



Ultimate Frisbee Rules

Revised: August 2014

Any rule not specifically covered will be governed in by the [USA Ultimate Rule Book](#).

ASSUMPTION OF RISK STATEMENT

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their physician or the University Clinic before participating in an Intramural Sports contest.

Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches or spectators can result in an unsportsmanlike penalty, ejection or forfeiture of the game. Team Captains will be held responsible for spectator, team and sideline misconduct. Two ejections from any contest will result in an automatic forfeiture.

RULE 1: ELIGIBILITY

- 1. PARTICIPATION:** Participation is limited to currently enrolled, fee-paying University of Southern Mississippi students and faculty/staff members with Recreational Sports Memberships.
- 2. SOUTHERN MISS ID CARD:** A current Southern Miss ID must be presented to the Supervisor to participate at each Intramural Sports activity.
- 3. NUMBER OF TEAMS:** Players can compete for only one single sex team and one Co-Rec team, regardless of league classification (example: participants cannot play for a men's A league team and a men's fraternity team).
- 4. SIGNED IN:** Once a participant has signed in for a team, he/she may not transfer to another team.

RULE 2: TEAM COMPOSITION

- 1. TEAMS:** Each team will consist of 7 players on the field at one time. A minimum of 5 players are required to start the game.
- 2. CAPTAIN:** Each team shall designate a team captain to make all decisions.

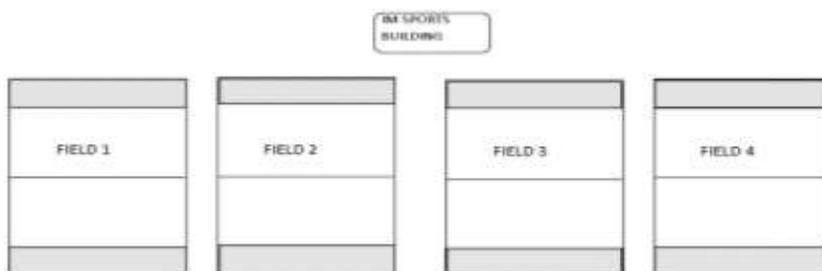
3. **PARTICIPANTS:** Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all Intramural Sports policies.
4. **CLUB SPORTS:** A team may have no more than 3 Ultimate Frisbee club members on their roster.

RULE 3: DEFAULTS, FORFEITS AND PROTESTS

1. **FORFEITS:** If a team fails to appear with the required minimum number of players, ready to play, at the scheduled location at the scheduled start of the game, a member of the Intramural Sports staff will declare the contest a forfeit. Teams that forfeit will receive a 'C' for sportsmanship and will be required to pay \$15 to the Recreational Sports Office. The captain from the forfeiting team will be suspended from play until that payment has been made. Teams are only allowed one forfeit or default per sport per season. If a team forfeits or defaults twice, it will be removed from the league for the remainder of the season.
2. **DEFAULTS:** If a team knows that they will be unable to play a scheduled game, the team captain must contact the Intramural Sports office by 12:00 PM the day of the contest to declare a default. The defaulting team will receive a loss and a 'B' for sportsmanship but will not be charged the \$15 forfeit fee. Teams are allowed one default or forfeit per sport. Upon the second infraction that team will be dropped from the league.
3. **PROTESTS:** Protests involving rule interpretations will be considered immediately following the incident in question. Play will be suspended until an Intramural Sports supervisor rules on the protest. If a team continues to play without calling the supervisor to the game site, then that team forfeits its right to a protest. Protests will not be honored after play has resumed. Judgment calls cannot be protested. If the protest is not approved, the protesting team is charged with a time out. If the protest is upheld, the delay shall count as an official's time out. Official's judgment calls cannot be protested.

RULE 4: PLAYING AREA AND EQUIPMENT

1. **PLAYING AREA:** All games will be played on the Intramural Sports fields. The width of the field will be 40 feet and the length will be 70 yards with 15 yard end zones.



2. **FRISBEES:** Teams may furnish their own frisbee or check-out one from the Intramural Sports supervisor. If a team wants to use their own frisbee, it must be approved by the opposing team. If they are unable to agree, a frisbee will be provided by the Intramural Sports Program.
3. **SHOES:** Each player must wear shoes. Tennis/running shoes and rubber molded cleats are permitted.
4. **PADS/BRACES:** No pads or braces may be worn above the waist. Leg and knee braces made of hard material must be covered on both sides and all edges with appropriate slow-recovery padding.
5. **JEWELRY:** No jewelry may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. Taping of all other jewelry is not permitted.
6. **BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his/her uniform the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the wound is covered and the bloody uniform is changed.

