

UNIVERSITY OF MASSACHUSETTS
INTRAMURAL SPORTS

**MEN'S, WOMEN'S & CO-REC
ULTIMATE FRISBEE PROCEDURES**

- **Each player must present his/her UMass UCard to participate in each and every intramural ultimate frisbee game.**
- The *Civility/Sportsmanship Rating System* is in effect for this intramural activity.
- The *Rules Governing Intramural Competition* will be strictly enforced. We strongly encourage every team captain to become thoroughly familiar with the *Rules Governing Intramural Competition*.
- Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.
- Players may be added or deleted by the captain(s) throughout league/pool play. Once league/pool play is concluded, team rosters are frozen. Each player must be on the team's roster prior to playing. Only the captain may add or delete a player from the team roster. A player not on the team roster who is listed on the game scoresheet is considered an illegal player.
- Teams not represented at the captains meeting will not be scheduled in the tournament.
- Awards are presented to twelve (12) members of the campus championship team.
- If a team fails to have the minimum number of players present at the scheduled location **within 5 minutes** of the scheduled time, the game will be declared forfeited to the team ready to play.
- Forfeits: Teams forfeiting will be withdrawn from the tournament.
- In case of **INCLEMENT WEATHER**, the team captain is **RESPONSIBLE** for contacting the Campus Recreation office (545-2693) for tournament game schedule information.

GOOD LUCK and enjoy the *ultimate frisbee* tournament!

MEN'S, WOMEN'S & CO-REC ULTIMATE FRISBEE RULES & PROCEDURES

I. GENERAL

- A. Ultimate Frisbee has traditionally been considered an alternative athletic activity. Highly competitive play is encouraged but never at the expense of the bond of mutual respect between players and the basic joy of play. Protection of these vital elements eliminates some behavior from the Ultimate field of play. Such actions as taunting of opposition players, dangerous aggression, intentional fouling or other “win at all costs” behaviors are fouls against the spirit of the game and should be discouraged by all players.
- B. The object of Ultimate is to gain points by scoring goals. The disc may only be passed and a goal scored when a player successfully passes the disc to a teammate in the end zone, which that team is attacking. The team with the most points at the end of the game is declared the winner.
- C. There are neither scrimmage lines nor officials in Ultimate. The disc may be passed in any direction: forward, backward, or lateral. The term “when both teams are ready” implies that a defensive team member will hold the disc until their team is ready and then hand the disc to the offensive thrower. It should be common practice that the offensive team members halt their movement until the disc is given to the thrower. This practice comes into effect on fouls and out-of-bounds plays.
- D. The disc may fly out-of-bounds and return to the playing field; the defense may attempt to knock the disc down when the disc is out-of-bounds.

II. TEAM

- A. A team shall consist of seven (7) players per team.
 - 1. A game cannot begin without at least five (5) players per team. If, at any time during the game, at team does not maintain the minimum number of players, that team shall forfeit the game regardless of the score. Additional players may enter the game upon arrival whenever play is dead.
 - 2. *For co-rec divisions/leagues, each team must have at least two women on the field at all times during play. For mixed divisions/leagues, any combination of males/females is permitted.*
 - 3. Members of the University of Massachusetts Men's or Women's Frisbee/Ultime Sports Club are **not** eligible to participate in this activity.

III. EQUIPMENT

- A. The Intramural Program will supply an approved disc. Teams may substitute another disc if both captains agree prior to the start of play.
- B. Metal-cleated shoes are prohibited! All jewelry, including earrings, bracelets, rings, etc. are prohibited and must be removed. Medical emergency bracelets may be worn but must be covered and taped to the body.
- C. All participants **must** wear ‘athletic’ shoes throughout their games. No player is allowed to go barefoot or wear sandals (flip-flops or otherwise), boots, etc.

IV. FIELD OF PLAY

- A. The field of play is approximately 115 total yards in length and 55 yards in width. End zones are approximately 20 yards deep.

V. **PLAY**

- A. The team having possession of the disc must attempt to move the disc into position so that they may score a goal.
 - 1. A player may propel the disc in any way she/he wishes.
 - 2. A disc may never be handed from player to player. In a legal pass, the disc must be in the air for some period of time.
- B. No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop him/herself, a foul is called. While in possession of the disc, a player may pivot on one foot but may not change the pivot foot.
- C. Only one player may guard the person in possession of the disc.
- D. A player may catch his/her own throw only if another player has touched the disc during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.
- E. The disc may not be wrenched from the hands of an opposing player or knocked from his/her hands.
- F. The defensive team gains possession of the disc whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out of bounds. A turnover results if the thrower without interference by a defender drops the disc. The offense retains possession if opposing players simultaneously catch the disc.
- G. A rolling or sliding disc may be stopped by any player but may not be advanced in any direction. Possession is gained at the point the disc is stopped. Any member of the team gaining possession may throw the disc.
- H. The offensive team shall not attempt a pass until the defensive team has been given *reasonable time* to get set for the play. No player or team shall unreasonably delay the game.
- I. The disc may fly out of bounds and return to the playing field. The defense may attempt to knock down the disc while it is out of bounds. If a pass is completed outside the lateral boundary (sideline), it is considered incomplete and the defensive team gains possession. In order to be considered inbounds, a player must land with both feet inside the lateral boundary line (the sideline is out of bounds). If the disc lands outside the lateral boundary line, it is returned to the main playing area at the spot nearest to where it went out of bounds. The player throwing the disc inbounds **MUST** have his/her pivot foot on the line.

