

# University of Washington Bothell

## Intramural Sports

### Ultimate Frisbee Rules

**Introduction:** Ultimate is a non-contact disc sport played by two teams of seven players. The objective is to be the team that scores the most goals. A goal is scored when a player catches the disc in the end zone that their team is attacking. Ultimate is a self-officiated sport, it relies on the players to make all calls

#### 1. EQUIPMENT

- Closed toe shoes must be worn. Rubber and molded cleats are permitted.
- Metal cleats are not permitted.
- Players are not allowed to wear headphones or jewelry of any kind.
- Teams must wear shirts or pennies of matching color.
- The Intramural Activities staff will provide a disc unless both teams agree on a different one.
- Participants must wear athletic attire

#### 2. TEAMS

- Teams are made up of a maximum of seven players.
- A team may start the game with five players.
- If a team has more than seven players they may substitute under the following circumstances: After a goal is scored or if a player is injured.

#### 3. TIMING

- The game consists of two 20-minute halves with a 3-minute halftime.
- The clock will only stop for a timeout or injury.
- Each team gets two timeout per half.
- A team may only call timeout if they are in possession of the disc. (Unless it is in-between goals).

#### 4. OVERTIME

- There will be no overtime during regular season games.
- If a playoff game ends in a tie sudden death overtime period (3 minutes) will be played.

#### 5. PULL

- Play starts at the beginning of each half and after each goal with a “pull.” A pull is when a player on the pulling team throws the disc towards the opposite goal line to begin play.
- Each time a goal is scored the teams switch their direction of attack.
- All the members of the team that is pulling must remain in their end zone until the disc is released.
- Once the disc is released players may move in any direction.

- No member of the pulling team may touch the disc in the air until a member of the receiving team has touched it.
- If the receiving team catches the pull in the field of play they must put the disc into play from that spot.
- If the disc lands inbounds, untouched the receiving team will gain possession from that spot.
- If the disc lands out-of-bounds the receiving team gains possession of the disc closest to the point it went out.

#### **6. IN AND OUT-OF-BOUNDS**

- The perimeter lines are out-of-bounds.
- The disc becomes out-of-bounds when it touches the area or an object that are out-of-bounds.
- In order to be in-bounds the receiver must have their first point of contact be in-bounds.
- If a player makes a catch in-bounds and momentum carries them out they are considered in-bounds.
- The thrower may pivot in and out-of-bounds as long as the pivot foot is planted in-bounds.

#### **7. TURNOVERS**

- Turnovers occur when:
- A pass is incomplete (dropped, hits the ground, goes out-of-bounds, blocked or intercepted.)
- The marker's count reaches 10 before the throw has released.
- When a turnover occurs any member of the opposite team may take possession of the disc.

#### **8. THE THROWER**

- Any member of the offensive team may take possession of the disc.
- The thrower must establish a pivot foot.
- The thrower may pivot into any direction except into the marker.

#### **9. THE MARKER**

- The marker, or defender, may legally guard the thrower.
- Only one marker is allowed at any time.
- There must be at least one disc's diameter between the thrower and marker.
- The marker cannot restrict the thrower from pivoting with their hands

#### **10. STALL COUNT**

- Once a marker is within 10 feet of the thrower they may begin a 10-second stall count.
- The marker must count loudly and at one second intervals
- If the thrower has not released the disc by the 10 seconds it is a turnover
- If this call is disputed the thrower gets it back with 2 seconds to throw
- If the defense switches markers the count resets.

#### **11. THE RECEIVER**

- Once a receiver catches a pass they may only take the fewest amount of steps required to come to a full stop and establish a pivot foot.
- EXCEPTION: If the receiver catches the disc while running they may throw a pass without coming to a stop, as long as the disc is released before the third ground contact after gaining possession.
- If there is a simultaneous catch the offense retains possession.

## 12. FOULS/VIOLATIONS

- If a player feels a foul (physical contact) or a violation (infracton of rules) occurs the offending player loudly calls out the offense: e.x. "FOUL" or "TRAVEL"
- If the other player does not agree they can loudly call out "CONTEST"
- When a call is made play is halted until it is resolved
- If the call is not disputed then play resumes in what would have likely occurred had the foul/violation not happened.
- If the call is disputed and the players cannot come to a resolution the play will be redone.
- Infractions include: **Foul** (physical contact), **Fast Count** (The marker is counting too quickly), **Double-Team** (More than one defender is guarding a thrower), **Disc Space** (The marker is too close to the thrower), **Travel** (the thrower fails to establish a pivot foot at the appropriate spot or stay in contact with the spot until the throw is released), **Strip** (a defensive player knocks a disc out of the thrower's hand) and **Pick** (Obstructing the movement of a player on the opposing team).

## 13. POSITIONING

- Each player is entitled to occupy any position on the field not occupied by another player.
- Picks: No player may obstruct the movement of any player on the opposing team.
- When the disc is in the air players must play the disc, not the opponent.
- If a player jumps they are entitled to land without any obstructions.