captains will flip a coin to determine which team will throw-off and the tie will be broken by sudden-death overtime (first team to score wins).
- F. Playoffs: A 5 minute overtime period will be used and if still the score is still tied a sudden-death overtime will be used.

The Field

All games will be played on the intramural fields. The field will be a regular flag football field – 80 yards long with 10-yard end zones.

Initiate Play

Play begins with the throw-off. The captains of the two teams will flip a coin to determine which will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their goal line without changing relative position.

A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. **No player on the throwing team may touch the disc in the air or before it is touched by a member of the receiving team.**

*The receiving team may catch the disc or allow it to fall **untouched** to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

The disc must land within the boundaries of the playing field on the throw-off. If it does not, the receiving team has the option to take the disc where it went out-of-bounds or to have the disc re-thrown. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

Scoring

Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score by the scoring team throwing from the end zone in which they just scored (i.e. "losers walk").

Movement of the Disc

The team, which has possession of the disc, must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he wishes. **The Frisbee may never be handed from player to player.** In order for the disc to go from one player to another, it must at sometime be in the air.

No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops and he returns to the point where he gained possession and play resumes when both teams are ready.

The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. **Only one player may guard the person in possession of the disc.** The disc may not be wrenched from the grasp of an opposing player or knocked from his or her hand.

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out-of-bounds. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it.

A player may catch his own throw if the disc has been touched by another player during its flight. Bobbing to gain control is permitted, but tipping to oneself is not allowed.

End Zones

Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line provided that he or she approaches it perpendicularly. The player may not pass the disc as he or she approaches the goal line. If a team gains possession in the end zone, which it is attacking, the disc is carried perpendicularly to the goal line and play resumes immediately from the goal line.

Substitutions

Players not in the game may replace players in the game after a score and during a timeout or injury timeout. In Co-Rec, a male and a female may substitute for each other only if the proper number of males and females is maintained.

Fouls

Only the player fouled calls a throwing foul. It is defined as any physical contact between offensive and defensive player 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 automatically declined, and play proceeds without stopping.**

A foul is also called when any physical contact occurs as a result of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, kicking, submarining, etc.

The player who is 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 regained at the goal line.

Stalling: A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts aloud 10 seconds. If the disc has not been released at the end of the count it is turned over to the defense at that point. The person guarding the thrower must be arms length and disc, but thrower cannot pivot into the defender.