***The Intramural Sports staff has the right to deem certain equipment unsafe or illegal.

RULE 5: LENGTH OF THE GAME AND TIMING

1. **LENGTH OF GAME:** The game shall consist of 2 halves which are 20 minutes in length. The clock will run stopping only for timeouts and unforeseen circumstances.
2. **HALF-TIME:** There will be a 3 minute half-time period. Teams will change ends to start the second half.
3. **TIMEOUTS:** Each team will receive 2 timeouts per game. Timeouts may be called by any player on the field whose team is in possession of the frisbee.
4. **MERCY RULE:** If a team is winning by 10 points or more at any time during the last 5 minutes of the second half or by 5 points or more during the last 2 minutes, the game will be called.
5. **OVERTIME:** In all games tied at the end of regulation, a 3 minute overtime period will be played. If a tie still exists, there will be another 3 minute period until a winner is decided.

RULE 6: PLAYING THE GAME

- 1. SCORING:** The object of the game is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone, which that team is attacking. The team with the most points at the end of the game is declared the winner.
- 2. POSSESSION:** Winner of the pre-game disc flip shall have the choice of receiving the throw-off or defending a goal. Teams shall alternate these at the beginning of the second half.
- 3. THROW-OFF:** Play begins with a throw-off or pull. All players must be on or behind their own goal line until the disc is released. A member of the throwing team throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. If a player on the throwing team touches the disc before a member of the receiving team touches it, it is the receiving team's disc at that point. The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the throwing team gains possession at the point where it is stopped.
- 4. ADVANCEMENT:** The team that has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any manner or direction she/he wishes. The disc may never be handed from one player to another. In order for the disc to go from one player to another, it must at some time be in the air.
- 5. STEPPING:** No player may walk, run, or take steps while in possession of the disc. A player catching a pass is allowed three momentum steps before passing it on. The player in possession may pivot on one foot, as in basketball. Only one player may guard the person in possession of the disc.
- 6. STRIPPING:** The disc may not be stripped from the grasp of an opposing player or knocked from his/her hand. If the thrower without interference drops the disc by a defender, a turnover results. If the disc is simultaneously caught, the offense retains possession.
- 7. POSSESSION:** The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. Any member of the team gaining possession of the disc may throw it. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.
- 8. 10 SECONDS:** Any one player may not be in possession of the disc for more than 10 continuous seconds. The defender is responsible for initiating the stall count, which will

expire when the “T” of “Ten” is spoken. A defender must be within 10 feet of the offensive player with the disc in order to begin the stall count.

9. TOUCHBACK: Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped or at the goal line. A player may carry the disc to the goal line. The player may not pass the disc during the approach to the goal line.

10. OUT OF BOUNDS: A disc thrown out-of-bounds will result in a turnover and will be marked at the point where the disc went out of bounds.

11. LEGAL CATCH: A player must have at least one foot in bounds when making a catch near the boundary line or end zone. If momentum carries a player out-of-bounds on a successful catch, that player must return to the field of play (1 step from sideline) to put the disc back into play.

12. SCORING: A goal is scored when an offensive player lands in bounds with either foot in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone (even on momentum steps). The team that scores receives one point.

13. FOULS:

- a. A foul is any unnecessary or excessive physical contact. Fouls are called on the field by the offense; a referee will not make the call.
- b. Contact occurring during the follow-through (after release of the disc) is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.
- c. Players must play the disc, not the opponent. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established position of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be avoided.

14. SUBSTITUTIONS: Substitutions are allowed only after a score. Or during an injury timeout, the other team not taking an injury has the option to sub one player.

RULE 7: SPORTSMANSHIP

1. **RATING:** Each team will begin the contest with a 4 sportsmanship rating and shall be rated by the officials at the end of the contest. The authority of the officials' ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the score sheet prior to captain signing off on the score and sportsmanship rating.
 - A. **(4.0) – Excellent Sportsmanship:** Players cooperate fully with the Intramural Sports staff and opposing team members. If necessary, the captain converses calmly with officials about rule interpretations and calls.
 - B. **(3.0) - Good Sportsmanship:** Team members verbally complain about some decisions made by the Intramural Sports staff and/or show minor dissent which may or may not merit a conduct warning (unsportsmanlike penalty / technical foul / yellow cards / etc.). Teams that receive one conduct warning will receive no higher than a "B" rating.
 - C. **(2.0) - Mediocre Sportsmanship:** Team constantly comments to the Intramural Sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection or two conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "C" rating.
 - D. **(1.0) - Below Average Sportsmanship:** Team constantly comments to the Intramural Sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection and one conduct warning or a combination of three conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "D" rating and the game will be forfeited.
 - F. **(0) - Unacceptable Sportsmanship:** Team is completely uncooperative. Captain has no control over teammates and/or him/herself. Any team that receives two ejections or four conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive a "F" rating and the game and season will be forfeited.

RULE 8: CO-REC CLARIFICATION

1. **TEAM COMPOSITION:** Each team will consist of 8 players on the field at one time. A minimum of 6 players are required to start the game.
 - a. 8 players are on the field – 4 males and 4 females
 - b. 7 players are on the field – 4 males and 3 females or 3 males and 4 females
 - c. 6 players are on the field – 3 males and 3 females, 4 males and 2 females, or 2 males and 4 females