

ULTIMATE FRISBEE RULES

INTRAMURAL SPORTS

**Each player MUST show their valid Winthrop ID to be allowed to participate in any game.
NO EXCEPTIONS!**

UPA rules will be used with some in-house modifications.

RULE ONE: THE GAME, FIELD, PLAYERS

Section One: General Provisions

A. Eligibility

1. This activity will be conducted according to the eligibility rules set forth in the Intramural Sports Participant Guide.
2. All participants must present their own Winthrop photo identification card (Winthrop ID) to the Sport Supervisor at the playing site prior to participating in each Intramural Sports contest. Sport Programs will not accept any other form of identification (i.e., driver's license, passport, social media profile photos, etc.). Players without a Winthrop-issued ID will not be permitted to play.
3. The participation by an ineligible player will subject the offending team to forfeiture of the contest and possible removal from the league.

B. Players

1. The game shall be played between two teams of six (6) players each.
2. A team may begin a game with a **minimum of five (5) players**.
3. A team may have a maximum of 12 players on the roster. Players who have not participated may be removed from the team roster prior to the roster freeze date (see IMLeagues).
4. The jurisdiction of the Sport Programs staff begins when a team or player enters the facility and ends when the team or player leaves the property. During this time, participants are expected to treat all Sport Programs staff, opponents and Recreational Services property with respect.
5. The use of alcohol and/or tobacco is strictly prohibited.

C. Sportsmanship Rating

1. Participants and spectators are expected to demonstrate positive sportsmanship towards other teams and staff members at all times. At the conclusion of each game, teams will be assigned a sportsmanship rating that reflects the team's overall conduct for that night.
2. **In order to be eligible for the playoffs, a team must have a sportsmanship rating average of at least 3.00 at the conclusion of the regular season.**
3. During the playoffs, teams who receive a sportsmanship rating below three (3) will be placed on probation. A second rating below three (3) during the same playoffs will result in forfeiture for the offending team.

A **four (4)** is given when the team cooperates fully with the Sport Programs staff and the opponent. If necessary, the team captain speaks calmly with Sport Programs staff regarding questions or rule interpretations.

A **three (3)** is given when the team displays a few lapses in sportsmanship but receives no unsportsmanlike conduct penalties. The captain remains in control of the team at all times without being prompted by staff.

A **two (2)** is given when the team displays somewhat frequent lapses in sportsmanship, and the team captain does very little to assist in alleviating the problem. This is the highest sportsmanship rating a team can receive after being assessed an unsportsmanlike conduct penalty.

A **one (1)** is given when the team receives one ejection and/or multiple unsportsmanlike conduct penalties. The team captain has little or no control over the team, is part of the problem and/or is unwilling to work

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with staff. This is the rating a team receives for a game ended due to unsportsmanlike conduct penalties alone.

A **zero (0)** is given when the team is completely uncooperative and behaves in a way that violates Winthrop University regulations. The team shows a blatant disregard for the policies and rules of Recreational Services. Teams receiving this rating will be ineligible to compete until meeting with the Assistant Director, Sport Programs to discuss the incident.

Section Two: Field

A. The Playing Area

1. The total playing area shall be 100 yards in length and 40 yards in width.
2. The end zones shall be 15 yards in length (each), making the field of play 70 yards in length.

Section Three: Equipment

A. Official Disc

1. The disc shall be provided by Sport Programs. No other discs shall be allowed for play.

B. Jerseys

1. Players of opposing teams must wear contrasting colored jerseys.
2. No team members may share jerseys.
3. It is the team captain's responsibility to ensure his team is prepared to play with the correct uniform.

C. Players

1. Cleats of soft or hard rubber shall be allowed, but metal cleats are not permitted.
2. Players who are caught wearing metal cleats will be automatically ejected from the game.
3. Players must remove all jewelry prior to participation, including (but not limited to) piercings, watches, necklaces and bracelets.
4. Protective equipment may be worn by any player at all times. However, it must be worn properly. Padding must cover splints, braces and/or casts.
5. The Sport Programs staff may prohibit the use of any equipment that may perceptibly affect the game, compromise the safety of participants or fans or enhance a player's performance
6. The Sport Programs staff may prohibit the use of any type of protective equipment that presents considerable risk to the safety of other players.
7. Equipment that includes computers, electric components or mechanical devices shall be declared illegal.

RULE TWO: GAMEPLAY, SUBSTITUTIONS

Section One: Gameplay

A. Coin Toss

1. The captain winning the toss shall have a choice of options for the 1st half or shall defer his/her option to the 2nd half. The options for each half shall be:
 - a. To choose whether his/her team will start on offense or defense
 - b. To choose the goal his/her team will defend.
 - c. The captain, not having the 1st choice of options for a half, shall exercise the remaining option.

B. Throw-off

1. A throw-off shall begin play at the beginning of each period and after each score.
2. After a score, the teams shall switch the direction of attack, and the scoring team should throw.
3. During a throw-off, no playing members of either team shall cross the goal line until the disc has been released by the thrower.



