Colorado School of Mines ~ Intramural Sports

Ultimate Frisbee Rules

I. Eligibility
All participants are subject to Intramural Sports Eligibility Rules, which are available in the Intramural Sports Participant Handbook.

II. Game, Players and Equipment
1. This game is self-officiated. The participants will call own fouls.
2. Games shall be 50 minutes in length. After 45 minutes have been played, the IM Supervisor will blow a whistle signaling that there are 5 minutes remaining. Once the 50 minute mark has been reached the game is over. If the score is tied after 50 minutes, the next team to score wins the game.
3. If, at any point during the game, one team should go ahead by 10 points, the losing team will have one possession to score. Should the losing team fail to score, the game will end and be recorded as complete.
4. Teams are allowed two 1-minute timeouts per game.
5. Substitutions may only be made after a score or during an injury timeout.
6. Teams consists of seven (7) players. Teams may start and continue the game with five (5) players. Fourteen (14) players MAX on roster.
7. IM Staff will provide Frisbees for all games.

III. Scoring
1. Each time the offense catches a pass in the defense’s endzone, the offense scores a point. Male and female scores are both worth one point.

IV. Playing the Disc
1. To start the game and after each point, both teams line up on the front of their respective endzone line. The defense throws (“PULLS”) the disc to the offense.
2. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“THROWER”) has ten

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seconds to throw the disc. The defender guarding the thrower ("MARKER") counts out the 10-second stall count.

3. When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

4. No physical contact is allowed between players. Picks & screens are also prohibited.

5. When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

V. Sportsmanship

1. All players are expected to play with good sportsmanship and uphold the spirit of Intramural Sports.

2. Self-Officiate with sportsmanship & class. Please respect your opponent(s) at ALL times and call a fair game to ensure a quality recreational experience for everyone involved.

3. If a game becomes heated and the participants are unable to call fouls properly, the game will be called by the Supervisor and both teams will be eliminated from further play.

4. The Supervisor on duty will rate each team after each contest on sportsmanship.

5. **HAVE FUN!!**