

SAMFORD

CAMPUS RECREATION

Intramural Ultimate Frisbee Rules

The following is a summary of rules and regulations for Ultimate Frisbee. It is not the complete set of rules but includes those rules most frequently in question. All rules adopted by the National Intramural Recreational Sports Association (NIRSA) will be in effect except for the modifications listed in these rules.

Home Facility

The home facility for Ultimate Frisbee is the Intramural Field and Seibert Stadium.

Questions

Please feel free to contact Campus REC office with any questions or concerns that you may have. The Campus REC Office is 302 Seibert Gym at 726-2194

GAME GUIDELINES

1. The field is 100 yards by 40 yards rectangular with end zones 20 yards deep.
2. A regulation game has seven (7) players per team. A team may play with as few as five (5)
3. Games will be two 20-minute halves with a 3-minute half time. One time out per half per team. Clock will only stop on timeouts and injury.
4. Athletic shoes must be worn at all times. **NO METAL CLEATS OR METAL TIP CLEATS.**
5. The game begins with the captains in the middle of the field and flipping a disc to determine who will throw and who will receive the initial pull.
6. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.
7. Pulling team must remain inside the end zone until the disc is released but may move anywhere within end zone.
8. The receiving team may not change position relative to one another and must remain on their own goal line prior to release of the disc. If a member of the receiving team touches the disc during flight of the pull (whether in or out of bounds, the receiving team gains possession of the disc at the point.
9. A pull that lands in bounds at all (including the end-zone) must be played from wherever it lands. If a pull goes out of bounds on the sideline, it is brought into the center of the field closest to where it went out at. If it goes out of the back of the end zone, it is brought to the front of the end zone.
10. If a team gains possession in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.
11. Each time the offense completes a pass in the defense's end zone, the offense scores a point, and a new point begins.
12. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point of the goal line and put the disc into play from there.
13. The disc may be advanced in any direction by completing a pass to a teammate. After catching a pass, the receiver is 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 ground contact after catching the disc without coming to a complete stop. The person with the disc (thrower) has ten seconds to throw the disc.
14. The defender guarding the thrower ("marker") counts out the stall count at one-second intervals. An arm's length must be kept between the thrower and defender.
15. No physical contact is allowed between players. Picks and screens are also prohibited.
16. When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
17. Double-teaming is not allowed. 1st offense for double-teaming drops still count back 2 seconds. 2nd offense backs stall count to 0.
18. One foot needs to be in bounds to be considered a catch. Momentum can carry a receiver out-of-bounds, however he or she must then return to the field where they left and continue play.

19. When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
20. The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
21. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
22. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.
23. **On travel** disc goes back to the throwing team at the original spot if it is completed. If it is not completed and a travel has been called, the defensive team will take possession at the spot the disc lands.
24. Players not in the game may replace players in the game after a score and during an injury timeout
25. Players are responsible for their own foul and line calls. Players resolve their own disputes.
26. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
27. **MERCY RULE:** If a team has a ten (10) point lead over their opponents at the two-minute mark, the game will be over. If at any time during the last two minutes a team reaches a 10-point margin, the game will be over.
28. **Overtime:** There is no overtime in regular season. Games that end in a tie during regular season will remain a tie. An overtime period will follow a regulation game that has ended in a tie during playoffs. The overtime period will have a 5-minute running clock. A "golden goal" format will be followed with the first team to score winning the game. One timeout will be awarded to both teams for the overtime period. However, teams may not carry over timeouts from regulation. During playoffs we will keep playing until a winner is determined.

CO-RECREATION RULE CHANGES

1. Teams consist of at least 3 females and 3 males, with either gender having 4 on the field (to create 7v7 play). A team shall not start a game with less than 5 players. No gender may exceed the number of 4 on the field at one time.

SPORTSMANSHIP

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional

suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident