

USD INTRAMURAL SPORTS ULTIMATE FRISBEE RULES

Sec-1 ELIGIBILITY/TEAM COMPOSITION

Only players listed on the official roster are eligible to participate on a volleyball team. All players must meet the eligibility requirements of the USD Intramural Sports Office, and each player must show a valid USD ID or Drivers License each game in order to be eligible to play. Additions and subtractions to the official team roster must be made prior to that team's final league game. No changes to rosters will be accepted after that time.

If at the start of a game, a captain suspects the opposing team of using an ineligible player, the captain may protest the game by identifying the suspected player to the referee. The referee shall write on the official score sheet the name of the player in question. If the game is lost by the team filing the protest, and the individual in question is indeed found ineligible, the game shall be forfeited. An individual may play on only one team.

A team shall consist of 5 players.

A minimum of 4 players are required to start a game.

A Co-Rec team must have a minimum of 2 women on the field at all times.

Each player must show a valid USD ID or Drivers License each game in order to be eligible to play.

Teams will be limited to ten eligible players on the roster.

Sec-2 EQUIPMENT

1. A game disc will be provided by the Intramural Sports Department.
 - a. Teams must provide their own disc for warm-ups.
2. No metal spikes of any type will be allowed.
3. No protective casts shall be worn.
4. No jewelry shall be worn at any time.

Sec-3 OFFICIALS

1. Due to the nature of the sport, Ultimate Frisbee does not have a referee.
 - a. All calls are on the honor system with the person being fouled calling the foul.
2. The intramural supervisor will be the official scorekeeper and timer.

Sec-4 GAME TIME/ FORFEIT TIME

Game time is start time. If at the scheduled game time a team does not have the minimum 4 players, they will be given 10 minutes to get the minimum number. During the ten minutes the game clock will run. If at anytime during the ten minute forfeit period the minimum number of players arrive, the game shall begin with the time lost from the game time.

If one or both teams do not have 4 players present and ready at 5 minutes after game time, a non-roster player may participate upon approval from the opposing team captain, and may only play one game for any particular team. The referee must be notified concerning the participation of a non-roster player.

If a team doesn't get the minimum number of players during the 10 minute forfeit period the will be given a forfeit loss and must pay a re-entry fee of \$25.00 to be eligible for play-offs.

Sec-5 COIN TOSS

1. A coin toss shall be used to start the game and each overtime period.

- a. The winner of the toss will have the option of receiving the throw-off or choosing which goal to defend.
- b. The loser of the toss will be given the same option to begin the second half.

Sec-6 SCORING AND TIMING

1. The game consists of two 20 minute halves, with a 3 minute half-time.
2. The clock will not stop unless a timeout is called.
3. TIMEOUTS- Three 30 second time outs will be given to each team per game.
 - a. A team must be in possession of the disc in order to call timeout
 - b. For each overtime period 1 additional 30 second time out will be awarded.
4. MERCY RULE-If a team is up by 7 or more goals in the last 2 minutes of the second half the game will be called.
5. OVERTIME
 - a. Overtime will only be used in playoffs.
 - b. Overtime will be 5 minutes "sudden death." First team to score wins the game.

Sec-7 FIELD SIZE

The playing field will be 40 yards long with 20 yard endzones.

Sec-8 THROW-OFFS

1. After every score and at the start of each half, play will begin with a throw-off.
 - a. A throw-off begins with all players on or behind their own goal lines.
 - b. As soon as the disc is released, all players may cross the goal lines.
 - c. No member of the throwing team may touch the disc until it is first touched by a member of the receiving team.
 - d. If the disc lands untouched inbounds, the receiving team gains possession at the spot the disc hit the ground.
 - e. If the disc lands out of bounds, the receiving team has the option of taking possession at the point the disc went out or taking a rethrow.
 - f. If the disc is touched but then dropped by the receiving team, then the team that threw off will gain possession at the spot the disc was dropped.

Sec-9 ENDZONES

1. If a team gains possession in the end zone which it is defending following a turnover, the player taking possession must make the immediate decision to either:
 1. Put the disc into play at the spot of the disc, (to fake a throw or pause after gaining possession commits the player to put the disc into play at that spot); or
 2. Carry it directly to the closest point on the goal line and put it into play at that spot. If this option is chosen, the player taking possession must put the disc into play at the goal line. Failure to do so is a travel.
2. If a player catches a pass from a teammate in the end zone which they are defending, that player does not have a choice of advancing the disc to the goal line.
3. If a team gains possession other than by interception of a pass in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest spot on the goal line and put the disc into play from there.

Sec-10 THE PLAY

1. The team in possession moves the disc down the field by passing it from one player to another.

- a. The action is continuous.
2. A player can throw the disc in any manner, but it may not be handed off.
 - a. In order for the disc to go from one player to another, it must at some time be in the air.
3. Players can not advance the disc by running, walking, or taking steps of any kind.
 - a. Momentum should be taken into account, but if a player takes steps which were not required to stop momentum, then a foul should be called.
 - b. A player may use a pivot foot like in basketball, but can not change pivot feet.
 - c. A player can catch his/her own throw only if it has been touched first by a defender.
 - d. Tipping the disc to yourself is not legal.
4. DEFENSE: On defense, only one player can guard the thrower at a given time.
5. The defensive player can not make contact with the thrower or with the disc while it is in the thrower's possession.
 - a. This will be called a foul, and the offensive team will retain possession.
6. The defensive team regains possession whenever a pass is incomplete, knocked down, intercepted, or goes out of bounds.
7. A disc which is caught simultaneously by two players will be given to the offense.

Sec-11 FOULS

1. Players must play the disc and not the opponent.
 - a. This will be interpreted similarly to pass interference in football.
2. A stalling violation occurs when the player guarding the thrower (within 5 feet) and calls out "stall" and counts aloud 7 seconds.
 - a. If the disc has not been released at that point it will be turned over to the defense.

Sec-12 CALLING A FOUL

The player who is fouled calls "foul," play stops and the player gains possession at that point. For a momentum or pivoting foul, play stops, a check of the disc occurs, but the offensive team retains possession. Should a foul occur in the endzone, possession is regained on the goal line.

Sec-13 SCORING

Goals will be worth 1 point.

A goal is scored when an offensive player catches a pass while any part of both feet are in the endzone. The goal line is not considered part of the endzone, and a player may not score by running the disc into the end zone.

Sec-14 SUBSTITUTIONS

Substitutions can be made only:

1. After a goal and before the ensuing throwoff.
2. To replace an injured player.
3. At the start of a half or overtime.
4. During a timeout.

Sec-15 CLARIFYING STATEMENTS

There are no scrimmage lines or offsides.

The disc may be passed in any direction: forwards, backwards, or to the side.

Sec-16 SUPERVISOR AUTHORITY

At any time, the IM Supervisor, or representing staff member may intercede to: clarify a ruling, confirm a score, remove a player for unsportsmanlike conduct, or any other reason necessary in his/her judgment.