

Intramural Ultimate Frisbee Rules

ELIGIBILITY AND PARTICIPATION:

1. Any at least part-time student is eligible to participate
2. AU faculty, staff and their spouses/children are eligible to play
3. Players may be added to rosters during the first week of the season, but not after that.
4. All players must be recorded on the game sheet before they are allowed to participate.

Teams

1. Teams consist of seven players.
 - a. 5 players are needed to not forfeit
 - b. If you play with a full team of 7, 2 players must be of the minority gender
 - i. Ex. Team A shows up with 5 male players, 4 of them will be allowed to begin a game against team B with 5 male players and 2 female players.
 - ii. If one of team A's female players show up late to the game, she and ONLY she may enter the game.
 - iii. If 2 of team A's female players show up late to the game, they both may enter the game, along with one other male player to equal 7 players total.
2. Individuals may wear rubber-soled shoes or molded turf shoes. Metal cleats are not allowed, however, metal tip cleats are allowed.
3. Unlimited substitutions are allowed but may be made only after goals, injury, or timeout

Time of Play

1. **Ten minutes after game time is forfeit time**
2. **Games last a maximum of 60 minutes.**
3. **Hard cap is at 50 minutes. After 50 minutes, the game will end on the next score, unless the next score creates a tie. In this case, play will continue for a limited amount of time (within the one hour time frame) until one more goal is scored. If at the end of 60 minutes, there is a tie, then the game will end with the tie.**

Throw-off

1. Play begins with the throw-off (pull) at the beginning of the half and after each score. The throwing team is determined by a flip of the coin.
2. Half time is once one team reaches 6 points or at 25 minutes, whichever comes first. If 25 minutes is reached first, play continues until the next point is scored, and then halftime begins. Halftime lasts for 5 minutes and teams switch sides.
3. Teams alternate throw-offs at beginning of each half.
4. All players must be behind their own goal line until the disc is released.
5. No player on the throwing team may touch the disc until it has been touched by a player on the receiving team.

6. The receiving team members may catch the disc, allow it to fall untouched to the ground, or hit the disc to the ground to stop its progress.
 - a. If the disc is successfully caught or hit to the ground, possession and play begin immediately.
 - b. If the disc is allowed to drop untouched, the receiving team has possession where it stopped.
7. If the disc rolls out of bounds on the sideline, the receiving team will take possession at the point the disc went out-of-bounds.
8. If the disc lands out of bounds, there are two options for the receiving team
 - a. A player on the receiving team may put the disc into play at the point on the sideline where the disc crossed out of bounds
 - b. A player on the receiving team may signal a “brick” by clapping the disc over his or her head and putting the disc into play in the middle of the field, at the point where the disc crossed the sideline
9. If the disc lands, or is caught in the end-zone on a pull, the receiving team will take possession and play will begin immediately from the point in the end zone where the disc originally entered. Player will walk to the spot of entry, then play will begin.
10. If the disc lands in bounds and rolls out the back of the end zone, the receiving team will take possession on the goal line nearest where the disc landed.
11. If the disc lands in bounds and rolls out the side of the end zone, the disc will be put into play from the front corner of the end zone.
12. Each time a goal is scored, the teams switch the direction of their attack, and the team which scored throws-off from the end zone that they just scored in.

End Zones

1. Any time a team gains possession of the disc in the end zone they are defending after a turnover had occurred, the player must make an immediate decision to either:
 - a. Put the disc into play at that point (faking a throw and/or setting a pivot commits the player to begin play here).
 - b. Carry the disc to the closest point on the goal line and resume play.
2. The player may not pass the disc during the approach to the goal line.
3. A “Callahan” occurs if the defensive team intercepts the disc in the opposing end zone: when this occurs the defensive team earns a point, and play resumes with a pull.

Playing Rules

1. Play to 11.
2. Passes in any direction may be made, but may never be handed from player to player.
3. The passer is allowed one step on the pass.
4. Pivot foot must be on the ground when delivering a pass.
5. Three steps are allowed to stop after catching a disc.
6. Each player is allowed 10 seconds to throw the disc. A defending player within 10 feet of the thrower must count aloud to “stall ten” in order to call stalling.

- a. Possession changes once defendant verbally reaches the complete 10 seconds, at the “T” in ten.
- 7. **Only one player may guard the person with the disc, and the next closest defender must be at least 10 feet away.**
- 8. The defensive team must allow the thrower, one disc’s length to deliver a throw.
- 9. A player may pivot but may not change pivot foot.
- 10. If the disc is dropped by the thrower without interference by a defender, a turnover in possession results. If the disc is caught before it hits the ground, the offense retains possession.
- 11. 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 advance from that point in anyway other than throwing.
- 12. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but deliberate bobbling to gain extra yardage is not allowed.
- 13. On plays dealing with question of possession (ex. out-of-bounds or goal line) the player on the field with the best view on either team can make the call.
 - a. First priority goes to the receiver
 - b. Then other participants
 - c. **Only one foot (or part of body) needs to be in the field to be considered in the end-zone or not out-of-bounds. However, the first point of contact must be inbounds. For example, if a player catches the disc while jumping and lands with one foot in and one foot out and the feet hit the ground simultaneously, the disc is out of bounds and a turnover occurs.**
- 14. Timeouts: There will be 1 1-minute timeout per half per team.

Fouls

- 1. A throwing foul is called for the following:
 - a. The thrower pushes the defending player. (Contact occurring on the follow through is not sufficient ground for a foul. If the throw is completed the foul is automatically declined and play proceeds without stopping.)
 - b. Player may not impede movement of other players.
 - c. Contact occurring during play beyond casual contact caused by momentum.
 - d. The thrower holds the disc more than 10 seconds before throwing the disc.
 - i. If the defendant is counting the 10 seconds too fast, the player in possession of the disc can verbally call “fast count”, at which the defendant’s count will drop 2 seconds and he can continue counting. (ex. At 8 seconds, count drops to 6 seconds)
 - ii. If the defendant continues to count too fast, the player in possession of the disc can verbally call “fast count” a 2nd time and then the defendant’s count goes to 0 and he starts all over again.
 - iii. A player can only call “fast count” twice.

2. Following a foul, the opposing team immediately gains possession on the spot of the infraction.
3. A foul may be contested by the person it was called on, in that instance the disc returns to the thrower.

Player Misconduct

1. Misconduct will result in a player ejection
2. Misconduct includes:
 - a. Any use of profanity
 - b. Extensive abuse of the facility and/or equipment
 - c. Excessive arguments with the officials
 - d. Unnecessary rough play
 - e. Fighting
3. Any player ejected from a game must make an appointment to discuss the situation with the Intramural Director before they will be allowed to participate in any intramural activity.

Miscellaneous

1. Teams will be required to pay a \$20.00 entry fee.
2. Games may be cancelled due to weather. If the day's games are cancelled the decision will be made by 2:00 pm, an e-mail will be sent to all captains, and it will be posted in the window of the CAB office as well as tweeted by Anderson Intramurals.