#### Grand Valley State University

#### Campus Recreation

#### Intramural Sports

# Ultimate Frisbee Rules

USA Ultimate rules apply to all games, except any of the following adaptations.

http://www.usaultimate.org/assets/1/Page/USAU\_Intramural\_Rules\_Final\_v1.pdf

For questions regarding general intramural regulations, visit us online at www.gvsu.edu/rec

**Eligibility:** All currently enrolled Grand Valley State University students (undergraduate and graduate) and faculty/staff are eligible to participate in the intramural sports program. Current students are defined as taking at least one credit hour at the time of participation. Club players (Including coaches) are limited to two (2) per roster.

**Student ID’s:** ALL participants must present a GVSU identification card to participate in an intramural event. Please consult intramural rules and regulations at [www.gvsu.edu/rec](http://www.gvsu.edu/rec) for more information.

**Team Roster:** It is each team captain’s responsibility to ensure that all team members are listed on the team’s IMLeagues roster. Each team’s roster will be frozen following their last regular season game. During playoffs, a participant and their correct G-number MUST be listed on that team’s IMLeagues roster to be eligible to participate. Individuals not listed on the roster may not participate in playoffs, without exception..

**Play On One Team/Illegal Players:** A participant may play on only one men’s or women’s team and only one co-rec team. Women may not play on/in men’s teams/leagues and vice-versa. Any participant playing on two teams in the same division will automatically be disqualified from participating in the division in which the offense occurred for the remainder of that sport season. In addition, any game(s) the participant played illegally will result in a forfeit. If a player is found to be illegal, they are ineligible to play even if there is a mutual team agreement. Players are also considered illegal if they violate eligibility procedures.

**Rule Interpretations:** The supervisors on duty will handle questions on the field; a ruling will then be determined. The resulting decision is final.

**SCHEDULE CONFLICTS:** If a schedule conflict occurs, the team captain shall contact the IM office, by phone, during normal business hours. Every effort will be made to adjust the game. NO GUARANTEES. No playoff games will be rescheduled.

**FORFEITS AND DEFAULTS: A forfeit will be called if at least 5 players (6 in co-rec) are not present and ready to play within the 5-minute grace period from the scheduled game time. A team that forfeits a game will be dropped from the league unless they pay a non-refundable $10 forfeit fee to the intramural sports office by 5pm on the business day (Monday-Friday) following the forfeit. A DEFAULT is recorded if the team captain provides written notice to the intramural sports office by noon on the business day on or prior to the game to be defaulted to avoid further penalty. Consult the intramural sportsmanship policy at** [**www.gvsu.edu/rec**](http://www.gvsu.edu/rec) **to view ratings that apply to forfeits and defaults.**

**Eligibility Protests:** Must be made during the game to the official. The captain must complete the protest form and must pay $20 protest fee on the next business day in the intramural sports office. The fee will only be returned if the protest is upheld.

**BLOOD BORN PATHOGENS:** If a player is found to be bleeding, they must immediately leave the game until the bleeding stops. Substitutions may occur at this time. Any blood on the clothing or player must be removed before the player can re-enter the game.

**CONCUSSIONS:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

## Players and equipment

## Ultimate Frisbee is a non-contact disc sport played by two teams of seven players.

1. Men and women’s teams consist of 7 players each. A minimum of 5 players is required to start or continue a game.
2. A co-rec team consists of 8 players (max 4 players of either gender). A co-rec team needs a minimum of 6 players to start or continue a game. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women.
3. Any disc acceptable to both team captains may be used.
4. Jerseys will be provided by the Intramural Department. T-Shirts must be worn under the Jersey.
5. Shoes must be worn **(No Metal Cleats)**
6. Jewelry shall not be worn except for religious or medical medals, which shall be taped to the body or covered with medical data visible. Tape will NOT be provided.
7. Guards, casts, braces, and compression sleeves must be worn for medical reasons and must meet other specifications provided by the NFHS. Hats and all headwear with knots and/or containing “hard” or metal material are illegal. A player with a facial injury may wear a mask that is molded to the face without protrusions with the provision of a signature from a health care professional.
8. Any item that, in the officials’ judgment, constitutes a safety concern, is not permitted.
9. If the game is stopped due to discovery of illegal equipment, then the illegally equipped player(s) shall be instructed to leave the field and may not return until the next legal substitution opportunity and the situation is rectified.

