Department of Campus Recreation
Intramural Sports

Ultimate Frisbee Rules

All Games will be Self Officiated
Questions of judgment must be mediated by the two teams involved. A double forfeit will be recorded for any games that cannot be completed due to continued disagreement between the teams.

General Rules
1. All Participants must present their Northern Kentucky University All Card to participate, No Exceptions!
2. Participants must play on 1 team.
3. The Intramural Department will provide the official game discs
4. Jewelry may not be worn, including earrings, necklaces, watches, and bracelets.
5. All participants must wear gym shoes with a non-marking sole.
6. The following equipment may NOT be worn: billed hats or visors, any headgear with knots of any kind, sunglasses.

Game Time and Timing Regulations
1. The game will consist of two 15 minute halves with a running clock.
2. During the last two minutes of each half the clock will stop on of the following plays:
   a. after a goal
   b. at the end of a period of play
   c. for time-outs
   d. for injuries
3. Each team is permitted 1 time outs per half and 1 for any overtime period
   a. Time outs do not carry into the overtime period.
4. Timeouts may be called by either team after a goal and before the ensuing pull.
5. Only a team in possession of the disc can call time out during play.
6. If the game is tied at the end of regulation a 5 minute, running clock overtime period will be played.
   a. This process will be repeated until one team is ahead at the end of an overtime period.
7. After two overtimes, the next overtime will be sudden death, with the first team to score a goal declared the winner.

The Team
1. A team is made up of 7 players.
2. You are required to have 6 players to begin a game to avoid forfeit
3. Substitutions can be made only:
   a. after a goal and before the ensuing pull
   b. before the beginning of a period of play
   c. to replace an injured player
      i. If a team replaces an injured player(s), the opposing team has the option of substituting a like number of, or fewer players.

The Game
1. All games are self officiated.
2. Play begins with the pull.
3. The captains of the two teams flip a coin to determine which team will pull or receive, or choice of goal.
4. The teams shall alternate pulls at the beginning of each period.
5. All players must be on or behind their own goal line until the disc is released.
6. The receiving team must stand on their goal line without changing relative position.
7. A player on the goal line throws the disc towards the other team.
8. As soon as the disc is released, all players may cross the goal lines.
9. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.
10. The receiving team may catch the disc or allow it to fall untouched to the ground.
11. If a member of the receiving team successfully catches the pull, that player has possession at that point.
12. If the receiving team touches the disc and fails to catch it, the team which pulled gains possession of the disc where it was stopped.
13. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it was stopped.
14. If the disc goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of either gains possession at the point the disc went out-of-bounds, in the center of the field, or having the disc pulled again.
15. If the disc goes out-of-bounds after crossing the goal line, the receiving team gains possession 14 yards from the goal line at the nearest corner in the center of the field.
16. Each time a goal is scored, the teams switch direction of their attack, and the team which scored, pulls once again.
17. Any area not on the playing field is out-of-bounds.
   a. The perimeter line themselves are out-of-bounds
18. A disc is out-of-bounds when it first contacts anything out-of-bounds
19. A player is out-of-bounds when they contact an out-of-bounds area.
20. When a player is in the air, whether they are out-of-bounds or not is determined by where the ground was last contacted by the player
21. 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.
   a. If any portion of the first point of contact is out-of-bounds, the player is also considered out-of-bounds.
22. Should the momentum of a player carry them out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds.
23. The player carries the disc to the point where they went out-of-bounds and puts the disc back in play at that point.
24. The thrower may pivot in- and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
25. If a pass does not come in-bounds, the opposing team gains possession of the disc where it left the field of play only if the defense did not contact the disc.
26. If the defense contacted the disc, the disc must be put back into play at the point on the playing field closest to where the contact occurred

End Zones
1. If a team gains possession in the end-zone which it is defending, the player taking possession must make the immediate decision to either put the disc back into play from that spot, or carry it directly to the closest point on the goal line and put it into play from there.
   a. To fake or pause after gaining possession commits a player to put the disc into play at that point.
2. 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.

Scoring
1. A goal is scored when an offensive player completes a pass to a teammate in the end-zone which they are attacking.
2. In order for the receiver to be considered in the end-zone after gaining possession of the disc, their first point of contact with the ground must be completely in the end-zone.

3. A player cannot score by running into the end-zone. Should a receiver’s momentum carry them into the end-zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc back into play from there.

