

## ULTIMATE FRISBEE RULES

### Nature of the Game

Ultimate frisbee is a fast-moving, competitive, non-contact sport played by two six-person teams. In co-rec, roster size is unlimited, but two women must be registered and present at all games. Each team must always have at least one woman on the field and with an equal number of women in play for each team. The receiving team will dictate the number of women in play, with the defensive team following suit. The sport has a great amount of freedom and informality implicit in the rules. Primary among these is the spirit of sportsmanship which enables the honor system to be effective.

Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win a tall cost" behaviors are fouls against the spirit of the game and are to be discouraged by all players.

The object of Ultimate Frisbee is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. The team with the most points at the end of the game is declared the winner.

### Players

Each team shall consist of six players, a minimum of four players is required on site ready to play prior to game time to avoid a forfeit. In co-rec, teams again are unlimited, but must have two women registered and present at all games. Each team must always have at least one woman on the field and with an equal number of women in play for each team. The receiving team will dictate the number of women in play, with the defensive team following suit.

### Equipment

The Office of Campus Recreation will furnish the discs. They will be 165 gram frisbees. Players may not wear shoes with metal cleats. Team members are encouraged to wear shirts of the same color.

### Playing Fields

The playing field will be 70 yards long (two 15 yd. endzones) and approximately 40 yards wide.

### Officials

Officials will be provided by the MVSU, but players are expected to play on an honor system. Officials will be present to mediate protests, problems, and disputes.

### Time

A game of ultimate frisbee lasts for 40 minutes, divided into two 20-minute halves. Half-time lasts five minutes. The clock will run continuously until the end of each half, when it will stop after every goal, for time-outs, injuries, fouls, and when the disc goes out-of-bounds. The clock starts when the disc is touched inbounds, and after every throw-off when the disc is touched by a member of the receiving team; play continues at the location of the disc when the play was stopped.

Each team is permitted one time-out per half, each lasting for two minutes. Time-outs may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the disc to call a time-out during play.

In the event of a tie score at the end of regulation play, there will be a sudden-death overtime period (first team to score is the winner). The captains flip a coin or disc to determine which team will throw-off, receive, or defend a goal.

### Throw-Off

Play begins with the throw-off. The captains flip a coin or disc to determine which team will throw, receive, or choose a goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line without changing relative position.

A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.

The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off they may advance the disc by passing at that point. If the receiving team touches the disc and fails to catch it, the team which throw-off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team gains possession where it is stopped.

If the disc goes out-of-bounds the receiving team gains possession at the point the disc went out-of-bounds; or takes possession of the disc on the goal line at the nearest corner if it went out-of-bounds after crossing the goal line.

Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws off on the signal of the receiving team.

### End zones

Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at the goal line. A player may carry the disc up to the goal line provided he/she approaches it perpendicularly. The disc may not be passed as the player approaches the line. If a team gains possession in the end zone which it is attacking, the disc is carried perpendicularly to the goal line, and play resumes immediately from the goal line.

### The Play

The team which has possession of the disc must attempt to move the disc into position so that they may score a goal. The disc may be propelled in any way the player wishes. The disc may never be handed from player to player. In order for the disc to go from one player to another, it must at some time be in the air.

No player may walk, run, or take steps in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, a foul is called. The player in possession may pivot on one foot as in basketball. The pivot foot may not be changed by the thrower. If the pivot foot is changed, a foul is called. Only one player may guard the person in possession of the disc. If one defender is guarding and the second is within six feet of the player with the disc, "double team" can be called. The second defender must retreat and counting resumes or starts over at the officials discretion. The disc may not be wrenched from the grasp on an

opposing player or knocked from any player's hand. If the disc is dropped by the thrower without interference by a defender, a turnover results. If the disc is simultaneously caught, offense retains possession.

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it.

A player may catch his/her own throw only if the disc has been touched by another player during flight. Bobbling to gain control is permitted but tipping to oneself is not allowed. Tipping to a teammate is permitted.

### Fouls

A throwing foul is called only by the player fouled. The thrower may not push the defender back in order to throw. Any physical contact during the throw is a foul against the defender. Contact occurring after release of the disc is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.

Players must play the disc, not the opponent. That is, they may not position themselves on the field for the purpose of blocking other players. To do so is a foul. In playing the disc, players must respect the established positions of others. Low momentum contact during and after catching attempts is often unavoidable and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul. This must be strictly avoided. Ejection of offending player(s) may also result at the decision of the official. One warning per player may be given by the official, however, that will be the one and only warning said player receives. Two warnings will result in immediate ejection and league commissioners will deliberate for further penalties if necessary.

The player who is fouled calls "foul," stops play, and the fouled player gains possession at the point of infraction. For a momentum or pivoting foul, play stops, a check on the disc occurs, but possession is retained by the thrower. Play continues when both teams are ready. Should a foul occur in the end zone, possession is gained at the goal line.

A stalling violation occurs when the player guarding the thrower calls "stalling" and counts out 10 seconds. If the disc has not been released at the end of the count, it is turned over to the defense at that point.

### Scoring

A goal is scored when an offensive player lands inbounds with any part of one foot in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. A team that scored receives one point.

### Substitutions

Substitutions can be made only: 1) after a goal and before the ensuing throw-off; 2) to replace an injured player, or 3) Substitution can also be made during a time out.

### Clarifying Statements

- There are no scrimmage lines or offsides in Ultimate Frisbee.
- The disc may be passed in any direction; forward, to the side, or backward.
- The disc may fly out-of-bounds and return to the playing field. The defense may attempt to knock the disc down when the disc is thrown in from out-of-bounds.
- The stalling call should be initiated only when it becomes obvious that a stall is occurring.

### Protests

All protests, except eligibility, will be settled on site official. The official's decision(s) is final. Protests should be lodged immediately to the official (before play resumes).

### Elections

If any player is ejected from a contest, they are immediately ineligible for further competition until reviewed by league commissioners.