



Updated: 12/21/18

Indoor/Outdoor Ultimate Frisbee Rules 5v5 or 7v7 Intramural Sports

Schedules

League schedules will be posted on the bulletin boards at the Student Activity Center and on imleagues.com

General Procedures

1. All participants must register on imleagues.com and be accepted by the captain 24 hours prior to the game they wish to play. Upon the start of a competition, the IM Sports staff will check all rosters to ensure eligibility. Players who do not appear on a team's roster will be classified as ineligible and will be required to register before being allowed to play.
2. No roster additions will be allowed after the completion of regular season play.
3. Default vs Forfeit - Any team knowing in advance that they will be unable to play a regularly scheduled game has the opportunity to default. If a team defaults, they will receive a loss in the standings, an "Exceptional Sports" sportsmanship rating, and does not count as a forfeit. In order for a team to default, the team captain must contact the Intramural Coordinator in writing by 5:00 p.m. on the day prior to their contest. Otherwise, it is considered a forfeit. If a team forfeits, they will receive a loss in the standings and a "Needs Improvement" sportsmanship rating.
4. Teams must arrive 15 minutes before their scheduled start time to insure that the event runs on schedule. A 10 minute grace period will be allowed before a forfeit is awarded.
5. All players must have their valid LSSU ID card at the appropriate playing area in order to play.
6. Teams must present their LSSU ID's to the Student Activity Center to enter the facility and must present their LSSU ID to the site supervisor to check-in prior to play that night. Community members and alumni must present a photo ID to the site supervisor to check-in prior to play that night
7. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
8. The Sport Supervisor and Intramural Assistant is responsible for recording scores, running clock, and keeping order. The Sport Supervisor has the authority to eject any player for unsportsmanlike behavior (profanity, fighting, and participating in a contest under the influence of alcohol or other drugs, etc.). See Intramural Participant Handbook for more details.

Reporting Scores

1. Final scores and team sportsmanship ratings must be reported to the Sport Supervisor.
2. If you have another game, always check with the Sport Supervisor about return time before you leave the facility. It is our intention to keep games moving.

Equipment

1. Players must remove watches, rings, chains, and all other jewelry that may cause injury.
2. Game discs will be provided by IMs. Warmup equipment is not guaranteed to be available, and it is encouraged that teams bring their own equipment to warm up with.
3. If they so choose, Captains can agree to use their own disc during the captain's pre-game meeting.

PLAYERS:

1. The game will be played between two teams of 5 or 7 players each.
2. A team may begin with a minimum of three players with 5v5 rules and five players with 7v7 rules.
3. 5v5 is an open league with no gender requirement.
4. 7v7 is a corec league. 1 females must be on the field at all times.

GAMES AND TIMING:

1. Each game will begin with a whistle from the referee
2. The captain winning the rock paper scissors match will have the option to start with or defend the play
3. Games consist of two, 20-minute halves. There will be a five-minute halftime. Games will start on the hour. Games use running time throughout. The clock will be stopped only for injuries or for other extraordinary reasons as the official deems necessary. Goals do not stop the clock.
4. Overtime will be played in the playoffs only all regular season matches will end in a tie. Overtime will be a total of 5 minutes long. The clock will stop on all scoring plays, and restart when the team receiving the disc makes contact with the disc after the throw-off. If at the end of overtime the game is still tied, the next team to score will win the match.
5. A throw-off will be made at the beginning of each half, and after every scoring play. A throw off will not be taken until the referee has both of there hands in the air to signify that the teams are ready for the play.
6. Time Outs: Each team is entitled to two, one minute time outs per game. Timeouts can only be taken when the disc leaves the field of play or a goal is scored.

BOUNDARIES:

1. A disc leaving the marked boundaries and/or striking an out of court obstruction shall be deemed a dead ball.
2. A disc hitting any part of the ceiling or object hanging from the ceiling is considered dead and a change of possession will occur.

Penalties:

1. It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided. Contact fouls include picking, blocking, and shoving for position.
2. A foul can only be called by the officials. The call will either be a reset of the count, and/or a turnover. When the official blows the whistle:
 - A. All players must freeze.
 - B. Stall count goes to zero.
 - C. Play resumes after disc is checked.

3. All fouls result in a re-throw, after a "check" of the disc, EXCEPT:
 - A. If a fouled pass is completed, the foul is automatically declined; Play continues.
 - B. On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.
 - C. On defensive fouls the "stall" goes back to zero.
4. A yellow card is a 5 minute penalty to the offending player. The player must stand by the official's table for the duration of the 5 minutes, and their team must play a person down for the duration of the penalty.
5. A red card is ground for immediate dismissal from the field of play, and possibly the facility. A person awarded a red card will not be allowed to play the rest of the current match and the following match. The team of the person awarded the red card must play a person down for the rest of the match.

