

Intramural Ultimate Frisbee Rules

THE GAME

A team will consist of a maximum of 4-6 players.

Game length will be 10 minutes with two 5 minute halves.

Colored jerseys or pennies should distinguish teams.

The playing field is 70 yards long and 40 yards wide. Both end-zones are 10 yards long.

SCORING

The team that is ahead at end of regulation is the winner. If both teams are tied, then sudden death is played. After a coin flip, the first team that scores will be the winner.

Each score or goal is worth one point. A goal is scored when an offensive player has both feet in the end-zone after receiving a pass from a teammate

THROW-IN TO BEGIN THE GAME

Game begins with a throw-off. All players must be on or behind their own goal line until the disc is released. 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 until it has been 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, possession begins at that point. If the receiving team touches the disc, but fails to catch it, the throwing team gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team gains possession where it lands.

DISC MOVEMENT

The disc may be passed in any direction.

The rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.

TIME OUTS

Each team is permitted one time out per half. Each time out lasts for 30 seconds.

COMPLETING A PASS

Two feet must land in bounds for a completed pass.

If a pass is completed outside the boundary line, it is considered incomplete and the defensive team gains possession of the disc. Should the disc land outside the lateral boundary, it is returned to the play at the point where the disc went out of bounds. The player throwing the disc inbounds must have one foot on the boundary line.

If the disc goes out of bounds before crossing the goal line, the receiving team makes the immediate decision of gaining possession at the point where the disc went out of bounds or of having the disc thrown off again. If the disc goes out of bounds after crossing the goal line, the receiving team takes possession of the goal line at the nearest corner.

FIELD POSITION

Each time a goal is scored the teams switch directions of attack, and the team which scored, throws off.

GENERIC RULES

The disc may be thrown any way the player chooses. The disc may never be handed from one player to another.

MOVEMENT WITH DISC

No player may walk, run, or take steps while in possession of the disc. Taking momentum into consideration, should the player take steps in order to stop, play is continued. If steps are taken at other times, play is stopped, the player

returns to the point where possession was gained, and play resumes. The player in possession may pivot on one foot as in basketball. A player in possession may not score by running into the end zone.

DEFENSIVE TEAM

Only one player may guard the person in possession of the disc. The disc may not be pulled or knocked out of the hands of an opposing player. The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out of bounds.

10 SECOND RULE

A player in possession of the disc has only 10 seconds to release the disc to a teammate, or it is considered a turnover. The defensive player must be guarding the person with the disc and count to 10 audibly to force the turnover. At each second the defensive player should say "stall" and then the number of seconds the offensive player has been holding the Frisbee.

Example:

Stall one, stall two, stall three, etc. The moment that the first part of "stall 10" is uttered, the disc must be given to the other team if it has not been released.

DEFENSE GAINING POSSESSION

Any player on the team gaining possession of the disc may throw it. Players may not catch their own throws. Any time a team gains possession in its own end zone (the one it is defending), the player may choose to resume play where the disc is stopped or at the goal line at a point perpendicular to where the disc was caught.

DEFENSIVE GUARDING

The person guarding the offensive player with the disc must be at least a Frisbee length away from the thrower. A foul is called when contact is made with the thrower during the throw. A foul is also called when physical contact occurs as a result of the offensive and defensive players playing the person instead of the disc. This includes pushing, grabbing, or holding in order to prevent an opponent from catching the disc. The player who is fouled calls "foul" play stops, and the player fouled gains possession at the point of infraction. No defensive player may touch the disc while it is in the hands of the thrower. If a defensive player does so, causing the thrower to drop the disc, the thrower calls "foul". The thrower then picks up the disc and play continues.

DOUBLE TEAMING

Double-teaming is not allowed by the defensive team. If recognized by the thrower, he calls out double team. Then one player must leave and play resumes.

PICKS

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' and therefore a violation. Play resumes at point of foul.

If a foul, or violation is called while the disc is in the air, the play is always completed. Thus, if the offensive team retains possession, the foul/violation is ignored.