

GRAND VALLEY STATE UNIVERSITY

# RECREATION

Intramural Sports  
Ultimate Frisbee Rules

## Players and Equipment

1. Teams consist of 7 players.
  - a. A minimum of 5 players is needed to start a match
2. Teams must wear the same color shirts
  - a. This color will be selected by the team captain at registration
3. Athletic shoes must be worn
  - a. Cleats are allowed

## The game

1. The winner of the game is first team to reach 15 goals OR the team that is ahead after 60 minutes of play, whichever comes first.
  - a. A three minute break is taken after a team reaches 8 goals
  - b. Regular season games will end in ties
    - i. During the playoffs, if at the time limit the game is tied, the next team to score shall win.
2. A goal is scored when a player catches any legal pass in the end zone that player's team is attacking.
3. Moving the disc
  - a. The disc is advanced by passing to a teammate in any direction
  - b. A player may not run while holding the disc.
  - c. Any passed disc that is dropped or incomplete, results in a change of possession at the spot the disc hit the ground.
4. The game is self-officiated
  - a. IM Sports will not provide referees
  - b. Players and teams will call their own fouls and violations
5. The winner of the coin toss chooses possession first OR goal to defend
6. The Pull
  - a. The pull is how the game begins, after the intermission and after a goal is scored
  - b. Teams must line up in their end zones and cannot cross into the field of play until the disc is released.
  - c. Teams switch sides after each goal is scored (the team scored upon moves to the other end of the field for the pull.)
7. Boundaries
  - a. The field will be marked with cones. The lines between the cones are out of bounds
  - b. For a catch to be made near the boundary line, the first contact must be inbounds. A play may pivot out of bounds if the pivot foot remains inbounds.
8. Only one person may guard the thrower; they may not contact the thrower.
  - a. If they are within 10 feet of the thrower, the thrower has 10 seconds to throw the disc. This count will be made by the defense.