## Duration of the game:

1. A game is played until one team first reaches **11 goals** or the 45-minute time limit. **The team in possession of the disc when time expires may complete its possession.**
2. An intermission may be taken when the first team reaches **6** goals.
3. If the score is tied at the 45-minute time limit, then the next team to score shall win.

**Substitutions**

Player substitutions can be completed only: after a goal and before the substituting team has signaled readiness; or to replace injured players, or players with illegal equipment. In this case, the opposing team may substitute a like number of, or fewer, players. Substitutions are not permitted following a re-pull call, unless in accordance under player substitutions.

**The Game (Procedures)**

1. A goal is scored when a player catches any legal pass in the end zone that player is attacking.
2. A player may not run while holding the disc.
3. The disc is advanced by passing it to other players.
4. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

**Fouls and Misconducts**

1. Ultimate is self-officiated – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls in the spirit of good sportsmanship, on any situation covered in the rules. An intramural sports supervisor will be on site to assist in resolving any disputes.
2. Examples of Infractions include:

a.) Foul: Contact between opposing players.

b.) Fast count: When the marker counts at intervals of less than one second.

c.) Double-team: When more than one defensive player is guarding the thrower within 10 feet. d.) Disc space: If the marker touches or is less than one disc diameter away from the thrower.

e.) 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.

f.) Strip: When a defensive player knocks the disc out of a thrower’s hands.

g.) Pick: Obstructing the movement of a player on the opposing team.

h.) Vision Blocking: If the marker deliberately blocks the thrower's vision, it is a vision blocking violation

3. 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.

## Starting and Restarting Play

1. A fair method, such as a coin or disc toss, will be conducted by representatives of the two teams to begin the game. The winner chooses to either receive the initial pull, or select the end zone they wish to defend.
2. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back in to play by establishing a pivot foot in-bounds.

## Pull

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. After the disc is released, all players may move in any direction.
5. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
6. 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.
7. 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.
8. 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.

## 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.

## The Thrower

1. Any member of the offensive team may take possession of the disc.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. 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

1. Only one player may guard the thrower at any one time; that player is the “marker.”
2. The marker may not straddle the pivot foot of the thrower.
3. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
5. Stall count: The period of time within which a thrower must release a throw.
6. A player in possession of the disc has 10 seconds to release a throw.
7. The marker must be within 10 feet of the person with the disc before beginning the stall count.
8. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stalling one, two, three . . . .”).
9. 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.”
10. If the defense switches markers, the new marker must restart the count at one.

## The Receiver

1. 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.
2. 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.
3. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

## Positioning

1. Each player is entitled to occupy any position on the field not occupied by another player.
2. 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.
3. When the disc is in the air, players must play the disc, not the opponent.
4. 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.

## Turnovers

A turnover occurs when:

1. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted).
2. 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).
3. The marker’s count reaches the maximum number (10) before the throw is released.
4. When a turnover has occurs, any member of the team becoming offense may take possession of the disc.
5. 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.

**Sportsmanship:**

1. The intent of GVSU Intramural Sports is to provide a sportsmanlike, safe, and fun environment.
2. The sportsmanship rating system is designed to rate team and not individual conduct, yet hold the team accountable for an individual’s actions.
3. Being a good sport is a team captains, players and spectators responsibility. They will be held accountable for acts including abusive language, threatening remarks or abusive behavior before, during and after any intramural contest and throughout the intramural season.
4. Team captains are expected to be the team leader and exhibit full control over their team, thus setting an example by communicating and educating their team to be good sports. Further, the captain may address an official in a respectful manner concerning a rule interpretation, not questions of officials’ judgment.
5. A player ejected during the game results in a one game suspension (if severe, additional restrictions may be imposed). If necessary, the captain and ejected player must meet with the Assistant Director of Intramurals before being eligible to participate again.
6. Team Sportsmanship Ratings apply to behavior before, during and after a contest. Teams are expected to receive a rating higher than a three (3) to be eligible for playoffs. Those teams that receive a rating of two (2) will be suspended for their next game. Any team receiving a season ending rating (1) will be dropped from the sport and may be subjected to additional disciplinary action.