



Ultimate Frisbee Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Ultimate Frisbee is a self-officiated sport. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

Ultimate Frisbee will be conducted under the rules from USA Ultimate, the governing body for the sport in the United States. A review of these rules, along with the Intramural Sports modifications are as follows:

PLAYERS

No team may have more than 2 current roster members of the Arkansas Men's and/or Women's Ultimate Club teams.

1. The game shall be played between 2 teams of 7 players each. 5 players are required to start the game. The roster is 14 players.
2. The game may be continued with less than 5 players if the Intramural Sports Staff deems the game still competitive.
 - a. Co-Rec: The game shall be played between 2 teams of 8 players each; 4 men and four 4 women. The roster limit for co-rec leagues is 14 players.
 - b. Teams with 7 players shall be; 4 men and 3 women or 4 women and 3 men.
 - c. Six players; 3 men and 3 women, or 4 women and 2 men. 6 players are required to start the game and avoid a forfeit.
3. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
 - iv. Numbers that are painted, sharpie, marker etc. are acceptable

If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.

4. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
5. **Shoes:** No wearing of metal spikes or kicking with any footwear that may damage the kickball or cause bodily harm.
6. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
7. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. Baseball caps/hats are allowed.
8. **Pants/Shorts:** Pockets are permitted on athletic shorts or pants.

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Handbook.

1. The Field -- A rectangular shape with end zones at each end. Our field will be 80 yards by 40 yards, with end zones 10 yards deep.
2. Initiate Play -- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring -- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc, and must stop moving as quickly as possible after catching the disc and establish a pivot foot. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. Only one defender may guard the thrower, and must maintain at least a frisbee's-width distance.
5. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. The line is out of bounds and straddling the line is out of bounds.

8. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
9. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
10. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes. In the case of disagreement, the player with the best perspective makes the call.
11. Overtime will consist of a 5 minute period – golden point. First team to score, wins. If no team scores, we'll have another 5 minute period until a golden point.

Timing

Games are limited to two 15 minute halves, with a 5 minute halftime. Play shall be non-stop, except for after a score. Each team receives one time-out per half.

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.