

# ULTIMATE FRISBEE RULES

## PLAYERS & EQUIPMENT

1. Each participant must present a current Texas A&M student or a Rec Membership ID card in order to be eligible to participate. If a participant has lost his/her ID card, a Lost ID letter may be obtained from the Intramural Supervisor desk. **However, you must have some form of picture ID in order to play.**
2. Each team shall consist of seven (7) players. Each team must have a minimum of five (5) players in order to begin a game. **A CoRec team shall consist of at least three (3) females playing at all times.**
3. Discs will be provided for each game.
4. **Shoes:** Athletic shoes are recommended. Sandals, street shoes, combat boots, or hiking boots are not allowed. No player will be allowed to participate in bare feet. **Metal spikes or spikes with metal screws are not allowed!**
5. **Jewelry:** Participants are NOT permitted to wear any visible jewelry. If participants choose to wear jewelry, it must be completely covered BEFORE arriving at the game site, with a band-aid or athletic tape. The Department of Recreational Sports WILL NOT provide band-aids or athletic tape to cover jewelry items. If covered, jewelry must remain flush with the skin and not be protruding out; this is for the protection of all participants. There will be no caps with hard brims, bandanas with hard knots, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

## GAME FORMAT

1. A team must have the minimum number of players to start a game. If there are an insufficient number of players, the team will have 10 minutes to get the minimum number of players to show. Play will start as soon as the team has the minimum number of players present. The minimum number of players to start a game is five.
2. **The Field:** A rectangular field with end zones at both ends. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. (See back page for diagram)
3. **Forfeits:** A forfeit will be declared after the 10 minute wait period. During the 10 minute wait period, a team will be penalized for showing up late. Below are the guidelines for being penalized.
  - **3 minutes:** The team that does not have enough players will start the game down 1-0
  - **5 minutes:** The team that does not have enough players will start the game down 2-0.
  - **7 minutes:** The team that does not have enough players will start the game down 3-0.
  - **10 minutes:** The game will be forfeited with a score of 5-0.
4. A game is over when either:
  - One team scores 11 points
  - One team is winning at the end of the 50-minute time limit.

5. **Sudden Death Overtime:** If the score is tied at the end of the 50-minute regulation period, an untimed sudden death period will be played. The first team to score a goal during this period will be declared the winner.
6. **Timeouts:** Each team has two (2) time outs per game. Time outs will last two minutes. Time outs DO carry over into a sudden death overtime.
7. Initial possession will be determined by flipping the disc between the team captains.
8. Each game is self-officiated. Players are responsible for calling their own fouls. It is up to the players to resolve their own disputes. In most cases, if there is a dispute, the team last in possession will retain possession and the game will resume with a throw in from the sideline nearest the point of interruption. **If there is a dispute that cannot be resolved on the field, play is stopped and the captains must consult the supervisor on duty. The supervisor will then determine a ruling.**
9. **Ultimate Frisbee is a game of fair play, sportsmanship, honesty, and trust. Please respect the calls made by other players and resolve disputes in a sportsmanlike manner.**

## RULES OF THE GAME

1. Each point is started with both teams lining up on their respective end zone line. The team starting off on defense starts the game (or the point) by throwing (“pulling”) the disc down the field to the offense. **\*This happens every time a team scores, as well as at the beginning of the game and the second half.**
2. If the pull lands out of bounds (“brick”), the offense begins with the disc at the brick mark.
3. **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.** The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts the stall count.
4. **Change of Possession:** If a pass is incomplete, dropped, blocked or thrown out of bounds, the defense takes possession and becomes the new offense. If the defense intercepts a pass, they become the new offense and begin their possession from the spot of the interception. **If a turnover occurs in the end zone, the new offense may walk the ball to the end zone line to resume play.**
5. A player standing on a sideline is considered out of bounds.
6. **Scoring:** Each time the offense completes a pass in the defense’s end zone, they are awarded one (1) point. After a score, the teams return to their end zone lines and the team that just scored will execute the pull to the other team.
7. **Substitutions:** Players may only make substitutions after a score, a team timeout, or during an injury timeout.
8. **Fouls:** When a foul disrupts possession, the play resumes from the point of interruption as if the possession was retained.
9. **Contact: There is NO physical contact allowed between players!** Picks and screens are prohibited. A foul occurs when someone makes contact with another player or with the disc while it is in someone’s possession. **A player may not try to hit a disc out of another player’s hand. This is a foul and will result in possession for the opposing team.**

## THE INTRAMURAL STAFF AND CODE OF CONDUCT

1. **Verbal Conduct:** The use of profane language directed to one’s self or another will not be tolerated. Arguing with a staff member or player in an unsportsmanlike manner will not be tolerated. Failure to abide by this rule may result in consequences listed above.
2. **Ejections:** A player ejected from a match shall not participate in that match again. The supervisor may eject a player from the field area if deemed necessary. If ejected from the field area, the player shall leave within two minutes. Failure to do so will result in that team to forfeit the game. An ejected player

is automatically disqualified from ALL intramural contests in all sports until they see the Coordinator for Intramurals.

# The Ultimate Frisbee Field:

