

**Western Carolina University
Campus Recreation & Wellness
Intramural Sports**

Ultimate Frisbee Rules

I. THE GAME, FIELD, PLAYERS, AND EQUIPMENT:

The game is played seven on seven (7v7). Six (6) players are required to avoid a forfeit. Intramural eligibility rules apply.

Coed Modification: Coed teams must play with a minimum of 3 female players at all times.

The official disc will be provided unless another is approved to use by the Intramural Supervisor.

Shoes with rubber cleats are permissible.

No open toed shoes or metal cleats are allowed (plastic screw-ins are ok). NO bare feet!

NO JEWELRY. No Hats.

If the astroturf field is used, no chewing gum, tobacco products or sunflower seeds are allowed on the field.

Playing time consists of two (2) halves of 20 minutes each. The clock will run continuously throughout each half. **EXCEPTION:** During the last 2 minutes of the game the clock will stop after a score and will restart on the throw off. **There are no time-outs.** There will be a 5-minute half-time.

If the score is tied following the end of regulation play, then a **sudden death** overtime will be played to determine the winner.

All games are self officiated but the Intramural Supervisor on duty ultimately has the final say if calls are disputed.

II. THE START OF EACH PERIOD & OVERTIME:

The game shall begin with a throw-off determined by a coin toss conducted by the IM Supervisor. The captain winning the toss shall have the choice of options for the first half or shall defer their option to the second half. The options for each half shall be:

1. To choose whether his/her team will throw or receive.
2. To choose the goal his/her team will defend.

The captain not having the first choice of options shall exercise the remaining option.

During the throw-off:

1. The throwing team must throw-off from behind the 30 yard line if games are played on the Astroturf (20 yard line if played on the Intramural Field). Receiving team must be anywhere behind their 20 yard line.

2. The throw-off need not be caught on the fly by the receiving team. If the disc is touched in the air and dropped, then the team throwing off gains possession.
3. If the disc passes out-of-bounds before crossing the goal line, then the receiving team has the following options:
 - a. To gain possession at the point the disc went out-of-bounds.
 - b. To have the throw-off repeated.
4. If the disc passes out-of-bounds after crossing the goal line, then the receiving team gains possession on the goal line at the nearest corner.

III. SUBSTITUTIONS:

Eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the disc becomes live. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the disc being put into play.

Substitutions may only be made:

1. After a team has scored and before the ensuing throw-off.
2. To replace an injured player.
3. At half-time.

IV. ADVANCING THE DISC:

The disc is advanced by throws and catches only in any direction. The disc may not be handed to a teammate.

The thrower must retain a pivot foot as in basketball in order to keep the thrower from walking. The thrower may not change his/her pivot foot. A maximum of two (2) steps are granted to the receiver of a pass in order to stop. Should the receiver take steps that are obviously not required to stop, then play stops, he/she returns to the point where he/she gained possession of the disc.

If the receiver catches the disc and his/her momentum carries him/her over the goal line, then he/she must step across the goal line and return to the field of play before advancing the disc.

Deflections are not allowed among offensive players in an attempt to advance the disc during the catch. A player may catch his/her own throw only if the disc has been touched by another player. Tipping the disc to oneself is not allowed but bobbling to gain control is permitted. No skipping of the disc is allowed.

If opposing players grab disc at the same time, the disc goes back to the offense.

The team which is scored upon changes goals and must walk to the appropriate end of the field before the throw-off.

V. DEFENSE:

Only one defensive player may guard the player in possession of the disc. A defender may block the disc with their hands, feet, face, or body.

A defender must allow the thrower room to follow through with his/her throw. Failure to do so constitutes a foul. The disc may not be grabbed from the grasp of an opposing player.

The burden of advancement of the disc falls on the offense. If the disc is not caught by the offense and no violations occur, then the disc is turned over to the defensive team, even if the defense was the last to touch the disc before it touches the ground or passes out-of-bounds. The missed disc goes into play from the spot at which it lands.

There should be no contact between opposing players with the exception of minor contact during an attempted catch. If an offensive receiver catches the disc and his/her momentum carries him/her out-of-bounds, then possession is lost and the disc is turned over to the defense at the spot in which it went out-of-bounds. If the defensive team intercepts the disc and momentum carries him/her out-of-bounds, then the disc is inbounded by the intercepting team at the spot in which it went out-of-bounds. The thrower must have one foot on or near the line and the disc may be advanced anywhere on the field. There is no "check" by the defense.

VI. VIOLATIONS AND PENALTIES:

The following rule infractions constitute violations:

1. Screens and blocking.
2. Pushing, reaching, or restricting the vision of a player attempting to catch a thrown disc.
3. A throwing foul called by the player who is fouled during an attempted throw. Any physical contact between offensive and defensive players sufficient to deter the flight of the disc constitutes a throwing foul. However, contact occurring during the follow through does not constitute a foul.
4. Delay of game: Each offensive player has ten (10) seconds in which to release the disc when they gain possession. The defending player must count out loud to the offensive player. If the disc has not been released at the end of the count, then the disc is turned over to the defense at that spot. There is no delay of game if the defender does not count out loud.

In the event of a violation, the defense "checks" the disc and the offense must freeze. When the defense is ready to resume play, the disc is given to the offensive player at the spot of the infraction and play resumes.

VII. CONDUCT:

The Intramural Sports programs promote positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

VIII. EJECTIONS:

Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:

1. Use of Tobacco and/or Alcohol During Event
2. Unsporting conduct
3. Improper language

(Revised 07/10)