

## Whitworth Intramurals: Ultimate Frisbee Rules

### Ultimate Frisbee Rules

**Teams:** Players must sign up through Fusion IM, and be registered and paid to be eligible to participate. No exceptions.

**Game Time:** Both teams must have a minimum of one representative on the court/field at game time. Teams must meet the minimum roster requirements by 5 minutes after the scheduled game time.

**Minimum Roster Requirement:** 5 players

**Maximum Roster Requirement:** 15 players

#### Game Structure:

Two 20-minute halves with a 5-minute halftime. If a point is in progress when time runs out, that point is declared “last point” until halftime or the end of the game.

#### Field Specs:

60 yds x 40 yds with two 10-yard end zones at either end of the field.

#### Equipment:

Frisbees will be provided by referee staff. Players are allowed to play with their own Frisbees as long as both teams agree. Cleats are not required, but they are highly recommended. No metal cleats are allowed.

#### Scheduling:

All games will be scheduled on Fusion IM for Omache field. Please see “Section 7” of the IM policy regarding rescheduling, defaults, forfeits and no-shows. Be sure to update your team time preferences prior to the start of the season.

### Game Play:

#### General:

1. Games start with flipping discs for ODDs or EVENS.
  - a. The away captain calling has the right to choose either odd or even.
  - b. Two discs are flipped to determine.
  - c. EVENS – both discs are heads or tails.
  - d. ODDS – one disc is heads, the other tails.
2. Each point begins by both teams lining up in front of their respective end zones. The team starting on defense will pull the disc to the opposing team to start the game.
3. Turnovers occur when:
  - a. The disc makes contact with the ground (no catch).
  - b. There is a violation.
  - c. The stall count is up.
4. Movement of the disc occurs:
  - a. In any direction.
  - b. Players cannot run with the disc.
5. In ultimate, the line is considered out.
  - a. If a player has a foot on the line while he/she is touching the disc, it is out of bounds and a turnover.

#### Violations:

1. Stalls:
  - a. The person with the disc has 10 seconds to throw the disc.
  - b. The defender is required to count the stalls out loud, and must be at least 10 feet away to do so.
2. Travel:

- a. A pivot foot may be established to help a player throw around a defender.
- b. If a pivot foot is picked up at any time before the disc is thrown, it will be considered a travel.
- c. Travels can also occur any time a player moves with the Frisbee in hand and is not attempting to slow down his/her momentum (usually after a catch).
  - i. If players exceed 3 steps while attempting to stop, they must move backwards returning to the location where it would be 3 steps from the catching point.

**Substitutions:**

1. Substitutions are only allowed between points.
2. Substitutes do not have to inform the referee of subbing, but a team cannot start a point with more than the maximum amount allowed.

**Fouls:**

1. When a player initiates contact on a another player, it is considered a foul.
2. When a foul disrupts possession, the play resumes as if the possession was retained.
3. If the player committing the foul disagrees with the foul call, the play is redone or changed depending on the situation.

**Self-Officiating:**

1. Although Ultimate Frisbee will have a referee present at all games, traditionally, the game is self-officiated.
2. Players have the right to call their own fouls and violations, and opposing players involved have the right to contest the call.
3. It is the decision of the referee who will make the final call on the play.

**Timeouts:**

1. Teams may take a timeout after a point, but not after the disc has been "pulled" to start a point. Teams are allowed one 60-second timeout per half.

**Overtime:**

1. If a game ends with a tied score, a final point "Universe" will be played
  - a. This is the next point wins, sudden death.
  - b. No timeouts are allotted.

**Blood Rule:**

Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member has the authority to remove the player. If by removing the player who is bleeding the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and five (5) minutes will be allowed for the player to stop the bleeding. Any blood on the court must be removed using proper methods and bloodied clothing must be changed. AN INTRAMURAL STAFF MEMBER MUST APPROVE THE PLAYER TO REENTER AND HAS THE AUTHORITY TO PREVENT REENTRY. Players who refuse to leave the game due to bleeding could potentially face suspension.

**Protest Policy:**

Teams have the option of protesting any application or misinterpretation of a rule. No protest of a judgment call will be considered. When a team requests a protest, they must call a timeout and the game must be stopped and no further game action should continue. The concern must be brought to the attention of the referees, who will check the ruling, have deliberation and then make a decision. If the call is overturned, the team is not charged with a timeout. If the initial official's ruling is upheld, the team is charged with a timeout. Game play will then continue as normal. If the team determines to continue challenging the call, a formal request can be made by filling out the Protest Form and submitting to the IM coordinator *within 24 hours of the game*. See the Participant Manual posted on the Whitworth Intramurals website or by speaking to an IM staff member.



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