4. Once a player is completely in the end-zone, they have scored a goal.
   a. If they unknowingly play the disc into a turnover, the goal is still awarded

**Turnovers**
1. An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
2. A pass is considered intercepted if a defensive player catches a pass.
3. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.
4. The following actions result in a loss of possession and a “check”:
   a. If the immediate defender’s count reaches the maximum number of ten (10)
   b. If the disc is handed from player to player
   c. If the thrower intentionally deflects a pass to themselves off of another player
   d. If the thrower catches their own throw.
      i. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

**Fouls**
1. Fouls are the result of physical contact between opposing players.
2. A foul can only be called by the player who has been fouled and must immediately announce it by calling out the word “FOUL!” after the foul has occurred.
3. The player initiating contact is guilty of a foul.

**Throwing Fouls:**
1. A throwing foul may be called when there is contact between the thrower and the defender.
2. Contact occurring during the follow through is not sufficient grounds for a foul, but should be avoided whenever possible.
3. When a foul is committed by a thrower or the defender, play stops and possession reverts back to the thrower after a “check.”
4. 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.
5. If the defender is fouled in the act of throwing and the pass is not completed, play continues without interruption.

**Catching Fouls:**
1. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down.
   a. A certain amount of incidental contact during or immediately following the catching attempt is often unavoidable and is not a foul.
   b. If a player contacts an opponent before the disc arrives and thereby interfere with that opponent’s attempt to make a play on the disc, that player has committed a foul.
2. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul
   a. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction.
   b. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.
3. On any call that is disputed, the supervisor on duty will make the decision. Otherwise, players make their own calls.
1. A violation occurs when a player violates the rules in a manner which does not result in physical contact.
2. A violation may be called by any player who recognizes that a violation has occurred.
3. The player must immediately call “violation” or the name of the specific violation loudly.

**Traveling:**
1. The thrower must keep all or part of the pivot foot in contact with a single spot on the field.
2. Should the thrower lose contact with that spot, the thrower has traveled.
   a. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
   b. 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.

**Strip:**
1. No defensive player may touch the disc while it is in possession of the thrower or receiver.
   a. If a defensive player does so, the player in possession calls “Strip.”
   b. The player in possession then picks up the disc and play continues un-halted from the point where they regained possession.
   c. If a count was in progress as the disc was stripped, the count is halted, and when a player in possession regains possession, the count restarts at zero.
2. A contested strip of the receiver is treated the same as a contested foul.

**Double-Team:**
1. Only one defender is permitted to guard the thrower.
2. No other defensive player may establish a position within three (3) meters of the pivot foot of the thrower, unless they are guarding another offensive player in that area.
   a. Should the thrower recognize a double-team situation, they first call “Double-Team” as a warning.
3. After the second time, play stops and is resumed after a “check” with the count reset to zero.

**Picks:**
1. 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. In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check, unless the continuation rule applies.

**Sportsmanship Policy and Ratings**
1. A sportsmanship rating system will be used to control player, captain and bench personnel unsportsmanlike conduct and improper behavior.
2. A player, captain or other bench personnel receiving an ejection from the game shall not be allowed to compete in the next regularly scheduled contest.
3. Campus Recreation may also enforce additional penalties against such persons based on the ejected players.
4. Team captains are responsible for the conduct of their players, sidelines, and spectators.
5. If a player is ejected and refuses to tell his/her name, the captain may also be ejected if he/she will not reveal the name.
   a. 5-Excellent Conduct and Sportsmanship - Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates. Teams that win by forfeit will receive a “5.”
   b. 4-Good Conduct and Sportsmanship – Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit a yellow card (soccer), unsportsmanlike flag (flag football), technical foul (basketball). Teams that receive 1 yellow card, unsportsmanlike flag or technical foul will receive no higher than a “4” rating.
   c. 3-Average Conduct and Sportsmanship – Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card, unsportsmanlike flag or technical foul. Captain exhibits minor control over his/her teammates, but is in control with himself/herself. Teams receiving multiple yellow cards, unsportsmanlike flags or technical fouls will receive no higher than a “3” rating.
d. **2-Below Average Conduct and Sportsmanship** – Teams constantly comment to the officials and/or the opposing team from the field and/or the sidelines. The team captain exhibits little or no control over teammates and/ or himself/herself. A team which receives one red card or ejection can receive no higher that a “2” rating.

e. **1-Poor Conduct and Sportsmanship** – Team is completely uncooperative. Captain has no control of teammates, and/ or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections shall receive a “1” rating.

f. A team that receives a “1” rating must have their captain meet with the Intramural Professional Staff the following day to be eligible to play their next contest.