



**UNIVERSITY OF WISCONSIN – EAU CLAIRE
RECREATION & SPORT OPERATIONS – INTRAMURAL
SPORTS
Ultimate Frisbee**

PLAYERS AND ATTIRE

- Teams are made up of seven (7) players each and have a maximum of fourteen (14) players on the roster. A team must have a minimum of five (5) players on the field and ready to play at the scheduled game time or the game will be forfeited.
- **Jewelry is not allowed. All jewelry must be removed before playing, no exceptions.** Players wearing jewelry will be removed from the game until the jewelry is removed. A substitute will come in for the player wearing jewelry. Jewelry includes gold, silver, bracelets, necklaces, religious jewelry, Livestrong/rubber bracelets, rubber bands, and braided jewelry.

RULES

GAME, COURT, AND EQUIPMENT

- No cleats with metal spikes, hats, or jewelry are allowed to be worn during play.
- Knee braces are allowed to be worn, but all metal parts must be completely covered.
- The object of Ultimate Frisbee is to gain points by scoring goals, with each goal being worth one (1) point. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. The team with the most points at the end of the game is declared the winner.
- No referees or officials are used for Ultimate Frisbee; the two opposing teams play on an honor-system basis. An Intramural Sports staff member will keep the time and score, and may be called upon to settle/answer questions regarding rules, fouls, etc.
- In order for a pass to be considered in-bounds, a player must land with both feet touching inside or on the boundary line. If a pass is completed outside the lateral boundary, 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 play on the main playing field at the point where the disc went out-of-bounds. The player throwing the disc in-bounds must have one (1) foot on the boundary line.

- Games will be played on a regulation flag football field so end zones will not be extended.
- Winners of each division will receive an Intramural Champion T-shirt.

INITIAL POSSESSION, LENGTH OF GAME, AND TIME CONSTRAINTS

- Games will consist of two (2) twenty-minute periods, with a five-minute halftime period between the two halves.
- The clock will run continuously except for injuries, timeouts, and during the last five (5) minutes of the second half and any overtime periods. During the last five (5) minutes of the second half and any overtime periods, the clock will stop after every goal, for timeouts, injuries, fouls, and when the disc goes out-of-bounds. The clock restarts when the disc is thrown in-bounds, when the receiving team touches the disc following a throw-off, or when both teams are ready to resume play.
- Each team is permitted one (1) timeout per half, and one (1) timeout per overtime period. Each timeout lasts for one (1) minute. Either team may call timeout after a goal and before the ensuing throw-off. A team must be in possession of the disc in order to call a timeout during play.
- **Game time is forfeit time.** Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.

SUBSTITUTIONS AND TIEBREAKERS

- Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play.
- In the event of a tie at the end of regulation time, there will be an overtime period lasting five (5) minutes. The captains will flip a coin to determine which team will throw-off. If there is no winner at the end of this period, the time will be broken by a sudden death overtime period (first team to score wins).

DEFINITION OF PLAYING TERMS

- **Throw-Off:** Play begins with the throw-off. The captains of the two teams will flip a coin to determine which team 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 by the throwing team. The receiving team must stand on their own goal line without changing relative position.

- A player on the goal line throws the disc towards the opposing 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 to the ground untouched. 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 throw-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 the direction of their attack, and the team which scored throws-off the disc on the signal of the receiving team.
- Game Play and Movement of the Disc: The team which has possession of the disc must attempt to move the disc into position to score a goal. A player may propel a disc in any way he/she wishes. **The disc may never be handed from player to player.** In order for the disc to move from one player to another it must at some time be in the air.
- No player may run, walk, 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 motion, play stops and the player 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/her pivot foot at any time. **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/her hand.
- The defensive team gains possession of the disc 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. Bobbling to gain control is permitted, but tipping to oneself is not allowed.
- End zones: Anytime 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/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.

PLAYER CONDUCT

- Only the player fouled calls a throwing foul. A throwing foul is defined as any physical contact between an offensive and defensive player sufficient enough 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 of the disc 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.
- A stalling violation occurs when the player guarding the thrower calls out “stalling” and counts aloud ten (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 at arms-length distance, but the thrower cannot pivot into the defender.
- Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
- Team conduct will be registered, by the officials, following the game, on a 0 to 6 scale.

SCORING

- A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scored a goal receives one (1) point.
- **Mercy Rule: The game shall end if one team is ahead by eight (8) goals or more at halftime or any time thereafter.**

CO-REC RULES

- A regulation team consists of 4 players. A team may play with a minimum of 3 players. The possible combinations are 2m/2w, 1m/2w, 2m/1w.
- If a female receives the disc to score a goal, it is worth two (2), and if a male receives the disc to score a goal it is only worth one (1).
- The mercy rule is 10 goals at halftime or anytime during the second half.

CLARIFYING STATEMENTS

- There are no scrimmage lines or off-sides in Ultimate Frisbee. The disc may be passed in any direction - forward, laterally, or backwards. The term “when both teams are ready” implies that the defender will hold the disc until the defensive team is ready, then hand the disc to the thrower - the clock restarts. It should be common practice that the offensive team remains stationary until the disc is given to the thrower.