



# Ultimate Frisbee League Information Sheet

Intramural Sports: 529.7238

IM Hotline: 529.2350

**LOCATION:** All games will be played at **Cook Field**.

**TEAM: A full open squad will consist of 7 players (co-rec will be 8).** A team must have six (6) players to begin a game. Co-Rec teams must have a number of female players on the field greater than or equal to the number of male players. Teams must have these amounts to begin the game and must maintain the same number or more females than males on the court at all time.

**EQUIPMENT: No exposed metal cleats are allowed at any time!** Also no hats, bandannas, hard hairpieces, or jewelry are permitted. Elastic headbands are permitted. IM sports will provide equipment to administer the league such as flying discs and cones. If the flying disc is lost during the game, both team captains will be charged on his/her bursar bill unless the disc is found. Any player playing with illegal equipment will result in a change of possession and the player must remove the item.

**ODD/EVEN CALL:** The second team on the scoresheet shall be considered the home team. The home team shall have the choice of:

- Throwing/receiving
- Choose the goal to defend

## **RULES:**

- **The field & game** - The field is 80 yards by 40 yards, with end zones 15 yards deep. A game consists of two 15-minute running halves with a one minute stopped clock and a 5-minute half time. The clock will stop only after a goal, time outs, injury, fouls and violations, and when the disc leaves the playing field. The supervisor on duty will handle the time and score.
- **Initiate Play** - each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team. Co-rec teams consist of eight players with an equal or greater number of women than men. Each team is allowed 2 time-outs per game.
- **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. In co-rec games, 2 points is awarded for a female score and 1 point for a male score.
- **Movement of the Disc** - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. ("Stall 1, Stall 2, Stall 3...")
- **Change of possession** - When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. A defender may bring the disc back in bounds or out of the end zone to the nearest point.
- **Substitutions** - Players not in the game may replace players in the game after a score and during an injury time-out.

- **Non-contact** - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- **Fouls** - when a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- **Self-Refereeing** - Players are responsible for their own foul and line calls. Players resolve their own disputes.
- **Spirit of the Game** - 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 play.
- **Overtime** - Overtime will only be played during the playoffs. Overtime will be five minute sudden death periods.
- **Time-outs** – Each team will be given two 1-minute time-outs for the game.
- **SUPERVISION/OFFICIALS** - Intramural supervisors will be provided to keep time and to keep score. Ultimate Frisbees is traditionally a self-officiated sport and players are expected to adhere to the spirit of fair play and sportsmanship. If in need of interpretation of rules and/or procedures, captains should consult with the supervisor on site.
- **Catch in bounds** – “college,” one foot in rule. Can run out after catch is made and then come back in.
- **Guarding thrower** - must keep a Frisbee length away from thrower. No double-teaming thrower. Can't purposefully block thrower's vision with hands.
- **Receiving the initial “pull”**- If the pull is contacted by the receiving team but not caught, it is a turnover. The pull must be caught or allowed to hit the ground fully. Teams will switch sides after a score.
- **Traveling** - Once you stop your momentum, you must keep your pivot foot. You cannot score on momentum. If you fall to the ground, you may stand back up to throw the disc.