

Rec Sports Ultimate Frisbee Rules

Spring 2024

Overview: Ultimate is a non-contact disc sport played by two teams of seven players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that player is attacking. Players are not allowed to run while holding the disc. Throwing or passing it to other players advances the disc. The disc may be passed in any direction. Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession.

Spirit of the Game: Ultimate relies upon a spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, belligerent intimidation, intentional fouling, or other “win-at-all-cost” behavior are contrary to the spirit of the game and must be avoided by all players.

Field of Play:

- The field of play is a rectangular area with dimensions of **70 yards by 40 yards with 15-yard end zones.**

Equipment:

- The game is played with any flying disc that is acceptable to both team captains. If the team captains cannot agree, then the disc provided by the Supervisor on duty shall be used.
- Individual players may wear any soft protective athletic clothing as long as it:
 - Does not endanger the safety of any other player and
 - Is deemed appropriate by the supervisor on duty.
 - If a participant is deemed to be wearing inappropriate clothing he/she will not be allowed to play until clothing is changed.
- **Teams are responsible for providing uniforms and wearing like colors.**
 - Home teams will wear White/grey and Away team will wear Black/dark

Players:

- There will be a **minimum of 5 players and a maximum of 7 players per team** on the field at one time.
- For **CoRec**: If field max at 7 must play at 4:3 ratio. Can play 4:2, 3:3 or 3:2 but never 5:2. Max of one gender on the field is 4 at all times.
- For **Res Hall**, there is no Gender rule. No experienced players allowed on the roster.

Forfeits:

- A **forfeit** constitutes:
 - **Non-appearance**
 - **Less than 5 players on the field at 5 minutes after scheduled game time**
 - Teams that do not meet minimum player and/or gender requirements by game time will forfeit 2 points to their opponent
 - **Cancellation of the contest with less than 24 business hours' notice to the Rec Sports Office**
- A forfeit by a team will result in a **\$10.00 fine** being assessed. The captain has **7 days to protest** the forfeit. Should the team incur a second forfeit, another forfeit fine will be assessed and the team *may* be dropped from further play. Fines are automatically billed to the team captain via student accounting.
 - **This fine is not applicable to teams in the Residence Hall League.**

Length of Game:

- A standard game is played until one team's number of goals scored first reaches **9**.
 - **You do not have to win by 2.**
- **Halftime** will be called at 18 minutes past the scheduled game time. There is a 5-minute break in between halves. The second half starts at 23 minutes past game time.
 - If games are started late, there is less time for the first half.
- **Caps** are score limits imposed during a game so that the game can be finished within the allotted time.
 - A **soft cap** is put on 41 minutes after the *scheduled* game time. When the soft cap is invoked the teams have 10 minutes to score two additional points greater than the score of the team that is leading at the time the cap is invoked.
 - The supervisor calls a **hard cap** when time expires at 51 minutes after scheduled game time (at the end of the soft cap). If the score is still tied when the hard cap is called, the game will end in a tie.
 - **During the playoffs, games will continue until either team scores one additional goal. Games cannot end in a tie**

Dead Disc

- A **dead disc** occurs at any time the disc touches the ground or is caught out of bounds. It results in a turnover.

Time-outs:

- Each team has **one 60 second time-out per game**.
 - **Only the offensive player who has established possession of the disc and a pivot can call a time-out.** The player must form a "T" with **one hand and the disc and audibly call "time-out."** The player must then **place the disc on the ground at the pivot spot.**
 - **Time keeping stops for 60 seconds.**
 - If a team in possession has no time-outs remaining and a player in possession of the disc attempts to call a time-out, a turnover occurs.
- Injury time-outs do not count as team time-outs.

Substitutions

- **Substitutions** can be made only:
 - When either team calls a **time-out**.
 - **After a goal and before the substituting team has signaled readiness.**

- o **Before the beginning of the second half.**
- o **To replace injured players, or players with hazardous or illegal equipment.** If a team replaces players, the opposing team has the option of substituting a like number of, or fewer, players.
- **Note: If a team is down a player or players, then that player or those players can only enter the game at a proper substitution situation.**

Starting and Restarting Play

- The supervisor or home team captain **flips the disc**. The visiting team calls the “coin toss” in the air. The winner of the flip has the option of choosing:
 - o To receive or throw the initial pull or
 - o Which end zone they wish to initially defend.
 - o The other team is given the remaining choice.
- **The second half begins with an automatic reversal of the initial choices.**
- The pull
 - o Consists of one player on the pulling team throwing the disc to the other team.
 - o Starts play:
 - At the beginning of each half
 - After each goal
 - o May only be made after the thrower and a player on the receiving team raise a hand to signal that team’s readiness to begin play.
 - o Can be caught.
 - If so, play starts from where it is caught.
- Before the pull:
 - o Positioning
 - Throwing team: Players are **free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released.**
 - Receiving team: Players must stand with **one foot on their defending goal line without changing position relative to one another.**
- After the pull:
 - o A member from the receiving team must be the first team to touch the disc.
 - o If a pull touches the receiving team before hitting the ground, it is a turnover.
 - o If the pull is thrown out of the back or side of the end zone in the air the receiving team needs to clap their hands above their head to indicate an out of end zone disk. The team then will walk the disk to the 15-yard line in the middle of the field.
 - o If the disc rolls out of the back or side of the end zone the receiving team must take the disc to the front of the end zone to begin play.
- A disc may be allowed to hit the ground, without touching the receiving team. If on the ground, the disc is played either from that spot, or, if out-of-bounds, on the spot on the field nearest to where the disc went out-of-bounds. “Middle” may be called, at which point the disc may be taken to the middle of the field perpendicular to where the disc went out-of-bounds.
- **Each time a goal is scored, the teams switch the direction of their attack and the team that scored pulls to the opposing team.**
- **Any player may stop a rolling or sliding disc, but advancing it in any direction is a violation.**

