



Ultimate Frisbee Rules

Activity Format: Will consist of a one day, single elimination tournament followed by a championship game day.

More Policy Information: For additional information please review the Intramural Sports Handbook online at: www.butler.edu/intramurals

Equipment

Shoes: Each player must wear athletic shoes. They must be made of soft, pliable upper material (molded plastic, canvas, leather, or synthetic) which covers the foot attached to a composition bottom. Shoes with rubber cleats are acceptable; however, metal screw-in cleats are not permitted.

Jerseys: All individuals participating must wear a shirt. It is recommended that each team's shirts be of the same color. If player jerseys do not match, pinnies will be provided by the Intramural department.

Discs: A regulation disc will be provided for the game by the Intramural Sports Staff; however, teams may play with another disc as long as they mutually agree and it is approved by the Intramural Sports Staff.

Game Regulations

Starting the Game: Teams will determine who throws off and what sides of the field they are on by a coin toss or an odd or even game. The winning team picks first and the other team decides the remaining option.

Players: An official team shall consist of seven (7) players on the field with unlimited substitutes. A minimum five (5) players must be present to start, and continue the game to avoid a forfeit.

Co-Rec Modification: Teams with seven (7) players may have either four (4) males and three (3) females or vice versa. Teams with six (6) players must have three (3) males and three (3) females. Teams with only five (5) players may have either three (3) males and two (2) females or vice versa.

Game Length: A regulation game shall consist of two 20-minute halves, running clock. There will be a five-minute break between halves.

Overtime: A coin toss or another odd or even game will decide who has first choice. The team that wins the toss is given the option to receive, to throw off, or which side to

defend. The team losing the flip is given the remaining choice. In the event of a tie during playoffs, a sudden death overtime period will be played. The first team to score will be declared the winner. There will be no time outs during overtime.

Officials: The Intramural Sports department does not schedule officials for Ultimate Frisbee games. Participants will call their own games. No game may be played without its being scheduled through the Intramural Office and in the presence of an Intramural Supervisor. An Intramural Official will keep the scorecard.

Mercy Rule: There is no mercy rule in ultimate.

Sport Specific Rules

Club Restrictions: Each team will be limited to two (2) club member per team. This includes both men's and women's ultimate clubs.

Illegal equipment: All jewelry must be removed before playing. This includes, but is not limited to, earrings, necklaces, watches, and rings. Soft stocking hats are acceptable but hard billed baseball hats are not. Any equipment that in the supervisor's judgment would be injurious to participants is illegal to wear.

Game: Each team will receive one (1) timeout per half. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off. The clock will continue to run during time outs. **No timeouts may be called in the last two (2) minutes of a game.** The team with the most points at the end of the game is declared the winner.

Substitutions: Substitutions can be made: after a point and prior to the ensuing throw-off, before the beginning of a period, during time outs, or to replace an injured player. In the case that one team replaces an injured player, the opposing team has the option to replace one of their own players.

Coin Toss: The game shall start with a coin toss, or odds game. The team that wins the toss is given the option to receive, to throw off or which side to defend. The team losing the flip is given the remaining choice. The second half begins with an automatic reversal of the first choice of options.

Starting and Restarting Play: At the beginning of each period of play and after each point, a throw-off will start play. Each time a point is scored, the teams switch the direction of their attack, and the team which scored throws-off. Where the Frisbee comes to rest is where it may be thrown off again.

Stoppage: The half/game ends when the buzzer sounds (Exception: if the Frisbee is in the air when it sounds, the result of the throw is awarded; i.e If player A throws the disc, the horn sounds while the disc is in the air, and then player B catches it in the end zone, the result is a point.

Throw Off & Positioning: Prior to a throw-off, 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. Players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

Throw off: The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play. As soon as the disc is released, all players may move in any direction. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

- If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
- 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 tries to catch the disc; however drops it, it is the opponents possession at that spot.

Change of Possession: Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted). When play stops the player who was in possession retains possession. All players must come to a stop as quickly as possible when play is halted and remain in their respective locations until play is restarted. The mark restarts play by handing the disc to the thrower.

Out of Bounds: The perimeter lines themselves are 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. The line itself is considered out of bounds.

- For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-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. If his/her momentum carries him/her into the end zone, that player must walk the disc to the point of end zone-entry and continue play.

