

# KSU Intramurals

## Ultimate Frisbee Rules

### A. Field Dimensions

1. Field of play will be 70 yards by 40 yards
2. End zones will be 15 yards deep
3. End zone corners will be marked with pylons

### B. Team Formation

1. Games will be played 6 on 6.
2. Up to 12 players can be on a team roster.
3. Teams will have a 5 minute grace period to field at least 4 players. Players arriving late can join at the next stoppage of play.
4. **ALL PLAYERS MUST CHECK IN BEFORE EACH GAME BY SHOWING KSU ID CARD TO SCOREKEEPER. NO ID – NO PLAY.**

### C. Game Length and Timing

1. Playing Periods
  - a. Game will consist of two twenty minute halves with a running clock.
  - b. Halftime will be 5 minutes.
  - c. Clock will stop only for time-outs, injuries and unusual delays.
  - d. If necessary, overtime will last 5 minutes, if score is still tied after overtime, the game will end in a tie.
2. Time-outs
  - a. Each team will receive one time-out per half.
  - b. Timeout can only be called by team in possession or after a goal prior to the throw-off.

### D. Start of Game

1. Coin Toss
  - a. Coin toss will be conducted with visiting team calling heads or tails.
  - b. Winning team will have choice of possession or side of field to defend. Losing team will have choice of remaining option.
    1. At start of second half, possession and field sides will switch.
  - c. Coin toss will be repeated at start of overtime.
2. Throw Off
  - a. At the start of each half and after every goal, the defending team will throw off to the offense.
  - b. Disc must be thrown from behind the defending team's own goal line, all players must remain behind the goal line until the disc is thrown.
  - c. Receiving team must stand with one foot on their goal line until the disc is thrown.
  - d. Disc cannot be touched by a member of the throwing team until it is touched by the receiving team
  - e. If disc is caught in air, team must play from that point
  - f. If disc lands on ground, it must be put in play from where it stops
  - g. If disc goes out of bounds, receiving team can take it from where it went out of bounds or request a re-throw.

## E. Offense

### 1. The Thrower

- a. The disc can only be moved by throw, players cannot run while in position of the disc.
- b. Person in position of disc (thrower) is allowed to pivot in any direction as long as they do not pivot into defensive player (marker).
- c. If the disc is dropped by the thrower without interference by the defense, it will be considered an incomplete pass and turnover.
- d. The disc can be thrown in any direction.
- e. After thrower releases disc, he/she can leave their position.

### 2. The Receiver

- a. An offensive player in the act of catching the disc or not in possession of the disc is defined as a receiver.
- b. A receiver is allowed to bobble the disc in an attempt to catch as long as it is not determined to be intentional with the purpose of advancing the disc.
- c. The receiver gains possession by “demonstrating sustained contact with a non-spinning disc.”
- d. After catching the disc, a player must take as few steps as possible to stop their momentum and establish a pivot foot.
- e. A player can make a throw before coming to a complete stop if the throw is made before the 3<sup>rd</sup> step.
- f. A disc caught simultaneously by the offense and defense will be awarded to the offense.
- g. First ground contact determines possession. The ground can cause an incomplete pass, resulting in a turnover.

## F. Defense

### 1. “The Marker”

- a. Only one person can defend the thrower, this person is called the marker.
- b. The marker must maintain one disc’s diameter between him/herself and the thrower.
- c. The marker may not straddle the thrower’s pivot foot.
- d. The marker may not position their arms in a manner to restrict the thrower from pivoting

### 2. Stalling

- a. Once a marker has established a set guarding stance on the thrower, he/she may initiate a “count”
- b. The count consists of calling “Stalling” or “Counting”, and beginning to count from 1 to 10 in one second intervals loud enough to be heard.
- c. If the thrower has not thrown by the time the marker reaches 10, a turnover will result
- d. If the defense switches markers, the count must be restarted.

### 3. Defensive positioning

- a. 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: (i.e. **a pick**)
- b. When disc is in air, players must play disc, not opponent.
- c. All players have the right to the area above them.
- d. A player who has jumped is entitled to land at the same spot without hindrance by opponent.

## G. Turnover

1. Occurs when pass is dropped, hits the ground, goes out of bounds or is intercepted.
2. All players must come to a stop as quickly as possible and remain in place until play is restarted.

## H. Fouls

1. Physical contact is not allowed between players, fouls can only be called by the offended player by calling out "Foul!" as soon as the act occurs.
2. There are 2 types of fouls:
  - a. Throwing Fouls: occurs when there is contact between the thrower and the marker.
    1. Contact during the follow through is not a foul, but should be avoided
    2. When a foul is committed by the thrower or marker, play stops and play reverts back to the thrower
    3. If a foul is committed by the marker and the pass is completed, play continues without interruption
    4. If a foul is committed by the thrower and the pass is incomplete, play continues with the turnover standing.
  - b. Catching Fouls: occurs when there is contact between opposing players in the attempt to make a catch, interception or knockdown. Incidental contact after the attempt may be unavoidable and is not a foul.
    1. If a player contacts an opponent during a catch attempt interfering with the play on the disc, it is a foul.
    2. An uncontested catching foul results in the fouled player gaining possession at that point.
    3. A disputed foul will result in the disc being re-thrown.

## I. Violations

1. A violation occurs when a rule is broken in a manner where no contact is committed.
  - a. Traveling
    1. Thrower lifts pivot foot from ground.
    2. Receiver takes more steps than required to stop after a pass
    3. Receiver throws pass before establishing pivot foot, but after 3 steps to stop momentum.
      - a. Disc will be turned over to the opposing team at the spot of the violation.
  - b. Stripping
    1. Defensive player cannot touch the disc while it is in the hands of the thrower.
      - a. Thrower should pick up disc and continue from that point. Marker must restart count.
  - c. Double-team
    1. More than one player defends thrower at one time. A second defender should not be set up within 3 meters of the thrower unless he/she is guarding another player.
      - a. Thrower calls "double-team" as a warning, if the defense does not back off, he/she should call it again, and the violation is called.

J. Calling Fouls and Violations

1. Players are responsible for calling their own fouls.
2. A Intramural official will be on site and will settle any arguments/protests regarding foul calls
3. If players cannot agree upon a call, the decision goes to the referee: **DECISION OF REFEREE IS FINAL.**

K. Player Conduct Fouls

1. Captains are responsible for keeping players and fans under control
2. Only the team captain is allowed to address the official
3. All acts of unsportsmanlike conduct, including unnecessary roughness, excessive arguing with official, fighting, or profane language, are cause for ejection
  - a. Ejected player can stay on sideline if he/she can remain peaceful, if player cannot be controlled, he/she must leave the field. Refusal to do so will cost his/her team the game.
4. Ejected players must sit the team's next game and suspension can be extended at Intramural Coordinator's discretion.

L. Scoring

1. One point will be scored when the disc is successfully passed to a player in the end zone.
2. A player will be defined as being in the end zone if their first point of contact is completely within the boundaries of the end zone (i.e. Not on a goal line or end line).
3. Momentum cannot carry a player into the end zone for a goal; if this occurs the player must return to where he/she crossed the goal line and attempt to throw the disc into the end zone.
4. After a goal, the teams will switch ends and the scoring team will throw-off to the defensive team.

M. Substitution

1. Substitutions can be made after a goal before the throw off, at the beginning of a period, or after an injury.

N. Co-Rec Modifications

1. Game will be played with 3 males and 3 females. A team must have a minimum of 4 players to start (2 males & 2 females).
  - a. The amount of males on the field for a team at once cannot exceed the amount of females on the field.