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4. A throw-off should only be initiated after both teams signal that they are ready to play.
5. Members of the throwing team are not permitted to touch the disc in the air before a member of the receiving team touches it.
6. If the disc is caught by a player who is inbounds or the disc lands on the field inbounds, the receiving team shall gain possession at that spot.
7. If the throw lands out-of-bounds, the receiving team may:
 - a. Put the disc in play at the point where it went out-of-bounds
 - b. Request another throw-off
8. If the disc falls to the ground after being touched on an attempt to catch by the receiving team, then the disc is turned over to the throwing team.

C. Change of Possession

1. A change of possession (turnover) occurs when:
 - a. A pass is dropped
 - b. A pass hits the ground
 - c. A pass falls out-of-bounds
 - d. A pass is intercepted by the defending team
 - e. A disc is dropped by a thrower
 - f. A thrower fails to throw the disc within a 10-second count

D. Out Of Bounds

1. A disc is considered out of bounds when it first contacts an out of bounds area or contacts anything which is out of bounds.
2. On a reception, the first touch of the receiver must be completely inbounds for play to continue for that team. If the first touch is partially or completely out of bounds, then a change of possession occurs.
3. If momentum carries a receiver who has legally obtained possession of the disc from an inbounds area to the out of bounds area, then the player retains possession of the disc and resumes play from the point where he/she left the playing area.
4. If a change of possession is occurring due to the disc landing out of bounds before being received, then play resumes from the point nearest to where the disc left the playing area with the new thrower starting from that spot.

Section Two: Scoring and Timing

A. Scoring

1. In order to score a goal, the disc must be caught by a receiver who establishes possession of the disc in the end zone.

B. Timing

1. The game will be 30 minutes in duration, divided into two 15 minute halves.
2. No timeouts will be awarded to any team.
3. The clock shall run continuously unless a serious injury occurs.
4. The clock shall be kept by the Sport Programs staff that is present at the field.

C. Overtime

1. During the regular season, games will be allowed to end in a tie.
2. During the playoffs, the following overtime procedures will be used to break the tie:
 - a. Another coin toss will decide who receives the throw-off for the overtime period.
 - b. Teams will proceed under sudden death rules. The first team to score in overtime shall be declared the winner.

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Section Three: Mercy Rule and Forfeits

- A. Mercy Rule
 1. There is no mercy rule in Ultimate Frisbee.
- B. Canceled Game
 1. The score of any canceled game, via forfeit or default, shall be 5-0 in favor of the offended team.
- C. Grace Period
 1. If a team cannot field the number of players required to participate at game time, the opposing captain will be given the choice to either apply the grace period or receive a win by forfeit.
 2. Should a captain choose to apply the grace period, the game clock will start and run for up to 10 minutes. If after 10 minutes a team still cannot field the number of players required to participate, a forfeit is declared.
 3. After the captain has made this choice, it cannot be changed.

Section Four: Substitutions

- A. Substitutions
 1. Substitutions may only be made after a score or to replace an injured player.
 2. Ejected players may not be replaced.

RULE THREE: THROWS, FOULS

Section One: Throwing Regulations

- A. The Thrower
 1. The thrower is expected to establish a pivot foot and cannot change the pivot until the throw is released.
 2. The thrower may pivot in any direction, except for the direction that takes him/her into a marker who has established a legal defensive position.
 3. If the disc is dropped by the thrower without interference, a change of possession occurs.
- B. The Marker
 1. The marker is the one player who is permitted to guard the thrower.
 2. There must be a distance of the diameter of the disc between the thrower and the marker at all times.
 3. The market cannot straddle the feet of the thrower or restrict the thrower's movements with his/her arms.
- C. Stalling
 1. A marker may begin the 10-count once he/she has established a legal guarding position.
 2. The count must be in one-second intervals loud enough for the thrower to hear.
 - a. If the disc is not thrown at the conclusion of the count, then a change of possession occurs.
 3. If the defense switches markers, the count must start over.
- D. The Receiver
 1. After receiving a pass, the receiver must come to a stop and establish his/her pivot foot and proceed as the thrower.
 2. If a pivot foot is not established, an immediate release should be expected from the thrower.
 3. A disc cannot be advanced into the end zone if it was caught outside of the end zone.

Section Two: Fouls

- A. Fouls
 1. All fouls shall result in the offended team gaining possession.

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2. If the thrower is fouled in the act of throwing and the pass is completed, the foul is nullified and play continues.
3. If the marker is fouled in the act of the thrower throwing and the pass is not completed, the foul is nullified and play continues.

RULE FOUR: PROTESTS

Section One: Protests

A. Types

1. Misinterpretation of a rule. The protest must be made before play continues or before the Sport Programs staff leaves the playing area.
2. Illegal player or players. The protest must be made while the players are still in the game and before the Sport Programs staff leaves the playing area.
3. Ineligible player. The protest must be made within 24 hours of the end of the game. The Sport Programs staff will rule on the protest.

B. Procedures

1. Team captains must initiate protests. The Sport Programs staff on site, including the Intramural Sports Officials and Sport Supervisors, will determine the next action to take place.



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