**Ultimate Frisbee Rules**

**Villanova Intramurals**

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| Sport Type: | Tournament |  |
| Cost: | $20 per team |  |
| Location(s): | Villanova Stadium |  |

**GAME TIME IS FORFEIT TIME!**

**All decisions on forfeit times are at the sole discretion of the on-site Intramural supervisor.**

**Rules**

**Eligibility**

* Only two club Frisbee players are permitted to play on any given team.

**Attire**

* No metal cleats or bare feet. Pinnies will be provided at games if teams cannot be told apart.

**Players**

* Each team will consist of 7 players.
* All-Gender teams will be comprised of a maximum of 4 men.
* You need a minimum of 5 players to start a game (3 male player max for rosters of 6 or 5).

**The Match**

* Each match will consist of two 17-minute halves with a five minute halftime. The team with the most goals at the end of the second half wins.

**Mercy Rule**

* Any point in the second half with one team is up by 10 points.

**The Field**

* Each goal (or end-zone) will be 20 yards long by the width of the football field. The playing field will be 60 yards long by the width of the football field respectively.

**Officiating**

* Matches are self-officiated. Players/teams must make their own calls.
* If teams disagree on calls, the play will be replayed. There will be a supervisor on location with any rule questions.
* A scorekeeper will be provided to keep score.

**Start of the Game/Half**

* Rock-paper-scissors will determine who receives the Frisbee to begin the game. The winner of the toss can choose whether to receive or “pull” the Frisbee to begin the game (like football kickoff but thrown). The team to receive the Frisbee at the start of the game will “pull” the Frisbee to begin the second half.
* Teams must stand on their endzone line during the “pull.”

**Time Outs**

* There will be one time out for each team per half. Timeouts must be called when the team calling it is in possession of the disc, or after a goal.

**Substitutions**

* Substitutions may take place on the fly; however, players must meet at sideline to sub-in/out.

**Overtime**

* If a game is tied at the end of regulation, a four-minute overtime period will ensue. A coin toss will determine who receives the Frisbee at the beginning of the first overtime period.
* Each team is allowed 1 time out to use during overtime. Unused time outs from the first and second half do not carry over.
* If the game remains tied at the end of this overtime, there will be a final untimed overtime where the first team to score a goal wins the match. Rock-paper-scissors will again determine who receives the Frisbee at the beginning of the second and final overtime period.

**Rules**

* Ultimate Frisbee is a non-contact sport. Contact will not be tolerated.
* Each time the offense completes a pass in the defense’s end-zone, the offense scores a point. Play is initiated after each score.
* After each score, a “pull” ensues where the team who scored throws the Frisbee from their end-zone to the other team. During the “pull” 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.
	+ If the pull goes out of bounds without contacting an offensive player, the thrower establishes a pivot where the disc went out of bounds but not including the end zones (start on goal line extended from where it went out in the end zone). If the disc goes out on the sideline just start at the sideline where the disc initially went out.
	+ If the pull goes out of bounds and does make contact with offensive player then the thrower starts where the disc initially went out, including the end zones.
* The team that gets scored on goes to the other side of the field (switching playing directions).
* During a “pull”, when the receiving team signals, they are ready, the team throwing must throw the disc within five (5) seconds.
* The perimeter lines 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. For a player to be considered in-bounds after gaining possession of the disc, the second point of contact with the ground must be completely in-bounds.
* Players are not allowed to run into the end-zone to score.
* A player who has jumped is entitled to land at the same spot without hindrance from opponents.
* All games will be self-officiated. The intramural office will provide scorekeepers for the games.
* PROTESTS: Rule interpretations and player eligibility are the only protests that will be considered. Rule protests must be filed at the time a question occurs and will be settled at the time by the supervisor on duty.
* The disc may be advanced in any direction by completing a pass to a teammate.
* Players may not run with the disc.
* The person with the disc (thrower) has ten seconds to throw the disc. The defender guarding the thrower (marker) counts out the stall count. Seconds must be counted off “one Mississippi, two Mississippi, three Mississippi, etc.” Time not counted out loud does not count as time passed.

**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 the defender.
* 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 way they wish.

**The Marker (Defenseman)**

* Only one player may guard the thrower at any one time; that player is the marker.
* The marker 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 marker at all times.
* The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

**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 they catch the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

**Fouls**

* Fouls are the result of physical contact between opposing players.
* The player who was fouled calls the foul.
* 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 marker is fouled in the act of throwing and the pass is not completed the Frisbee remains with the team who was fouled.
* Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
* 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 pick is considered a violation, this will not be allowed.
* A player cannot strip another player of the Frisbee when it is in someone’s possession. Passes, however; may be hit or batted out of the air to the ground.

**Possession Changes**

* Changes of possession occur when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted). The possession change takes place at the spot of the foul, not at the spot of the Frisbee.

**All-Gender Ultimate Frisbee Rules**

**Participants**

* All-Gender teams will be comprised of a maximum of 4 men for a team of 7. A maximum of 3 men for teams of 6 or 5. You need a minimum of 5 players to start a game (max 3 men).