Ultimate Frisbee Tournament Rules

The following is a summary of rules and regulations for Intramural Ultimate Frisbee. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the USA Ultimate rulebook. Some alterations may have been made specifically for WWU Campus Recreation. A complete list of our policies and procedures can be found in the Intramural Sport Participant Handbook. Questions can be directed to the Intramural Sports Office during normal business hours at intramurals@wwu.edu.

All participants must have their physical WWU ID in order to participate in any and all Intramural Sports. Please read the Intramural Participant Handbook for more participation policies.

Facility

All Intramural Ultimate Frisbee games are played outside the Wade King Recreation Center on the track field. Your game schedule on IMLeague will indicate which playing surface you will be playing on. Should you need assistance locating your game, please ask the on-duty building staff at the Wade King turnstile entrance. The address for the Wade King Recreation Center is: 1880 Bill McDonald Pkwy, Bellingham, WA 98225

Teams

No Intramural Ultimate Frisbee team can have more than 3 players that are on a sport club roster on their intramural roster. They also cannot have any players who are on the varsity roster for that specific sport. Please read the Intramural Participant Handbook for more participation policies.

Open

Teams consist of 7 players with a minimum of 5 required to start the game. A team can have a maximum of 14 players on their roster. There are no gender requirements for open games, all are welcome to participate together!
**Equipment**

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Intramural Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Exposed metal
- Hard plastic braces or casts
- Non-closed toed or non-athletic shoes
- Jeans or other non-athletic apparel
- Anything Intramural Staff deems dangerous

**Gameplay**

**The Field**
- The field is a rectangular shape with end zones at each end. The field will be 80 yards long, one side starting at the goal line and running to the opposite 20 yard line.
- The end zone will be 10 yards in from each of the end lines.

**Equipment**
- A regulation Frisbee shall be provided by the Campus Recreation Office or another Frisbee may be used if mutually agreed upon by both teams.

**Players/Game**
- A full team shall consist of seven players and substitutes. A team must start and finish the game with at least five players.
- If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 5 minutes to secure the correct number before the game is declared a forfeit.
- The game will consist of two 10 minute halves, with a 5 minute half time. Time is continuous for each half, except when there is an injury time-out or a team calls a time-out.
- Before the game, the teams will conduct a coin toss. The team winning the toss may elect to receive the Frisbee first or choice of which side to defend first.
- Club Sport Players: Only one (1) Sport Club member can be on a team’s roster.
- Any player visibly bleeding must leave the field and may return with the referee’s permission after the wound is cleaned and bandaged; clothing must be changed if blood is visible/present before the player may reenter the game.

**The Game Procedures**
- Time outs and Substitutions
  - Each team is allotted one timeout per half. There will be NO time-outs in overtime.
  - Time outs will be one minute long.
  - Substitutions may only occur after a team has scored and before the pull of the Frisbee.
- Out of Bounds/The Playing Area
  - The Perimeter lines themselves are out of bounds.
  - If a player makes a catch in bounds and momentum then carries him/her out of bounds, the player is considered in bounds (to continue play, the player carries the disc to the point where she/he went out of bounds and puts the disc into play at that point).
- Throwing the Frisbee (Pull)
  - Play starts at the beginning of each half and after each goal with a “pull”; a player on the pulling team throws the disc toward the opposite goal line to begin play.
  - Each time a goal is scored, the teams switch their direction of attach and the team that scored pulls to the opposing team.

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○ On a pull, players must remain in their zone (not cross the goal line) until the disc is released.
○ A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
○ After the disc is released, all players may move in any direction.
○ No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
○ If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
○ If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops if in bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out of bounds line.
○ If the pull lands out of bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out of bounds line.

● Turnovers
○ If a pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, and intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
○ The marker’s count reaches the maximum number (10) before the throw is released
○ When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
○ To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out of bounds line.

● The Thrower
○ Any member of the offensive team may take possession of the disc.
○ The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
○ The thrower may pivot in any direction, but once the marker has established a legal defensive position the thrower may not pivot into him/her.

● The Marker
○ Only one player may guard the thrower at any one time; that player is the “marker”.
○ The marker may not straddle the pivot foot of the thrower.
○ There must be at least one disc’s diameter between the bodies of the thrower and the marker at all times.
○ The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
○ Stall count: The period of time within which a thrower must release a throw.
    ■ A player in possession of the disc has 10 seconds to release a throw.
    ■ The marker must be within 10 feet of the person with the disc before beginning the stall count.
    ■ The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. stalling, one, two, three…).
    ■ If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8”.
    ■ If the defense switches markers, the new marker must restart the count at one.

● The Receiver
○ After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
○ An exception to this is if the receiver catches the disc while running, he/she may throw a pass without coming to a stop, but only so long as they release the disc before the third ground contact after catching the disc.
○ If offensive and defensive players catch the disc simultaneously, the offensive retains possession.

● Foul and Violations

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A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules.

An infraction occurs when the offending player loudly calls the infraction (e.g. “Travel”, “Foul”, etc.)

A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that he/she did not commit the infraction.

After a call, play stops and players remain stationary until the parties involved have resolved the call.

If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. (e.g. 1) If a thrower was fouled while throwing the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred).

If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position he/she occupied when the disputed infraction allegedly occurred.

Other infractions also include:

- Foul: Contact between opposing players.
- Fast Count: When the marker counts at intervals of less than one second.
- Double team: When more than one defensive player is guarding the thrower with 10 feet.
- Disc Space: If the marker touches or is less than one disc diameter away from the thrower.
- Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: When a defensive player knocks the disc out of a thrower’s hands.
- Pick: Obstructing the movement of a player on the opposing team.

Positioning

- Each player is entitled to occupy any position on the field not occupied by another player.
- 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.
- Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point to take off without hindrance by opponents.

Injury and Blood Rule

Campus Recreation does not provide accident insurance coverage for injuries received by Intramural Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. Campus Rec Intramural Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

*Intramural sports staff has the right to withhold a player from play*

Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after an Intramural Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated...
with their team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Intramural Sports staff present will assign each team a Sportsmanship rating based on a grading scale of “1-5”. These assignments are nonnegotiable and will not be changed after being entered into IMLeagues.

5 pts- Above and Beyond Conduct and Sportsmanship: Players work to create a fun, inclusive, and welcoming space for everyone on the field/court. They keep a positive attitude and ensure their pace is clean after their game. These teams embody what Intramural Sports strives to be through good sportsmanship and friendly competition. They show no descent towards any of the intramural sports staff or participants and go above and beyond what is asked of teams.

4 pts- Good Conduct and Sportsmanship: Players cooperate fully with the officials and Intramural Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Intramural Sports staff.

*Teams who default will receive a 4-sportsmanship rating

3 pts- Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissention. Team members show minor disrespect to someone involved in the contest.

2 pts- Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

1 pts- Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team’s actions.

0 pts- Very Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

*Teams who no show

*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during an intramural sports game will be removed from the game. Please see the ejection process outlined in the Intramural Sport Participant Handbook to review the process of returning to play.

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