



Eligibility

A. All players must be registered with their teams before the first scheduled game. You cannot add to your roster at the game site.

Equipment

A. Rubber and molded cleats, or sneakers may be worn. No metal cleats or screw-ins are allowed.
B. Players must remove ALL jewelry prior to participating.
C. Teams must wear matching jerseys, or pennies checked out from the Intramural Sports Supervisor on duty. (no "shirts/skins")

Players

A. A team will consist of six (6) players.

B. A team may start and play a game with as few as four (4) players.

Forfeits

A. A team will be given 1 minute after the start time before a forfeit is given. The supervisor's watch is the official game time on the field. All players must be on the field in order to not be given a forfeit.
B. A team may play with as few as four players.
C. In order to claim forfeit, a team must have the correct number of players present and ready to play.
D. If neither team is able to field a team, a double forfeit will be declared.
E. Two forfeits in the season will cause a team to ineligible for the playoffs.

Play

A. The Game: **Ultimate Frisbee is a no-contact sport.** Contact will not be tolerated. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.

1. The game will consist of a 30 minute time limit. (running clock).

1a. The game clock will stop for time outs and the half way point.

2. Each team win receive one (1) minute timeout per half.

3. Timeouts must be called when the team calling it is in possession

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of the disc, or after a goal prior to the ensuing throw-off.

4. The first team to reach 12 goals is declared the winner.
5. After a team reaches 6 goals, there will be a 2 minute break. (half)
The game clock will stop for this break.
5. If the score is tied at the end of regulation play, a sudden-death overtime period will be played. The first team to score wins. There will be 3 minutes put on the clock. If time runs out before a team scores, the game will end as a tie (Regular season).
For playoffs, the overtime sudden-death period will continue until the first team to score wins. (No time will be kept with Playoff games only)

B. Substitutions

1. Substitutions can be made: after a goal and prior to the ensuing throw-off, before the beginning of a period, or to replace an injured player.

2. An ejected player may not be replaced.

C. Starting and restarting the play

1. Start of Game

- a. To start the game, a coin toss will be conducted. The winner will have the choice of; receiving the initial throw-off, or selecting which goal they wish to defend initially.
- b. The team losing the flip is given the remaining choice.
- c. The second half begins with the team that is ahead throwing off to the team that is behind.
- d. When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period.

2. Throw-off

- a. Play starts at the beginning of each game and after each goal with a throw-off.
- b. Each time a goal is scored, the teams switch the direction of their attack and the team, which scored throws-off.
- c. Positioning prior to throw-off:
 - (1) The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released.
 - (2) The players on the receiving team must start inside the goal area, once the throw off occurs they are free to advance.
- d. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
- e. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
- f. As soon as the disc is released, all players may move in any direction.
- g. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
- h. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.
- i. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
- j. If the throw-off lands out-of-bounds the receiving team makes a choice of:

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- (1) Putting the disc into play at the point where it crossed the line, or
- (2) Requesting a re-throw.

k. If the receiving team attempts to knock down the disc in air during the throw off and the disc hits the ground it is a turnover.

l. No kicking of the disc will be permitted. You may stop the disc when it hits the ground and rolls, but no kicking is allowed. If the disc is kicked, it will be returned to point at which it was kicked.

D. Change of possession:

1. Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).

2. When play stops the player who was in possession retains possession.

3. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.

4. The marker restarts play by handing the disc to the thrower.

5. Offensive team can not knock down the disc on a throw off, it will be considered a dropped pass and change of possession will occur.

Out-of-bounds

A. The perimeter lines themselves are out-of-bounds.

B. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.

C. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.

D. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.

E. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.

F. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

The Thrower

A. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

B. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.

C. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

D. The thrower may throw the disc in anyway he/she wishes.

The Marker

A. Only one player may guard the thrower at any one time; that player is the marker.

B. The marker may not straddle the pivot foot of the thrower.

C. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.

D. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

E. Stalling

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1. Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
2. The count consists of the marker calling "Counting" and counting at one-second intervals from 1 to 10, loudly enough for the thrower to hear. Ex. "one- one thousand, two- one thousand, three- one thousand"....and so on.
 - 2a. Teams do not have to yell counting.
3. If the thrower has not released the disc at the first utterance of the word ten (10) a turnover results.
4. If the defense decides to switch markers, he/she must start again from one.

The Receiver

- A. Bobbling to gain control of the disc is permitted.
- B. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
- C. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

Fouls –

- A. Fouls are the result of physical contact between opposing players.
- B. **The offending player calls the foul. IF THERE IS A CONFLICT-THE TWO TEAMS MUST WORK IT OUT. THERE ARE NO OFFICIALS FOR THIS GAME.**
- C. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- D. If the marker is fouled in the act of throwing and the pass is not completed, play continues from the spot of the called foul.
- E. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
- F. Fouls and violations result in a change of possession.

Positioning

- A. Picks:
 1. 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: to do so is a pick.
 2. A pick is considered a violation.
- B. When the disc is in the air, players must play the disc, not the opponent.
- C. The principle of verticality: All players have the right to the space immediately above them.
- D. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

Protests

- A. Player eligibility is the only protest that will be considered.
- C. Player eligibility protests
 1. Should be filed as soon as you have a question, but **MUST** be submitted in writing to the Intramural Office within 24 hours.
 2. Eligibility protests will be decided at the time the question is raised whenever possible.
 3. Players found to be ineligible after the contest will result in that contest being forfeited and/or that player possibly being suspended.
 4. Players are ruled ineligible if they have played for 2 teams. They must determine for which team they will play.

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Player Conduct

- A. Team captains [you] and manager/coaches are responsible for the conduct of their players and fans.
- B. Acts of unsportsmanlike conduct including: unnecessary roughness, excessive arguing with the other team, fighting, abusive language directed towards opponents will result in a player(s) having to meet with the Director of Intramurals and could face ineligibility from future games.

Miscellaneous

- A. Players arriving late may sign in at that time and upon doing so may enter the game.
 - B. All fans must remain along the sidelines of the field, out of play.
 - C. Players will not be allowed on the field to warm-up until the preceding game is finished.
 - F. The Intramural Office does not provide insurance and assumes no responsibility for injuries occurring during Intramural sports.
1. Self Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes.
 2. Spirit of the Game - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
 3. If the game is on the turf field, all teams, fans, and spectators must abide by the rules of the field: No GUM, No Smoking, No food or drink on the turf. Water/ gator-aid only.

Play-offs

- A. All teams who complete the regular season will qualify for the playoff tournament. Those teams who have accumulated two forfeits in the season are **not eligible** for the playoff tournament.
- B. The Playoff schedule will be posted and emailed outside the IM office.
- C. In the case of rain, please read emails.