

Ultimate Frisbee Rules

Revised 8/10/23

GENERAL RULES & REGULATIONS

GENERAL INFO

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the areas designated by Intramural Sports staff.
3. Alcoholic beverages, tobacco, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. Official UPA (Ultimate Players Association) rules will be observed with the following Intramural Sports modifications.

EQUIPMENT

1. Players must wear similar colored team jerseys. If teams do not have team jerseys, mesh pullovers will be issued.
2. All jewelry must be removed before participating. If jewelry is discovered during the game, the offender will be removed from the game until the next substitution period.
3. All players must wear close-toed shoes.
4. Rubber cleated shoes will be allowed. No open toe, open heel or hard soled shoes will be allowed. Metal cleats may not be worn.
5. Shorts or pants with pockets, zippers, exposed drawstrings, or anything else deemed unsafe by Intramural Sports personnel may not be worn.
6. Players may not wear hats with hard bills or any other head gear with a protruding knot.
7. Discs will be provided by Intramural Sports. Teams may use their own discs upon mutual agreement.

PLAYERS/SUBSTITUTES

1. Teams will consist of seven (7) players.
2. A minimum of four (4) players is required to begin and continue a game.

3. Teams may substitute an unlimited number of players during stoppages. A team that begins a game shorthanded may add additional players during a stoppage of play.

THE FIELD

1. The field shall be approximately 80 yards long by 33 yards wide with 10 yard end zones.
2. Any area not on the playing field is out of bounds. The boundary lines are considered out of bounds.

THE GAME

1. Games consist of two 20 minute halves with a continuous clock. The clock may be stopped at the supervisor's discretion for injuries and other such occurrences. **If time expires while play is live, the half will be extended until the next point is scored.**
2. Halftime shall be three minutes in length.
3. Each team shall be allowed one 60 second timeout per half. A team must be in possession of the disc to be granted a timeout. Time out requests will also be granted during stoppages of play.
4. The team winning the coin toss shall have the option of throwing, receiving, or defending a goal. Teams shall change sides after each score.
5. During the regular season, games tied at the end of regulation will be recorded as a tie. **In the playoffs, if the score is tied at the end of regulation, the second half will continue until the first point is scored. The team scoring that point will be declared the winner.**
6. All Ultimate Frisbee games will be self-officiated. A supervisor will be present to keep game time and to answer questions regarding rule enforcement or interpretation.

SCORING

1. A team scores a goal when a team member receives a pass in the defense's end zone while contacting the end zone with some part of their body.
2. Mercy rule--if a team is winning by **5 points** or more during the final two minutes, the game will be over.

PASSING, RECEIVING, AND POSSESSION

1. The disc may be advanced in any direction by throwing it to a teammate. The disc may not be handed from teammate to teammate. To legally be passed from one player to another, the disc must be in the air at some point.
2. Players may not run with the disc. A player catching a pass is allowed three momentum steps upon landing.
3. The player in possession of the disc may pivot on one foot.

4. A player may not be in possession of the disc for 10 seconds or longer. The ten second count is administered by the defender. If the count reaches 10, the disc is awarded to the defensive team at that spot.
5. A player must have one foot in bounds while in possession of the disc while attempting a catch near a boundary line.
6. If a player makes a catch where momentum takes them out of bounds, they will next throw the disc from the spot where they went out of bounds. A player may pivot out of bounds, provided that the pivot foot is inbounds.
7. A player may catch their own throw only if it has been touched by another player while in flight.
8. A player may bobble the disc while attempting to make a catch, but may not intentionally tip the disc to his or herself.
9. If the disc is caught simultaneously by two opponents, the possession shall remain with the throwing team.
10. Any incomplete pass results in a change of possession at the spot the disc landed.
11. Any disc being thrown out of bounds results in a change of possession at the spot where the disc left the field of play.

DEFENSE

1. Only one defender may guard the thrower at any one time.
2. The defender may not straddle the pivot foot of the thrower.
3. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.
4. The marker cannot position their arms in such a manner as to restrict the thrower from pivoting.
5. If the defender feels that the thrower is stalling, they shall initiate a ten second count. The thrower must release the disc before the count reaches 10.
6. A defensive player that establishes possession of the disc becomes the new thrower.
7. A defender may not attempt to strip or knock the disc out of the hand of the opponent.
8. The defensive team gains possession wherever the offensive team's pass is incomplete, intercepted, knocked down, or goes out of bounds.
9. If a defender intercepts a pass in their own end zone or if an incomplete pass lands in the defense's own end zone, the defense may either resume play from the spot or move the disc to the goal line and resume play.

FOULS AND VIOLATIONS

1. A foul is any unnecessary or excessive physical contact.
 - a. Fouls by offensive players result in a turnover
 - b. Defensive fouls result in the offense retaining possession.
2. A violation occurs when a player violates the rules in a manner which does not result in physical contact.
 - a. Violations by offensive players result in a turnover
 - b. Defensive violations result in the offense retaining possession.

POSITIONING

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. This is considered a pick and is a violation.
2. When the disc is in the air, players must play the disc, not the opponent.
3. All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent.
4. A player who jumps is entitled to land at the same spot without hindrance by an opponent. They may also land in another spot provided that the spot was not occupied at the time of takeoff and that the direct path between the takeoff and landing spots was not already occupied.