

# TARLETON STATE UNIVERSITY

## INTRAMURAL SPORTS

### Ultimate Frisbee Rules

#### A **THE TEAM:**

- A. As a team manager it is your responsibility to notify all of your team members of all policies and procedures relating to Intramural frisbee. Notify all team members of place, date and time of the contest and see that everyone is ready to play at the scheduled game time. It is suggested that team members show up at least 15 minutes prior to their scheduled game time. **Game Time is Forfeit Time... No Excuses!**
- B. Each participant must be currently enrolled at Tarleton and provide a current, **valid Tarleton ID card** in order to play. Players must have cards at every game in order to play. **No Exceptions** will be made.
- C. All team members must sign a Roster/ Waiver at the Vance Terrell Complex Intramural Office on their game night prior to competing.
- D. **Team Roster:** Will be limited to 20 players. Teams may add to roster throughout the season at the Vance Terrell Complex Intramural Office during their game night. The deadline to add to a roster is prior to completion of the teams' final game. Upon completion of the teams' final game all rosters will be frozen.
- E. **Faculty/Staff Participation:** Only 1 faculty/staff member is allowed on men's and women's teams. Only 1 each male and female are allowed on Co-Rec teams.
- F. **Participation:** Players are only allowed to compete on 1 man's/women's and 1 Co-Rec team per season. The only exception to this rule is within the Residence Hall Division, persons competing in this division may still play on another team. The RH Division is a separate league designed specifically for people that live in residence halls. Any player who plays on more than 1 team within a division will be declared ineligible for all intramural sports for the rest of the academic year. The games in which he/she played will be declared forfeits.

#### B **Players:**

- a. The game shall be played between two teams of no more than seven players each for mens/woman's league. Eight players are allowed for C0-Rec. A minimum of five players is required in Men's/Women's divisions to play and 6 for Co-Rec. In Co-Rec., there must be 4 males and 4 females if eight are present. 4 males and 3 females or 4 females and 3 males if only seven are present. 3 males and 3 females if six are present.
- b. **Blood Rule:** If there is any blood present on a player or his/her uniform he/she must leave the game until the situation has been resolved. Once the situation has been resolved the player may re-enter the game.
- c. **Ejection:** If an official removes a player from a game, he/she will not be eligible to participate in any intramural event until they have met with the Assistant Director. Ejected players are required to leave the facility for the remainder of the night. It is the responsibility of the ejected player to contact the Assistant Director the following day to set up a meeting. (254.968.0761 / 254.968.9912)

#### C **TEAM ROSTER:**

- A. Players must be listed on the roster in order to play. Additions to the roster can be made on your teams' scheduled game night; Rosters will be frozen after on the last night of league play.
- B. A player may not change teams once he/she has played for a team. Any student caught playing for more than one team will forfeit all eligibility to participate in intramural events for the remainder of the calendar year. The offending team will forfeit all games in which this individual participated.

#### D **UNIFORMS:**

- A. Players may wear regular football/soccer cleats. No open toed shoes or boots. **METAL SPIKES ARE NOT ALLOWED.**

- B. Teams must wear same colored jerseys with a visible number on the back.
- C. No jewelry, caps, or bandannas can be worn.

***E TIMING THE GAME:***

Playing time shall be two 20 minute halves with a running clock. Halftime will be 3 minutes in duration. The clock shall run continually except for a time out, score, and injury. The clock stops after every goal, at the end of each period of play, for time-outs, injuries, and on every whistle that lasts two minutes of the game. The clock starts when the Frisbee is thrown in or when both teams are ready to resume, and play continues at the location of the Frisbee when the play stopped.

Each team is permitted two time-outs per half and one overtime period, each lasting one minute. Time-out may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the Frisbee in order to call a time-out during play.

In the event of a tie at the end of regulation time, there will be an overtime period lasting five minutes. The captains flip a coin to determine which team will throw-off. If there is no winner at the end of overtime, overtimes are continued until the tie is broken at the end of one.

Each team is permitted 2 timeout per half 60 seconds in duration and 1 timeout during overtime play. Timeouts do not carry over from half to half or to overtime periods.

***F THE GAME:***

- A. The field measures 100 yards in length, end line to end line, and 40 yards in width.
- B. If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the Frisbee. In order to be considered in-bounds, a player must land with both feet touching the inside or on the boundary line. Should the Frisbee land outside the lateral boundary, it is returned to play on the main field at the point where the Frisbee went out of bounds. The player throwing the Frisbee in-bounds must have one foot on the line.
- C. On the throw-off, all players shall be in their team's end zone.
- D. The Frisbee is out of bounds when it has completely crossed a sideline, whether on the ground or in the air.
- E. Play begins with the throw-off. The captains of the two teams flip a coin to determine which team will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the Frisbee is released. The receiving team must stand on their own goal line without changing relative position.
- F. A player on the goal lone throws the Frisbee towards the other team. As soon as the Frisbee is released, all players may cross the goal lines. No player on the throwing team may touch the Frisbee in the air before it is touched by a member of the receiving team.
- G. The receiving team may catch the Frisbee or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the Frisbee and fails to catch it, the team which threw-off gains possession of the Frisbee where it is stopped. If the Frisbee is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.
- H. If the Frisbee goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of: 1) gaining possession at the point the Frisbee went out-of-bounds, or 2) having the Frisbee throw-off again. If the Frisbee goes out-of-bounds after crossing the goal line, the receiving team gains possession on the goal line at the nearest corner.

