UVM Intramural Sports • Ultimate Frisbee Rules

These rules include aspects from USA Ultimate Rules for Intramural Ultimate. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook. All team managers and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

Player Eligibility

See the Intramural Sports Handbook for complete listing of eligibility requirements.

Club Player Eligibility:
- Members of the UVM Club Ultimate Frisbee Team are eligible to participate; however these players are subject to the following participation guidelines:
  - No more than two (2) club players (men’s or women’s team members) may be listed on a roster.
  - **Penalty:** Any team that is in violation of the club player participation guidelines use of an ineligible player will be removed from further competition.

Intramural Team Participation: Individuals may only play on one team.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and who have signed the official roster/waiver. Individuals must be listed on the official roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official roster prior to the end of the regular season is the responsibility of the Team Manager.

Communication with IMS Staff: Team managers are the only individuals permitted to speak with officials regarding substitutions, calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanlike conduct penalty may be called followed by a possible ejection.

Players and Substitutions

This is an Open tournament (no gender restrictions). Teams will be comprised of seven (7) players. A team may start with no less than five (5) players. In the event a team is playing with the minimum number (5) of players, and a player becomes injured or has to leave (for a reason other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisors.

Field Player Substitutions:
- Unlimited substitutions are permitted. Substitutions can only be done during the following situations:
  - i. After a score.
  - ii. During a team timeout or an injury timeout.
Ejected Players: NO substitution is permitted for an ejected player. The team will play shorthanded for the remainder of the game.

Equipment

Jerseys: Teams are required to bring BOTH a WHITE and a DARK shirt to the tournament. HOME TEAM (team listed first on schedule) is required to bring and wear WHITE (no grey) shirts and the AWAY TEAM (listed second) is required to wear dark shirts (no grey-choose from blue, red, maroon, black, orange, tie-dye, etc.) There will be a limited number of pinnies made available to teams or players who forget to comply with this rule; however, these teams will be docked .5 on their sportsmanship (i.e., If you earned a ‘4.5’ for sportsmanship during play, but forgot to wear the proper color your team would get a rating of ‘4.0’).

Footwear: Turf shoes, cleats, and soft, pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS & OPEN TOED SHOES ARE STRICTLY PROHIBITED. Shoes must be worn. If there are any questions concerning footwear, contact the supervisor/official.

Jewelry: All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, bracelets and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item then you CANNOT play.

Frisbees: Teams are encouraged to bring their own Frisbee(s) to practice (warm up) with and use in the game if both teams agree. The game Frisbee shall be issued by the officials.Teams will not be allowed to warm up with a game Frisbee.

The Field

The field is a rectangle with an end zone at each end. An official regulation-sized field is 120x40 yards, with a playing field length of 70 yards and 25-yard end zones. Below are possible alternatives (that may be used by UVM IMS) for shorter fields if space is limited. Width can be reduced, if necessary, but less than 35 yards is not recommended.

- 110 yards: 70 yard playing field and 20 yard end zones
- 105 yards: 65 yard playing field and 20 yard end zones
- 100 yards: 60 yard playing field and 20 yard end zones

Captains’ Meeting and Coin Toss

Captains’ Meeting: Five minutes before the game, the officials will conduct a ‘Captains’ Meeting’ with the team manager/assistant manager of each team. Home team calls the toss (team listed first on schedule; if overtime (playoffs only), then opposite team from first half). The team winning the toss shall have their choice of options. The options for each half shall be the following:

- Team winning the toss - chooses to receive initial pull, or select the end zone they wish to defend.
- Team losing the toss - exercises the remaining option

Duration of Game

Game Length:

- Game will be played with two (2) 20-minute halves with a running clock (5-minute half time).
  - Clock stops only for timeouts and injuries.
Game Time is Forfeit Time! All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time.

Game time if forfeit time! If one team is late/is not present, the team’s manager that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):
- Take the forfeit immediately
- Give the team five (5) minutes to show
  - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

Half Time: Half time will not exceed five (5) minutes. Teams will switch directions of play at half time.

Time Outs: Each team will be allowed one (1) time-out per half (1-minute in length). Unused time-outs may not be carried over into the Overtime Period (only used in playoffs).

Reverse Clause: The IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

Playing Rules

Description:
A) Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul. Ultimate is self-officiated – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls.

B) Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.

Start of Play:
1. Play starts at the beginning of each half and after each goal with a “pull” -- a player on the pulling team throws the disc toward the opposite goal line to begin play.
2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
5. After the disc is released, all players may move in any direction.
6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
7. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
8. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
9. If the pull lands out-of-bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

Scoring
1. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
2. The team with the most goals at the end of the game is declared the winner.

In and Out-of-Bounds
1. The perimeter lines themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of bounds.
3. 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. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
4. If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point).
5. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.

Turnover:
1. A turnover occurs when:
   a. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted).
      A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
   b. The marker’s count reaches the maximum number (10) before the throw is released.
   c. When a turnover has occurs, any member of the team becoming offense may take possession of the disc.
   d. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

The Thrower
A. Any member of the offensive team may take possession of the disc.
B. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
C. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

The Marker
A. Only one player may guard the thrower at any one time; that player is the “marker.”
B. The marker may not straddle the pivot foot of the thrower.
C. There must be at least one disc’s diameter between the bodies of the thrower and the marker at all times.
D. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
E. Stall count: The period of time within which a thrower must release a throw.
1. A player in possession of the disc has 10 seconds to release a throw.
2. The marker must be within 10 feet of the person with the disc before beginning the stall count.
3. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stalling one, two, three . . .”).
4. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8.”
5. If the defense switches markers, the new marker must restart the count at one.

The Receiver
A. After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
B. Exception: If the receiver catches the disc while running, s/he may throw a pass without coming to a stop, but only so long as s/he releases the disc before the third ground contact after catching the disc.
C. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

Fouls and Violations
A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:
A. The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
B. A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that s/he did not commit the infraction.
C. After a call, play stops and players remain stationary until the parties involved have resolved the call.
D. If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. E.g., 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
E. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position s/he occupied when the disputed infraction allegedly occurred.
F. Infractions include:
   1. Foul: Contact between opposing players.
   2. Fast count: When the marker counts at intervals of less than one second.
   3. Double-team: When more than one defensive player is guarding the thrower within 10 feet.
   4. Disc space: If the marker touches or is less than one disc diameter away from the thrower.
   5. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
   6. Strip: When a defensive player knocks the disc out of a thrower’s hands.
   7. Pick: Obstructing the movement of a player on the opposing team.

Positioning
A. Each player is entitled to occupy any position on the field not occupied by another player.
B. Picks: 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.
C. When the disc is in the air, players must play the disc, not the opponent.
D. Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

Player Conduct
Acts of unsportsmanlike conduct, including unnecessary roughness, arguing with the Game Official, fighting, abusive language directed towards officials/opponents, will result in a player(s) being ejected from the game. Penalties include:

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A. Warning: For unintentional unsportsmanlike conduct
B. Ejection: For intentional unsportsmanlike conduct or following the issuance of a warning for a particular individual.

### Overtime

If the score is tied at the end of regulation, play stops and overtime procedures are as follows:

- An overtime period is played with a sudden death format. To begin an overtime period, teams must follow the same procedure as the beginning of the game.
- The overtime sudden-death period will continue until the first team scores.