

UNIVERSITY OF TENNESSEE

Intramural Sports



ULTIMATE FRISBEE RULES HANDOUT

ELIGIBILITY RULES

1. You must have a University of Tennessee ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly RecSports for a period of time determined by the Intramural Program Coordinator.

*****These rules are modified UPA 11th Edition Rules. Please come by the Intramural Office to read a full copy of the official UPA Rules*****

THE GAME:

1. Game time is forfeit time. Any team that forfeits a game will not be eligible for playoffs.
2. **Field:** The playing field will be 60 yards in length. The field width and the size of the end zones will be determined by the location of the field.
3. **Team:** A team will consist of seven players; however a team may begin with as few as six players.
4. **Game:** Games will be played to 9 (nine) points. When 40 minutes have passed, a hard cap will go into effect.
5. **Time-Outs:** One timeout allowed per GAME.
6. **Equipment:** The disc will be provided by the Intramural Sports Office.
7. **Substitutions:** Substitutions are allowed only after a score.

OBJECT:

1. 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 point at the end of the game is declared the winner.

THE RULES:

1. Winner of the pre-game disc toss shall have the choice of receiving the throw-off or defending a goal. Teams shall alternate these at the beginning of the second half.
2. 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. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it. 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. If the disc goes out of bounds (end line and/or side line), the receiving team makes the immediate decision of walking the disc to the middle of the field or taking the disc at the spot it went out. This must be announced to both teams before the disc is tapped into play.
3. 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.
4. ****No player may walk, run, or take steps while in possession of the disc. A player catching a pass is, however, 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. The disc may not be wrenched 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.****
5. 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.
6. 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 at “stall ten.” A defender must be within 10 yards of the offensive player with the disc in order to begin the stall count.

7. 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.
8. 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.
9. 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 (one step from sideline) to put the disc back into play.
10. 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. The goal line is **not** considered part of the end zone. A player in possession may not score by running into the end zone (even on momentum steps). The team that scores receives one point.

FOULS:

1. A foul is any unnecessary or excessive physical contact. Fouls are called on the field; a referee will not make the call.
2. 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.
3. 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.

SPIRIT OF THE GAME

Spirit of the Game is a mentality all Ultimate players should adopt. This means that all players should conduct themselves in a mature and respectful way. You should be respectful of EVERYONE on the field. This applies directly to making foul calls or other judgment calls. A team that blatantly disregards the Spirit of the Game may be required to drop out of the tournament.