



Ultimate Frisbee Rules

Warning: Your participation in this sport could result in physical injury, which could be serious or fatal!! The University of North Carolina Wilmington assumes no responsibility for injuries and related medical expenses received during Intramural Sports activities. Students, faculty and staff are reminded that Intramural participation is completely voluntary. It is strongly recommended that all participants have a physical examination and secure adequate medical insurance prior to participation.

All yellow highlighted rules are new rules for this year.

All questions about rules/procedures not found in this document should be directed to the Competitive Sports staff. Staff may be contacted via email; imsports@uncw.edu, phone; 910-962-PLAY (7529), or in person in the Student Recreation Center room 162.

Requirements (Valid UNCW One Card, Athletic Attire)

1. All participants must present a valid UNCW One Card before participating in any Intramural game
2. No steel or metal cleats are allowed to be used on the facilities (IM Fields, Gazebo, etc.)
3. Jewelry: NO JEWELRY! Earrings, rings, watches, bracelets and necklaces may not be worn during intramural competition. There will be no exceptions to this rule. Participants will be required to remove anything deemed harmful by the IM staff. (This can include rubber bands, neckties, etc.) Any player wearing jewelry that cannot be removed quickly must leave the game and cannot return to the game until the next dead ball situation after the ball is returned to play.

Game Time and Scoring

1. A full team shall consist of 7 players. A minimum of 5 players is allowed to start the game.
2. Teams consist of 7 participants with any combination of males and females. A minimum of 5 participants must be present to avoid a forfeit.
3. If a team does not have the minimum number to start on the field at the scheduled game time, the opposing captain may grant twenty (20) minutes and play a shortened half. If the team is still not ready to play in twenty (20) minutes, the team will automatically forfeit the match. If neither team is ready to play at game time, both teams forfeit.
4. Teams may bring their own disc or elect to use one from Intramural Sports.
5. The field will be 70 yards long with end zones 15 yards long.
6. Teams will switch ends of the field at half time and after each score.
7. The game will consist of two 20-minute halves (running clock) with a 3-minute half time.

8. Mercy Rule: If a team achieves a ten (10) point lead at the two-minute mark in the second half or at any point after that, the game is over.
9. If the score is tied in regulation, sudden death overtime will be played until one team scores.

General Rules

1. Ultimate Frisbee is primarily a non-contact sport (incidental contact allowed). Since it is self-officiated, fouls will be determined by players. Supervisors will not determine foul calls, but can eject participants for unsportsmanlike play.
2. A goal is scored when a player catches a legal pass in the opponent's end zone. The player who caught the pass must recognize the goal. Play will be restarted promptly with a "pull" or throw-off by the opposing team.
3. The disc is advanced by throwing or passing it to other players. The disc may be thrown in any direction. Players are not allowed to run while holding the disc.
4. 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.
5. Substitutions can be made: after a goal and before the substituting team has signaled readiness, before the beginning of a period, or to replace an injured player. An ejected player cannot be replaced.
6. A coin toss will start the game with the winner having the options of receiving the pull, or selecting which goal they wish to initially defend. The opposing captain will have the remaining option and will have first choice of option to start the second half.

Starting and Restarting Play

1. Play starts at the beginning of each half and after each goal with a pull. After a goal, the team that scored will be the pulling team.
2. The pull consists of one player on the pulling team throwing the disc to the opposing team.
3. 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.
4. 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.
5. The throw-off may be made only after the thrower and a receiver raise a hand to signify readiness to play.
6. If either team fails to maintain proper positioning before the pull, the other team may announce "off-sides" and a re-pull ensues.
7. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it. The receiving team may request a re-pull if a throwing team member first touches the pull after it is released.
8. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
9. If the pulled disc hits and remains in-bounds, the receiving team will put the disc into play where it comes to rest.
10. If the pulled disc hits in-bounds and then becomes out of bounds before the receiving team touches it, the receiving team will put the disc into play at the spot on the playing field (excluding the end zones) nearest to where it last crossed the perimeter line in-bounds.

11. If the throw-off lands out-of-bounds before it hits the ground or touches the receiving team, the receiving team has the choice of putting the disc into play at any point parallel to where it crossed the line or requesting a rethrow.
12. If the pull is touched by the receiving team before the disc hits the ground, it is considered a dropped pull and results in a turnover.

The Check

1. 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.
2. 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.

Change of Possession

1. A change of possession occurs when a pass is not completed (dropped, hits the grounds, falls out of bounds, intercepted, knocked down) and no defensive interference occurs.
2. The following actions result in a change of possession and a stoppage of play:
 - a. The marker's count reaches the maximum number
 - b. The disc is handed from player to player
 - c. The thrower catches the thrown disc before another player touches it.
 - d. An offensive player is assisted by a teammate.
 - e. An offensive player uses unfair equipment to catch or block a pass.

