

Arkansas State University

Intramural Sports

Ultimate Frisbee Rules

**Game format:**

1. Timing: Matches will consist of one 30 minute game.
2. Overtime: If the score is tied at the end of regulation play, a three (3) minute sudden death overtime period will be played until a winner is declared. If the score is still tied after the first overtime, a second three (3) minute overtime will be played and so on until the tie is broken.
3. Timeouts: Teams do not have time outs.
4. Game time is forfeit time. If a team does not have the minimum amount of players to begin (4) a game at the scheduled time, the game shall be forfeited.
5. Mercy rule: There is not a mercy rule in this event.
6. Substitutions can be made:
   1. After a goal
   2. Prior to the ensuing throw-off
   3. Before a half begins
   4. To replace an injured player

**Game play:**

1. Ultimate Frisbee is an event of teams consisting of teams of six (6) people on the field of play.
2. This is a non-contact event. Contact will not be tolerated.
3. Ultimate stresses sportsmanship & fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules & the basic joy of play.

**Starting, restarting the play, and out of bounds:**

1. Starting the Game
   1. To start the game, a coin toss will be conducted. The winner will have the choice of receiving the initial throw-off or selecting which goal they wish to defend initially.
   2. The team losing the flip is given the remaining choice.
   3. When the time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
2. Throw-off
   1. Play starts at the beginning of each half & after each goal with a throw-off.
   2. Each time a goal is scored, the teams switch the direction of their attack & the scoring team will throw off.
   3. Positioning prior to the throw-off: All players must start off with a body part touching their end zone prior to the throw (with the exception of the thrower).
   4. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin 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 properly, 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, & 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 of interruption or 2) Request a re-throw.
   10. When receiving the disc, the team either has to catch the disc, or let it fall to the ground. There will be no batting the disc forward or attempting to re-direct it. Penalty will result in a turnover.
3. Change of Possession
   1. 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, & remain in their respective locations until play is restarted.
   4. The marker restarts play by handing the disc to the thrower.
4. Out-of-bounds
   1. Any time that the disc leaves the playing surface it is considered out-of-bounds.
5. After Scoring
   1. After one team scores, the other team has 60 seconds to get to the other end of the field or it will result in a delay of game. Penalty: there will be no throw off, the team must begin to advance the disc from the middle of their end zone.

**The thrower:**

1. The thrower must establish a pivot foot & may not change the 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 any way 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 arm’s length between the thrower & the marker.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting

**Stalling:**

1. Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
2. The count consist of the marker calling “Counting” & counting at one-second intervals from 1-7, loudly enough for the thrower to hear.
3. If the thrower has not released the disc at the first utterance of the word seven (7) a turnover results.
4. If the defense decides to switch markers, he/she must restart again from one (1).

**The receiver:**

1. Bobbling to gain control of the disc is permitted.
2. After catching a pass, the receiver is only allowed two (2) steps to come to a stop & 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.
2. The offending player calls the foul.
3. If the thrower is fouled in the act of throwing & the pass is completed, the foul is automatically declined & play continues without interruption.
4. If the marker is fouled in the act of throwing & the pass is not completed, play continues without interruption.
5. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
6. Fouls & violations result in a change of possession.

**Positioning:**

1. Picks: No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team: to do so is a pick. 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.