The Check

- When any call or event stops play, all players must come to a stop as quickly as possible and remain in their respective positions until play is restarted.
- When the situation is resolved, the player determined to be in possession offers the disc to the marker for a check. **The marker restarts play by touching the disc in possession of the thrower.**

- If the thrower attempts a pass before the marker touches the disc, the pass does not count regardless of whether or not the pass was completed. Possession is reverted to the thrower.
- **If there is no marker, the player in possession of the disc self checks by touching the disc to the ground.**

In- and Out-of Bounds

- **The entire playing field is in-bounds.**
- **The out-of-bounds area consists of the ground which is not in-bounds and everything in contact (direct or indirect) with it, including the perimeter lines.**
- Any object or player contacting an out-of-bounds area is out-of-bounds. All out-of-bounds objects and offensive players are considered part of the out-of-bounds area. The following exceptions apply:
 - In the event that momentum carries a player out of bounds after gaining possession of an in-bounds disc and landing in-bounds, the player is considered in-bounds. The disc is put into play on the spot where the player went out-of-bounds.
 - The player may pivot resulting in contact with an out-of-bounds area, providing that the pivot remains in contact with the playing field. Movement of the pivot out-of-bounds is a travel.
- **For a player to be considered in-bounds after gaining possession of the disc, the player's first point of ground contact must be completely in-bound.**

End Zone Possession

- If a team gains possession after a turnover in the end zone, the player taking possession must make the immediate decision to either:
 - Put the disc into play at the spot of the disc; or
 - Carry it directly to the closest point on the goal line.
 - If a player catches a pass from a teammate in the end zone, which they are defending, that player does not have the choice of advancing the disc to the goal line.

Scoring

- **A touch down is scored when a player catches any legal pass in the end zone of attack.**
- In order to be considered in the end zone after gaining possession of the disc, the player's first point of contact with the ground must be completely in the end zone.
- A player cannot score by running into the end zone with the disc. Should momentum carry a player into the end zone after gaining possession, that player must carry the disc back to the closest spot on the goal line and put the disc into play at that spot by checking it.
- A player must be completely in the end zone and acknowledge that a goal has been scored, regardless of any active calls. To acknowledge the score, the player in possession of the disk needs to tap the disk on the ground. If that player plays the disc unknowingly into a turnover, then no goal is awarded.
- **The winning team is the first team to 9 points**, and you can win by 1 point. **EXCEPTION:** If the hard cap is called at 55 minutes, then the team with the most points at that time will win the game. Please see the **Soft Cap** and **Hard Cap** rules for more clarification.

Turnovers

- An incomplete, intercepted, or knocked down pass, or a pass in which the disc becomes out-of-bounds, results in a change of the team in possession. If the thrower without defensive interference drops a disc in play, and it contacts the ground before the thrower regains possession, it is considered an incomplete pass.
- The following actions result in a change of the team in possession and a stoppage of play:

- o The marker's count reaches ten.
- o The disc is handed from player to player.
- o The thrower catches the thrown disc.
 - However, it is not a turnover if another player touches the disc during its flight unless the thrower intentionally deflected the throw off another player.
- o The thrower calls a team time-out when none remain.

The Thrower

- The thrower is the offensive player in possession of the disc, or the player who has just released the disc (when a call is made while the disc is in the air).
- The thrower must establish a pivot at the appropriate spot on the field and may not change that pivot until the throw is released. Failure to do so is a **travel** and results in **stoppage of play and a check.**
- If a player speeds up, changes direction, or takes more steps than are required to stop after catching a pass and before establishing a pivot, that player has traveled.

