

-Georgia Southern University-
CAMPUS RECREATION AND INTRAMURALS
INTRAMURAL SPORTS

ULTIMATE FRISBEE RULES

2009 – 2010

All games will be governed by the UPA Rules of Ultimate with the following GSU Intramural Sports modifications:

PLAYERS & EQUIPMENT

1. Each participant must present a current GSU student or faculty/staff ID card in order to be eligible to participate.
2. Each Men's, Women's, and Co-Rec team shall consist of 7 players each. In Co-Rec play, each team will consist of 3 men and 4 women or 4 men and 3 women. At no time may the difference between males and females on a team be greater than one. Each team must have a minimum of 5 players in order to begin a game. For safety reasons, no game may be continued with fewer than 5 players.
3. Each team is required to wear numbered shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored jerseys provided by Intramural Sports.
4. **Shoes:** Regulation, rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No player will be allowed to participate in bare feet. **No steel cleats or shoes with detachable steel cleats that screw onto the shoes may be worn.**
5. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any rigid material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
6. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own eyeglasses.
7. **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.
8. **Headwear:** Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas which are tied with a knot are not permitted.

GAME FORMAT

1. Each game will consist of two 20-minute halves with a running clock. The game supervisor will be responsible for keeping the game clock.
2. **Game time is forfeit time.** A team must have the minimum number of players to start a game. If there is an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team decides to wait, it will be required to wait a minimum of 20 minutes and play will start as soon as the opposing team has the minimum number of players present. The minimum number of players for Men's, Women's, and Co-Rec play is **five (5)**.
3. The winner of the coin toss shall have the option of receiving first or choosing which goal to defend. The remaining option shall be given to the opposing captain. The second half begins with an automatic reversal of the first choice of options.
4. **Time-outs:** Each team will be given two (2) time-outs per game and one (1) time-out per overtime period (one minute in duration). Time-outs must be called when a team is in possession of the disc or after a goal prior to the ensuing throw-off. Time-outs **DO NOT** carry over from regulation to overtime. The clock stops during all time-outs.
5. **Overtime:** In the event that a score remains tied at the end of regulation play, an overtime period of five (5) minutes will be played. If the score remains tied at the end of the overtime period, the winner will be determined in sudden death (first to score).

6. **Substitutions:** Substitutions may be made after a goal is scored and prior to the ensuing throw-off, before the beginning of a half, and to replace an injured player (with permission of the officials). An injured player may not return to the game until a goal is scored.
7. **Mercy Rule:** If a team has a 10 point or more lead with 5 minutes or less remaining in the game, the game will be declared over.

START OF PLAY

1. Play starts at the beginning of each period of play and after each goal with a throw-off. Each time a goal is scored, the teams switch the direction of their attack and the team that scored throws-off.
2. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
3. **Positioning prior to throw-off:**
 - A. The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released.
 - B. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
4. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
5. As soon as the disc is released, all players may move in any direction.
6. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
7. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.
8. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
9. If the throw-off lands out-of-bounds, the receiving team makes a choice of: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.

CHANGE OF POSSESSION

1. A change of possession occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
2. When play stops, the player who was in possession retains possession.
3. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
4. The marker restarts play by handing the disc to the thrower.

OUT OF BOUNDS

1. The boundary lines themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
3. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
4. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
5. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point. The disc must be checked by the defense prior to resuming play.
6. The thrower may pivot in and out-of-bounds, provided that some part of the pivot foot contacts the playing field.

THE THROWER

1. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

2. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
3. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
4. The thrower may throw the disc in anyway he/she wishes.

THE MARKER

1. Only one player may guard the thrower at any one time; that player is the marker.
2. The marker may not straddle the pivot foot of the thrower.
3. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
5. **Stalling:** Once a marker has established a set guarding stance on the thrower, he/she may initiate the count. The count consists of the marker calling "Counting" and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear.
 - A. If the thrower has not released the disc at the first utterance of the word ten (10), a turnover results.
 - B. If the defense decides to switch markers, he/she must start again from one.

THE RECEIVER

1. Bobbling to gain control of the disc is permitted.
2. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
3. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

FOULS

1. Fouls are the result of physical contact between opposing players. The offending player calls the foul.
2. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
3. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
4. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
5. Fouls and violations result in a change of possession.
6. If a team delays play during a game, a violation will be called and the opposing team will receive the disc at the spot of the violation.
7. If an offensive player is fouled in the end zone during an attack, the disc will be brought out to the 5-yard line and play will resume.

POSITIONING

1. **Picks:** No player may establish a position or move in such a manner as to obstruct the movement of any player on the opposing team. A pick is considered a violation.
2. When the disc is in the air, players must play the disc, not the opponent.
3. **The principle of verticality:** All players have the right to the space immediately above them.
4. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

CO-REC RULES

1. Each Co-Rec team will consist of seven (7) players (3 men and 4 women or 4 men and 3 women). At no time may the difference between males and females on a team be greater than one. Each team must have a minimum of 5 players (3 men and 2 women or 3 women and 2 men) in order to begin a game.
2. Substitutions must be male for male and female for female. A team that begins a game with fewer than 7 players may add players to bring the team to its full complement, as is permitted by substitution rules.
3. In Co-Rec play, a goal scored by a female counts for 2 points. A pass thrown by a female to any player for a score counts for 2 points. Any other goal scored counts for 1 point.