

UTLIMATE FRISBEE RULES

GENERAL:

- Games are played on the West Field
- Games are played consecutively
- Ultimate is co-ed

TIME:

- Games will be 40 minutes in length or first team to 15.
- Intermission will be taken when a team scores 8 points.
- Clock runs continuously

PARTICIPANTS:

- Only full-time Regis students may participate.
- At least 2 women on the roster.
- 7 players on the field of play at one time.
- 2 women from each time must be on the field of play at all times.
- Teams must wear readily identifiable jerseys or wear intramural pennies.
- Everyone must wear appropriate shoes. **NO BARE FEET ARE ALLOWED**

PULL (START OF THE GAME):

- To begin play the ultimate players from each team line up on their end zones and the defensive team pulls (throws) the disc to the other team as a “kick-off.”
- Pulls are long throws , and they are thrown in efforts of giving the offense team poor field position and a chance for the defensive team to get down field soon enough to stop advances
- The pull is started by a member of the defending team raising one arm with the disc to show that they are ready to begin play
- The team that pulls is decided by a coin toss or a disc toss
- If the throw-off lands out of bounds the receiving team makes a choice of:
 - a. Putting the disc into play where it crossed the line
 - b. Putting the disc into play in the center of the field where the disc crossed out-of-bounds

MOVEMENT OF THE ULTIMATE DISC

- The disc may be moved in any direction by completing a pass to a teammate

- After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot
- A “Greatest” rule occurs when a player jumps from within bounds to catch a disc that has passed out-of-bounds. The player must then throw the disc back into play before their feet or any part of their body touches the ground
- The thrower may only catch their own throw if another player touches it in the air
- Upon receiving a disc, a player has 10 sec to pass it when being guarded.

SCORING:

- A point is scored when a player catches a pass in the end zone that is being attacked.
- After a point is scored the teams exchange ends (Loser’s walk)
- Play is re-initiated with a pull by the scoring team

CHANGE OF POSSESSION:

- Initial possession is determined by a coin toss or disc toss
- Incomplete passes result in change of possession. Possession begins where disc comes to a stop on the field of play, or where it traveled out of bounds
- Play does not stop because of a turnover

REASONS FOR TURNOVERS

- **THROW-AWAY:** the thrower misses his/her target and the disc falls to the ground
- **DROP:** the receiver is not able to catch the disc
- **BLOCK:** a defender deflects the disc in mid-flight, causing it to hit the ground
- **INTERCEPTION:** a defender catches a disc thrown by the offense
- **OUT OF BOUNDS:** the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field
- **STALL:** a player on offense does not release the disc before the defender has counted out 10 seconds

STOPPAGE OF PLAY:

PLAY MAY STOP FOR THE FOLLOWING REASONS

FOULS:

- Contact between players that disrupts the play

VIOLATIONS:

- Traveling
- Double teaming
- Picking

TIME OUTS AND HALF-TIME

- Each team is allowed two 30 sec time-outs per game.

SUBSTITUTIONS

- Made after a point is scored, or after an injury time out