- I. Each time a goal is scored, the teams switch direction of their attack, and the team, which scored throw-off on the signal of the receiving.

**G**     ***Play:***

- a. The team, which has possession of the Frisbee, must attempt to move the Frisbee into position so that they may score a goal. A player may propel the Frisbee in any way he wishes. The Frisbee may never be handed from player to player. In order for the Frisbee to go from one player to another, it must at some time be in the air.
- b. No player may walk, run, or take steps while in possession of the Frisbee. The momentum of the receiver, however, must be taken into consideration. Should a player takes steps obviously not required to stop, play stops, he returns to the point where he gained possession, and play resumes when both teams are ready.
- c. The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. Only one player may guard the person in possession of the Frisbee and must be two yards away from the thrower. The Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his hand.
- d. The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. A rolling or sliding Frisbee may be stopped by any player, but may not be advanced in any direction. After the Frisbee is stopped, no defensive player may touch it. Possession is gained at the point where the Frisbee is stopped. Any member of the team gaining possession of the Frisbee may throw it.
- e. A player may catch his throw only if the Frisbee has been touched by another player during its flight. Bobbing to gain control is permitted, but tipping to one's self is not allowed.

**H**     ***ENDZONES:***

- a) Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the Frisbee is stopped, or at the goal line. A player may carry the Frisbee up to the goal line provided that he approaches it perpendicularly. The player may not pass the Frisbee as he approaches the goal line. If a team gains possession in the end zone, which it is attacking, the Frisbee is carried perpendicularly to the goal line, and play resumes immediately from the goal line.

**I**     ***FOULS***

- a) A throwing foul is called only by the player fouled. It is defined as any physical contact between offensive and defensive player sufficient to deter the flight of the Frisbee. Contact occurring during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined, and play proceeds without stopping.
- b) A foul is also called when physical contact occurs as a result of the offensive or defensive players playing the man instead of the Frisbee. This includes pushing, grabbing, kicking, clipping, holding, submarining, etc.

- c) When a player is fouled, play stops, player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.
- d) A stalling violation occurs when a player guarded by another player holds onto the Frisbee for ten seconds. If the Frisbee has not been released at the end of the count it is turned over to the defense at that point.

**J**     **SCORING:**

- a) A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scores receives one point.

**K**     **SUBSTITUTIONS:**

- a) Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play

**L**     **CLARIFYING STATEMENTS:**

- a. There are not scrimmage lines or offsides in Ultimate Frisbee. The Frisbee may be passed in any direction—forward, to the sides or backwards.
- b. Any time the Frisbee goes out of bounds or touches the ground there is an immediate change of possession at designated spot.
- c. On defensive fouls, the official will record the foul then put the Frisbee back in play.
- d. On the 7<sup>th</sup> defensive foul of each half, the Frisbee will be automatically advanced to the defensive goal line. In the event that time has expired, one additional possession will be awarded to the offended team.
- e. Fouls by the offense will result in loss of possession.

**M**     **OVERTIME**

In the event of a tie at the end of regulation time, there will be an overtime period lasting five minutes. The captains flip a coin to determine which team will throw-off. If there is no winner at the end of overtime, overtimes are continued until the tie is broken at the end of one.

Each team is permitted 2 timeout per half 60 seconds in duration and 1 timeout during overtime play. Timeouts do not carry over from half to half or to overtime periods.

**N**     **DISCIPLINARY ACTIONS:**

*An official cannot successfully perform their duties if a player or spectator is constantly exhibiting unsportsmanlike conduct. The following actions could result in an ejection:*

- A. Persistently addressing the officials in regard to decisions.
- B. Making derogatory remarks towards the officials.

- C. Committing acts which are derogatory to officials or which tend to influence their decisions.
- D. Making personal or derogatory comments about or to an opponent.
- E. Disruptive coaching during the game from anyone outside the court.
- F. Fighting.
- G. Cussing.

**O**      ***ACCIDENTS AND INJURIES***

*Participation in the Intramural program is voluntary and at the participants own risk. Tarleton State University and the Recreation Sports Department do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during Intramural participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any intramural event.*

**P**      ***IM STAFF CONTACT INFORMATION:***

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***\*IM Weather Hotline:*** (254.968.0764) In the event that inclement weather should occur that could affect the play of indoor sports (ice/snow) please call the 254.968.0764 for updated information regarding the status of games.