The Marker

- Only one defensive player may guard the thrower at any one time; that player is the marker. **Double-teaming is not allowed.** Any additional player who is within 3 yards of the thrower that is not guarding another player is double-teaming.
- There must be at least one disc diameter between the upper bodies of the thrower and the marker at all times.
 - o It is the mutual responsibility of both players to respect each other's position.
- The stall count consists of the marker loudly announcing "stalling" and counting from one to ten loudly enough for the thrower to hear.
 - o All intervals between the beginning of one word and the start of the next are to be a minimum of one second.
 - o Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
 - o If the defense decides to switch markers, he/she must start again from one.
 - o Only a marker **within 3 meters** of the thrower may initiate or continue a stall count.
 - o If the thrower has not released the disc at the first utterance of "ten," it is a turnover. The marker loudly announces, "stall" and play stops.
 - o In the event of a stall call, the disc is given to the former marker prior to check at the location of the stall. The player can either:
 - Place the disk on the ground and check it in; or
 - Retain possession and have the former thrower restart play with a check.
- The thrower may contest a stall call in the belief that the disc was released before the first utterance of the word "ten." In the event of a contested call:
 - o If the pass is completed, play stops and possession reverts to the thrower. After a check, the marker resumes the stall count at "eight;"
 - o If the pass is incomplete, it is a turnover, and play continues without interruption.

Delay of Game

- A defensive player within three (3) meters of the pivot foot of the thrower may initiate a stall count.
If an offensive player moving into the throwing position "stands over the disc" (i.e., within three meters) without putting the disc into play, the marker may issue a "Delay of Game" warning.
- If the disc is not picked up, the marker may initiate a stall count. In order to invoke this rule, after announcing delay of game, the marker must give the offense two seconds to react to the warning, and then announce, "disc in" before initiating the stall count.
- If the offensive team is farther than (3) meters and refuses to play the disc it will result in a lower FairPlay.

Fouls

- **Contested foul/strip/violation:** Any time a call is made and one team disagrees with that call.
- **Uncontested foul/strip/violation:** Any time a call is made and both teams agree on that call.
- **Foul:** the result of physical contact between opposing players that affects the outcome of the play.
- It is the responsibility of the players to avoid contact in every way possible.
- Dangerous, aggressive behavior or reckless disregard for the safety of fellow players or harmful endangerment is always a foul and may result in a card from the supervisor.
- **Strip:** No defensive player may touch the disc while it is in possession of an offensive player. If a defensive player initiates contact with the disc, and the offensive player loses possession as a result, it is a strip.
 - **Procedure for foul/strip:**
 - The offended player calls the foul/strip.
 - If the thrower is fouled/stripped in the act of throwing and the pass is completed, the foul/strip is automatically declined and play continues without interruption.
 - If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
 - Fouls and strips result in a change of possession.
 - If an uncontested foul/strip occurs in the end zone, it is a score. A contested foul/strip in the end zone goes back to the thrower
- **Pick:** If a player on the field in such a way that the defensive player cannot reach or keep up with the player they are guarding obstructs a defensive player, a pick may be called.
 - **Procedure for pick:**
 - The obstructed player immediately calls "pick" loudly.
 - If a pick is called play immediately stops and is then restarted with a check.
 - If a pick is called simultaneously as the disc is thrown the following happens:
 - If the disc is thrown to the player whose defender called the pick, it goes back to the original thrower.
 - If it is a turnover, it remains a turnover.
 - If the disc is thrown to a receiver whose defender DID NOT call the pick or wasn't affected by the pick, the disc stays there if it is caught for a completion.
 - The obstructed player is allowed to recover the relative position lost because of the pick.

Fair Play:

- **In order for a team to reach the playoffs, a team must have an average fair play rating of 5 or above.** Each team starts at a 6 and is brought up or down depending on the sportsmanship and cards of each team.

- The supervisor on duty can give out warnings and ejections at their discretion if deemed necessary.

UNSPORTSMANLIKE CONDUCT :

- A. An average FairPlay rating below a 5 renders a team ineligible for the playoffs (see Fair Play Policy).
- B. Unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in possible ejection from the contest and/or forfeiture.
- C. Any individual ejected from a contest will be ineligible for further participation in any Rec Sports activity until the incident is resolved with the Ultimate Frisbee (Cameron Bates or Michael Binger, Rec Sports Coordinators). Any player who is ejected must leave the playing area, **out of sight, out of sound**.
- D. Teams/individuals may be barred from participation in playoffs due to unsportsmanlike conduct or eligibility violations during the regular season (see Fair Play Policy).
- E. ****New Ejection Policy****
 - o Any player that gets ejected from a game for conduct/behavior issues will automatically get disqualified from playoffs for that team and sport; this will also apply to any player that accumulates the equivalent of an ejection in that sport throughout the season.
 - For example: a participant gets 2 yellow cards in a season for soccer, 2 unsportsmanlike penalties in a season for flag football, 2 technical fouls in a season for basketball, etc. Should a team have 2 or more ejections throughout the season that team automatically becomes disqualified for playoffs.
 - o Unsporting behavior may include, but is not limited to the following:
 - The obstruction or disruption of the normal functioning of an Intramural activity.
 - The use of abusive or insulting language which provokes ill will, baits, or which incites an opponent, spectator, or Intramural employee.
 - Physically threatening, pushing, or taunting a participant, spectator or Intramural employee.
 - Repeatedly arguing with an official.
 - Fighting (initiation or retaliation). Fighting includes physically striking, kicking, etc., or attempting to strike, kick, etc., a participant, spectator or Intramural employee.