- To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point. Putting the disc in play is signaled by the thrower tapping the disc on the ground or having an opposing player tap the disc handled by the thrower. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts 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 in any direction he/she wishes. The thrower cannot run/walk laterally or backwards, as he/she must maintain the established pivot foot.

The Mark: Only one player may guard the thrower at any one time; that player is the mark. No one can "double team" the thrower. A second defensive marker cannot be within 10 feet of the thrower, unless a second offensive player is within that range to the thrower. The mark may not straddle the pivot foot of the thrower. There must be at least one disc's diameter between the upper bodies of the thrower and the mark at all times. The mark cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

Stalling: Once a mark has established a set-guarding stance on the thrower, he/she may initiate the stall count. The stall count consists of the mark calling "Counting" and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear. If the thrower has not released the disc at the first utterance of the word ten (10), a turnover results. If the defense decides to switch marks, he/she must start again from one.

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 and establish a pivot foot. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third step after catching the disc without coming to a complete stop.

Fouls: Fouls are the result of physical contact between opposing players. **The offending player calls the foul:**

- The fouled player must call out "foul" immediately after it occurs.

- When a foul is called play stops immediately and all players stay where they were at the time of the foul call.
- 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.
 - If the throw is not completed, the disc goes back to the thrower and the stall count goes back to zero.
 - If the mark disagrees that it was a foul, they will say “contest” and the stall count starts back from where it was at the time of the throw.
- If the receiver is fouled while trying to make a catch, and the foul causes them to not catch the disc they would call out “foul”:
 - If the defender agrees that it was a foul, the disc goes to the receiver at the spot of the foul
 - If the defender disagrees with the foul call, they will say “contest” in which case the disc goes back to the thrower and play continues as if the throw never happened.
 - The mark continues the stall count from where they left off.

Violations:

- Travel – When the thrower lifts their pivot foot off of the ground before they release the disc.
 - This results in a change of possession.
- Strip – A player pulls the disc out of an opposing player’s hands once they have established possession.
 - If it occurs in the end zone and the defender does not contest the call, the result is a point.
 - If the defender contests the call, the disc goes back to the thrower and the stall count continues from where it left off.
- Double-team – When any defender other than the mark is standing within 10 feet of the thrower, unless a second offensive player is within the 10 foot range of the thrower.
 - If the offense calls a double team on the defense, the player in violation must immediately move to at least 10 feet away from the thrower and play continues.

Picks: Picks are illegal. 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. If an opposing player

accidentally obstructs the path of the defender, a pick can still be called.

- Once a pick is called the play freezes and the defender is allowed to catch up to the offender they are marking.
- If a pick is called while the disc is in the air, play continues until the disc is caught and then the pick call is assessed.
 - If the pick did not impact the play, play continues.
 - If the pick did impact the play, the disc goes back to the thrower.
- If the disc is not caught than it is considered an incomplete pass and the disc changes possession. Even after a pick is called, the receiver must catch the disc in order to keep possession.

Positioning: 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 in-immediately above them. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

Throwing Off: If the disc lands in bounds, it is played as it lies. If it lands in the opposing end zone, the receiving team plays it where it lands. They cannot bring it to the front of the end zone.

- It lands out of bounds in front of the end zone – the team can bring it to the point at which it went out of bounds OR they can call “middle” (signaled by thrower putting both hands together and raising his arms over his head) meaning they get to bring the disc to the middle of the field where the disc flew out of bounds.
- If it rolls out of bounds – the receiving team brings it to the point of initial exit. If it lands out of bounds, goes out of bounds over the end zone sidelines or the back of the end zone – the receiving team gets to bring it five paces in front of the end zone, in the middle of the field and start play there.

During Typical Play: If it goes out of bounds a turnover occurs and the defending team brings it to the point of where it flew/rolled out of bounds and continues play on offense.

- If it goes out of bounds in the end zone a turnover occurs and the defending team brings the disc to the front of the end zone. If it goes out of bounds on the sidelines of the end zone the thrower must bring it the respective front corner of the end zone. If it goes out of bounds in the back of the end zone the thrower must bring it straight to the front of the end zone from the point where it flew out of bounds.

Callahan: Callahans are allowed. A Callahan is when a defender intercepts a disc in their offensive end zone. It counts as one point.

