


INTRAMURALS

Ultimate Frisbee Rules

Spring 2023

Section 1: PLAYERS AND EQUIPMENT

1. Each participant must present a current, valid UTC student or faculty/staff ID card and be a member of the Aquatics and Recreation Center in order to be eligible to participate.
2. Each team will consist of seven players. Each team must have a minimum of five players present at game time to begin a game.
3. Each team is advised to bring their own Frisbee; however, Frisbees will be available to checkout. Each team will use a regulation-sized Frisbee.

Section 2: GAME FORMAT

1. Each game will consist of two 20 minute halves with a running clock. The Intramural Sports 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 are 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 maximum of 10 minutes and play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is five.
3. The winner of the coin toss will 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 options.
4. Overtime: If the score remains tied at the end of regulation play, a golden goal overtime period will be played. Another coin toss will precede this overtime. The first team to score will be declared the winner.
5. Timeouts: Each team will be permitted one timeout per half. Unused timeouts will not carry over between halves. No timeout will exceed one minute in length.

Section 3: 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. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
 - a. Before the throw-off, 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 until the disc is released.
2. 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.
3. As soon as the disc is released, all players may move in any direction.
4. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
5. If the receiving team allows the disc to fall untouched to the ground and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops.
6. If the throw-off lands out-of-bounds, the receiving team makes a choice of
 - a. Putting the disc into play at the point where it crossed the line or
 - b. Requesting a re-throw

Section 4: CHANGE OF POSSESSION

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

Section 5: OUT OF BOUNDS

1. The boundary lines themselves are out of bounds.
2. The disc is out of bounds when it first contacts an out of bounds area or contacts anything out of bounds.
3. For a receiver to be considered inbounds after gaining possession of the disc, the first point of contact with the ground must be completely inbounds. If any portion of the first point of contact is out of bounds, the player is considered out of bounds.
4. Should the momentum of a player carry him or her out of bounds after making a catch and landing inbounds, the player is considered inbounds. The player carries the disc to the point where he or 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.

Section 6: 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 or 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 any way he or she wishes.

Section 7: 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 or her arms in such a manner that restricts the thrower from pivoting.
5. Stalling: once a marker has established a set guarding stance on the thrower, he or she may initiate the count. The count consists of the marker calling "Counting" and counting at one-second intervals from one to ten loudly enough for the thrower to hear:
 - c. If the thrower has not released the disc at the first utterance of the word ten, the marker's team gains possession
 - d. If the defense decides to switch markers, he or she must start counting again from one.

Section 8: THE RECEIVER

1. Bobbling to gain control of the disc is permitted.
2. After catching a pass, the receiver is allowed only the fewest number of steps required to come to a stop and establish a pivot foot.
3. If the receiver is running as he or 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.

Section 9: FOULS

1. Fouls are the result of physical contact between opposing players. Players call their own fouls. Fouls result in a change of possession.
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. If an offensive player is fouled in the end zone during an attack, the disc will be brought out to the five yard line and play will resume.