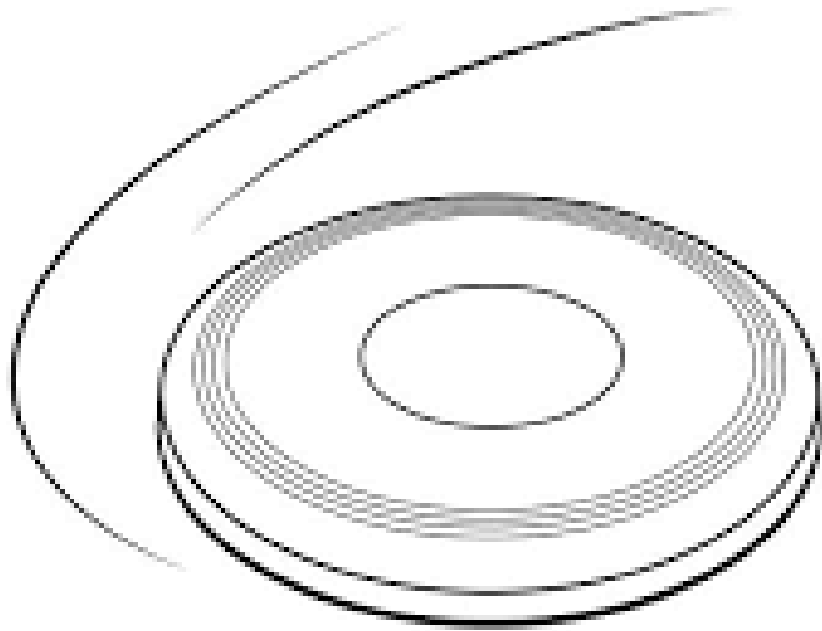


Ultimate Frisbee Rules



Facility: Alumni Stadium (Varsity Football Field).

Roster Management: Rosters will be unlimited. However, only 12 shirts and mugs are available for the eventual champions.

Minimum Player: Games will consist of six (6) vs six (6). Teams must have a minimum of four (4) players to start a game, three (3) of which must be female (an absent 3rd female can not be substituted for a 4th male player). If a team only has 2 female players present, that team may only play 2 male players at a time (A total of 4 players). If for any reason the number drops below this, the team will be forced to forfeit. A team can only claim a forfeit win if they have the minimum amount of players present at the time of the game.

Clock Management: Each game will consist of two 20-minute halves of running clock or the first team to score 15 goals with a 2 goal advantage.

OVERTIME: No overtime during regular season games (games result in a tie). In playoffs, overtime will consist of one five (5) minute period. If the game remains a tie, a 3 minute sudden death period will determine the winner. A coin toss will determine possession for the first overtime period. Possession will alternate for each additional overtime period.

Game Rules:

Contact: Ultimate Frisbee is a non-contact sport. Contact will not be tolerated and excessive use of contact will result in ejection.

Time-outs: Each team is granted two (2) timeouts per game.

Substitutions: Substitutions may only be made when play has stopped. Please wait until the referee signals before entering the game. Ejected players can not be replaced with a substitution.

Change of possession: Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, or intercepted).

Scoring: The receiver must have two feet in the end zone while in possession of the disc to score. If momentum carries the receiver into the end zone, they must bring the disc back to the closest point on the goal line and put the disc into play.

Out-of-bounds: A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds. For a receiver to be considered in-bounds after gaining possession of the disc he/she must have the first point of contact with the ground completely in-bounds. 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.

The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

Throw-off

- 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. When your team scores, you throw-off from the same end zone you scored in.
- Positioning prior to throw-off: (1) 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. (2) The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
- No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it. If this happens, the receiving team will put the disc into play from that spot.
- The receiving team begins play at the spot of the catch or where the disc falls to the ground.
- 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.

- If a member of the receiving team touches the disc during flight of the throw-off (whether in or out-of-bounds) yet fails to catch it, the receiving team gains possession of the disc at the nearest point on the playing field.

The Thrower

- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- 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.
- If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- The thrower may throw the disc anyway he or she wishes.

The Marker (Defender)

- Only one player may guard the thrower at any one time; that player is the marker.
- The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.
- When the Marker approaches the thrower in an attempt to play defense, he or she must set their feet and begin to count loudly to ten (10) in one second increments. The thrower should be able to hear the count. Arms and hands may be used to block the disk. Likewise, the thrower may not pivot into the marker. If the thrower has not released the disc at the word ten (10) a turnover results.
- The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- There must be at least an arm and disk length between the thrower and the marker. If the thrower extends their arm with the disk in it and is able to touch the marker, the marker must move back immediately and restart their count. Persistent infringement of this rule will result in an ejection of the offending player.

The Receiver

- Bobbling to gain control of the disc is permitted.
- After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop while establishing a pivot foot.
- If the disk is caught simultaneously by offensive and defensive players, the offensive player retains possession.

Fouls

- Fouls and violations result in a change of possession. Fouls are the result of physical contact between opposing players. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
- 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.
- Dangerous, aggressive, or reckless behavior that disregards the safety of fellow players is always a foul. In this case the referee may warn or eject a player.
- 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.
- When the disc is in the air, players must play the disc, not the opponent.
- The principle of verticality: All players have the right to the space immediately above them.
- A player who has jumped is entitled to land at the same spot without hindrance by opponents.