

CU • STUDENT REC. CENTER INTRAMURALS
ULTIMATE FRISBEE • RULES

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GENERAL

- Participants should have adequate health & accident insurance to cover any injury which may occur.

THE GAME

- **Ultimate Frisbee is about the Spirit of the game.**
- Games are divided into two 25-minute halves. If a team reaches 15 points before the two timed halves are over, they are declared the winner.
- Games must be won by two points, there is a cap at 15 (first team to reach 15 wins).
- Schmidt Rule -- If time is called and there is only one point differential between the teams, the next point is played out. If this results in a tie, a final sudden death point is played.
- The first half ends when the first team reaches 8 points or after 25 minutes into the game -- whichever comes first.
- Half-time is a maximum of 5 minutes long, but both teams can agree not to have a half-time and play through.
- Each team is granted one time-out for the entire game. Time-outs last no longer than 1 minute, and can be called by either team after a point is scored. If time out is called during play, it may only be called by the player with possession of the disk.
- Play begins after the flip of the disc. Winner of the toss chooses either to receive the disc or which goal to defend.
- Positioning prior to the throw off:
 - The throwing team is free to move anywhere in their defending endzone, but may not cross the goal line until the disc is released.
 - The receiving team must stand with one foot on their defending line without changing position relative to one another.
- After half-time these roles are reversed, there is not another flip.
- After the disc has been thrown off, the receiving team takes possession where the disc comes to rest.
- The receiving team may try to catch the disc before it lands on the ground, but if they make contact with the disc before it hits the ground and do not catch it then, it is considered a turnover and the throwing team gains possession.
- If the disc flies out of bounds before reaching the end zone --
 - The receiving team takes possession at the point where the disc flew out of bounds.
 - If the receiving team calls "middle" while the disc is in the air, they take possession in the middle of the field at the point the disc flew out of bounds.
- If the disc flies into the end zone and is either caught thereby the defense or lands there, the player --
 - Either establishes a pivot foot and must throw from that point
- If the disc flies out of bounds, through the end zone, the receiving team can call "middle" if they so choose. If not, they must carry the disc to the line of the end zone from the point the disc flew out of bounds.
- All play begins at the end zone line and must be "checked" before play can begin.
 - If the defender is present, checking the disc in is completed by having him or her tap the top of the disc. If no defender is present, the handler of the disc may check the disc in by tapping it on the ground, thereby beginning play.
- To score, a player must catch the disc in the endzone. His or her feet must be within the plane of the endzone as well as the disc when it is caught to constitute a goal.
 - If that player plays the disk unknowing that they are in the endzone and the result is a turnover, then no goal is awarded.
- The scoring team stays and pulls from the endzone they just scored in for play to continue. If the team pulling off stalls for more than 90 seconds, then the receiving team shall take possession at midfield. Play begins when the disc is checked in.
- The disc is advanced by the successful throw and catch by another player.

- First point of contact must be in bounds. Lines are out.
- In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), a turnover takes place.
- A thrower is allowed 10 seconds to throw the disc, but the audible stall count (stall 1, stall 2, etc) cannot begin until a defender marks the thrower. Once that defender is within 10 feet of the handler of the disc and the handler is standing over, but not necessarily holding, the disc, the stall count may begin.
- When 10 ("stall") is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.
- The handler of the disc must establish a pivot foot and retain that pivot foot until he or she throws the disc. Breaking of this pivot foot is traveling and may be called by anyone on the field. The handler that just traveled must reestablish a pivot foot and check the disc in to resume play.
- The travel must be called before the disc is in the air. If the disc is already in the air when the traveling is called, then there is no stoppage of play.

TEAMS

- A team can have as many players as they wish but only 7 can be on the field at one time.
- If your team is in the Co-Rec division, then there must be at least two men and women from your team on the field at all times.
- All players must be wearing closed toe shoes.
- A minimum of five players must be present to play a game. Co-Rec teams still must have at least two women and men on the field at all times.
- All teams must show up 15 minutes before game time. A failure to be ready to play by game time will result in a forfeit.

PLAYER/SUBSTITUTIONS

- Substitutions can only be made in between points, (before a team "pulls"). There are no substitutions while the disc is in play.
- In the event of an injury, during play, an injury time-out is called. The injured player must leave the field and the opposing team may substitute one player if they so choose.
- Neither team will be penalized an official time-out for such a situation.

DOUBLE TEAMING

- Only one marker is permitted to guard the thrower.
- No other defensive player may establish a position within three meters (10 feet) of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.
- Should the thrower recognize a double-team situation, he/she first calls "Double-Team" as a warning. If the defensive team continues to double-team, the thrower calls "Double-Team" again, and it is a violation, and the stall count returns to zero.

FOULS

- A foul can only be called by the player it is committed against.
 - All players must freeze.
 - Stall count goes to zero.
 - Play resumes after disc is checked.
- A player may never run with the disc. Upon catching the disc a player must stop as soon as possible and establish a pivot foot. If a player is running when he or she catches the disc, they must stop within three steps and establish a pivot foot.
- If the defense knocks the disc out of the hands of the thrower, a strip will be called. If the disc has left the hand of the thrower and the defender blocks or tips the throw, it is not a foul. In the incidence of a strip, the possession of the disc is returned to the thrower and play resumes after the disc is checked in.
 - If the marker makes contact with the thrower in a way that disrupts his or her ability to throw, a foul may be called.
 - The marker (defender) must give at least a frisbee's length distance between marker and handler.
- Contact fouls include picking, blocking and shoving for position.

- A pick may only be called if the defender calling the pick is within 10 feet of the player they are marking. If the pick is called before the disc is thrown, the defender is allowed to catch up to the player he or she is marking. If the disc is already in the air when the pick is called, no penalty has occurred and play continues.
- A foul on a reception gives the receiver possession at the point of the infraction. A disc check takes place.
- The defense can contest the call, at which point the disc goes back to the thrower.
- If a receiver is fouled in the end zone, it is treated like a catch, but they must walk the disc to the end zone line and start play from there. It is not an automatic point! The disc must be checked in before play can begin.
- If disagreement over fouls is irreconcilable then the disc goes back to the thrower.
- Whomever has the best view of a play when in bounds is in question has the responsibility to make the call. If there is disagreement, the observer resolves the problem.