Rules of Play:

1. Only the captain is allowed to clarify calls made by the referee

I. OFFENSE

1. Definitions:

- A. Thrower: Offensive player in possession of the disc.
- B. Marker: Defensive player that is guarding the thrower.
- C. Receiver: Any offensive player not in possession of the disc.

2. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that they do not cause personal contact in taking such a position.

3. The disc may only be advanced by passing. The disc may be passed in any direction by any player.

- A. The Principle of Verticality: 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 their arms above an opponent. Should contact occur the player restricting the vertical area is responsible.

- B. A player who has jumped is entitled to land at the same spot without hindrance by opponents. They may also land at another spot provided the landing spot was not already occupied at the time of take-off and the direct path between the take-off and landing spot was not already occupied.

- C. If a player is to attempt to grab the disc by leaving their feet in a forward or backward motion, they must land on their feet before any other part of their body. If the player does not do so, this is considered a **DIVE** and is a turnover where the disc lands. Landing on your feet and then tumbling for safety IS acceptable.

- D. If a player is to attempt to grab the disc by **SLIDING** their body on the ground, they must do so in a set down motion (a motion in which at no point are they ever diving, or airborne), and must not come in contact with another player. If the player is found to be in violation of any of these rules, it will be a turnover at the spot of the infraction.

4. The player's first contact with the ground after catching the disc determines whether it is in or out. One foot in bounds (including the line) counts as being in.

5. A player may never run with the disc. Upon catching the disc a player must stop as soon as possible (within 3 steps) and establish a pivot foot. Any further movement is considered traveling. This causes the disc to be returned to the thrower at the point of the infraction and a disc check takes place.

6. In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), possession of the disc is turned over to the defensive team. A player may not catch their own throw, unless tipped by a member of the opposing team.

7. A thrower is allowed 10 seconds to throw the disc, but the stall count cannot begin until the thrower is marked. The marker shall begin a verbal 10-second count (1 to 10). If the disc is not thrown before the 10-second "stall" count is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing. Counting cadence 1...apple...2...apple...3...apple...

8. 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; to do so is a "pick."

When the disc is in the air, players must play the disc, not the opponent.

II. DEFENSE

1. Only one marker is permitted to guard the thrower. The marker can be no closer than the thrower's length to the marker. A thrower can call out "space" and reach their hand out to distant the marker. If the marker re-enters this space, the stall count restarts. Space calls must be made by the thrower.

2. No other defensive player may establish a position within 3 yards (9 feet) of the pivot foot of the thrower, unless they are guarding another offensive player in that area.

3. Should the thrower recognize a double-team situation, they must first calls "double-team" as a warning. If the defensive team continues to double-team, officials will make a call and the stall count will restart.

4. No defensive player may touch (strip) the disc while in the hands of the thrower (excluding the check). In the case of a strip, the stall count ceases until the thrower has regained possession, at which point the count restarts. Play does not stop.

5. A Marker's job is not to catch the disc, but to knock it to the ground in a manner that does not interfere with the bodily motion of the receiver.

A. If a marker and receiver both catch a disc in the air, it is awarded to the receiver.

6. A marker is allowed to swat/catch the disc anytime the disc is air born as long as the marker does not violate the following:

A. If a player is to attempt to grab the disc by leaving his/her feet in a forward or backward motion, they must land on their feet before any other part of their body. If the player does not do so, this is considered a **DIVE** and is a turnover where they disc lands.

B. If a player is to attempt to grab the disc by **SLIDING** his/her body on the ground, they must do so in a set down motion (a motion in which at no point are they ever diving, or air born), and must not come in

contact with another player. If the player is found to be in violation of any of these rules, it will be a turnover at the spot of the infraction.

III. SCORING

1. A goal is scored when an offensive player receives the disc in the defender's end zone. In order for the receiver to be considered in the end zone after gaining possession of the disc, their first point of contact with the ground must be completely in the end zone.
2. A player must be completely in the end zone AND acknowledge that they have scored a goal. If that player plays the disc unknowingly into a turn over, then no goal is awarded.
3. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry them into the end zone after gaining possession, they must carry the disc back to the closest point on the goal line and put the disc into play from there.
4. Each goal is worth one (1) point.
5. The scoring team stays and throws off from the scoring end zone to begin the next play.

IV. TURNOVERS

1. An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.
2. Out of bounds: When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back, walk it to the closest spot on the end line. Player in-bounding disc must have pivot foot on the line. A check is not required.
3. The following actions result in a loss of possession and a check:
 - A. If the marker's count reaches the maximum number;
 - B. If the disc is handed from player to player;
 - C. If the thrower catches their own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.
4. When possession changes in an end zone,
 - A. If you gain possession in the end zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there.
 - B. If you gain possession in the end zone you are attacking, you must walk the disc perpendicularly back to the goal line. Play continues, no "check" is required.
5. To check the disc, the thrower holds the disc and then says **loudly**, "Disc In", followed by tapping the disc on the ground.

SUBSTITUTIONS:

1. Subs can be made only on stops in play.