Out-of-bounds

1. A disc is out-of-bounds when it first contacts an out-of-bounds area (including perimeter lines and cones). For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact must be completely inbounds. If a player's momentum carries him/her out-of-bounds, the player shall be considered inbounds and shall put the disc into play where he/she went out-of-bounds.
2. The thrower may pivot resulting in contact with an out of bounds area, providing that the pivot remains in contact with the playing field.
3. The disc may fly outside a perimeter line and return to the playing field and defensive players may go out of bounds in order to make a play on the disk. If an out of bounds defensive player gains possession, the first contact with the ground must be completely in-bounds or possession is negated.
4. To put the disk back into play after it becomes out of bounds, a member of the team gaining possession of the disc must carry the disk to, and put the disk into play at the spot on the playing field nearest to where the most recent of the following events occurred:
 - a. The disc completely crossed the perimeter line or the disc contacted an out of bounds area
 - b. The disc contacted a in-bounds player
 - c. The disc contacted a defensive player
5. If a disk becomes out of bounds via the end zone, the disc will be put into play from the spot closest to where the disk crossed the end line on the goal line.

End Zone Possession

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:
 - a. put the disc into play at the spot of the disc

- b. carry it directly to the closest point of the goal line and put it into play at that spot
2. If a player catches a pass in the end zone that he/she is defending, that player must play the disc at the spot.
3. If a player gains possession other than by catching a pass in the end zone that it is attacking, play will be restarted on the closest spot on the goal line.

The Thrower

1. The thrower is the offensive player in possession of the disc or the player who has just released the disc.
2. If the disc is on the ground, any offensive player may take possession of the disc. That player must make the throw.
3. If possession is gained at the spot of the throw, the thrower must establish a pivot foot at the spot.
4. If the disc is to be put into play at a spot other than where possession is gained, the thrower must carry the disc to the appropriate spot and touch the disc to the ground before throwing.
5. The thrower has 10 seconds to put the disc into play once at the spot.
6. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
7. The thrower may pivot in any direction provided that he/she does not pivot into a player that has established legal guarding position.
8. The thrower may throw the disc in any direction or way that he/she wishes.
9. Contact with the thrower or the disc while in possession of the thrower will constitute a foul.

The Marker

1. Only one player may guard the thrower at any one time. This player is called the marker.
2. The marker may not straddle the pivot foot of the thrower and must have at least one disc's diameter between his/her upper body and the thrower.
3. The marker may not position his/her arms in a manner to prevent the thrower from pivoting
4. Once the marker has established a set-guarding stance he/she may initiate the count. If the thrower has not released the disc by the time the marker counts out loud to ten (10) a turnover results. If the defense switches markers a new count must ensue. If the count is interrupted by a foul or violation, the count will be suspended and is resumed after the interruption (if the same team retains possession).

Receiver

1. The receiver may bobble the disc to maintain control. After catching a pass, the receiver must stop in a minimal number of steps needed to establish a pivot foot. The receiver may throw a pass on the run provided he/she releases the disc before making a third contact with the ground after catching the disc.

Fouls/Violations

1. When a foul or violation occurs, all players must stop once the thrower acknowledges the call and hold their positions. If the disc is in the air at the time of the call, the result of the play will stand if the defense committed the infraction. If the foul or violation had no effect on the play, the play stands and is restarted with a check. If offsetting infractions

2. are called by opposing players at the same time, the disk reverts to the thrower and play starts with a check.

Violations

1. Traveling occurs when:
 - a. a thrower moves her/his pivot foot
 - b. 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
 - c. if an offensive player receives a pass on the run and then releases a pass after the third ground contact and before coming to a complete stop
 - d. a defensive player who passes before establishing a pivot once they've gained possession
2. Violations consist of traveling with the disc, double teaming an opponent, offsides, advancing a rolling disk, picks, or stalling. Violations will result in a turnover at the spot of the violation if against offensive team. Play will resume with a check.
3. Teams are responsible for the conduct of their teammates, spectators, and fans.

Fouls

1. Contact between players will result in a foul.
2. If the pass is completed, a foul by the defense is automatically declined and play continues. If the defense is fouled or the pass is not completed, the team who is fouled will gain possession of the disc at the spot of the foul.
3. Players must play the disc not the opponent.
4. Players may not set picks or blocks for teammates.
5. Any player ejected from a game will be ejected for the rest of the tournament.
6. Any team having two players ejected from the tournament will immediately forfeit that game and any following games.

Etiquette

1. If a foul is committed and not called, the player who committed the foul should inform the infractioned player of the foul.
2. It is the responsibility of all players to avoid delay when starting, restarting or continuing play.

This is a self-officiated recreation league. Teams are responsible for making their own calls. If a dispute occurs, team captains must come to an agreement. The clock does not stop for captain's discussions of calls. The Intramural Site Manager has the authority to penalize physical play or unsportsmanlike behavior.