VI. **THE GAME**

A. Scoring

- 1. A goal is scored when an offensive player receives a pass from a teammate and lands in-bounds with any part of one foot. The goal line is not considered part of the end zone. A player in possession may not score by running into the end zone. Each score is worth one (1) point.

B. Substitutions

- 1. May be made only:
 - a. after a goal and before the ensuing throw-off
 - b. to replace an injured player
 - c. after periods of play
 - d. during a timeout.

C. Duration of Play

1. Playing time shall be forty (40) minutes divided into two 20-minute halves of running time. The clock starts on the throw-off when the receiving team touches the disc.
 - a. There shall be a two (2) minute intermission after the first half of play.
 - b. The clock is stopped for injuries and timeouts.
2. The first team to score 15 points while winning by at least 2 points will be the winner. Alternatively, the first team to score 21 points first will be declared the winner. The team leading as time expires, regardless of score, will be declared the winner.

D. Tie Games

1. *League/Pool Play*
 - a. one (1) five-minute overtime period; a coin toss shall be used to determine which team will throw-off. If the game is tied after the overtime period, the game shall be declared a tie.
2. *Championship Play*
 - a. one (1) five-minute overtime period; a coin toss shall be used to determine which team will throw-off.
 - b. If the game is tied after the overtime period, a second five minute overtime period shall be played. Additional overtime periods of five (5) minutes duration will be used to break a tie.
 - c. Each team is permitted one (1) timeout per overtime period. Each overtime period begins with a coin toss to determine which team will throw-off.

E. Timeouts

1. Each team is permitted two (2) timeouts of two (2) minutes duration per half.
2. A timeout may be called after a score and before the ensuing throw-off and at any time by the team in possession of the disc.

F. Throw-Offs

1. Play begins with a throw-off. A coin toss will be used to determine which team will throw or receive or defend a goal. The team not throwing-off in the first half shall throw-off to begin the second half.
2. All players must be on or behind their own goal line until the disc is released. Both teams must stand on their own goal line without changing relative position.
3. Upon release of the disc, players may cross their goal line. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.
4. The receiving team may catch the disc or allow it to fall untouched to the ground. If a player on the receiving team successfully catches the disc, he/she has possession at that spot. If the disc is allowed to fall untouched to the ground, the receiving team gains possession at the spot on the ground where the disc stops.
5. If the receiving team touches the disc but fails to gain possession, the throwing-off team gains possession of the disc at the spot on the ground where the disc stops.
6. If the disc goes out of bounds (endline or sideline), the receiving team has the choice:
 - a. to have the disc thrown-off again
 - b. to gain possession at the spot nearest to where the disc went out of

- c. bounds
to take possession on the goal line at the nearest corner if the disc goes out of bounds **after crossing the goal line.**

G. **End zone Play**

1. Any time a team gains possession of the disc in their defensive end zone, the player immediately chooses to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line provided he/she moves perpendicularly. The player may not pass the disc during the approach to the goal line.
2. If a team **gains possession** in the opponent's end zone, the disc is carried perpendicularly to the goal line and play resume immediately from the goal line.

H. Officiating

1. No officials are used in Ultimate Frisbee. The two teams play by the honor system and the person who has been fouled has the first say.

I. Fouls and Violations

1. Any physical contact during the throw is a foul against the defender. Only the player fouled calls a throwing foul. If a pass is completed, the foul is automatically declined and plays proceed. Once a player calls "foul," play stops and the player gains possession at the spot of the infraction.
2. The thrower may not push the defensive player. Incidental contact during the follow through is not sufficient grounds for a foul. A foul called on an offensive player result in a turnover at the spot nearest the infraction.
3. Players must play the disc, not an opponent. Movement that impedes the progress of an opponent without any attempt to play the disc is a foul.
4. For a momentum or pivoting foul, play stops if the pass is incomplete and a turnover results at the spot nearest the infraction; if a pass is complete, the thrower retains possession.
5. A stalling violation occurs when a player guarding the thrower calls aloud "stalling" and counts aloud for 10 seconds. If the disc has not been released at the end of the count, a turnover results.
6. "Stalling the Disc" is allowed. This occurs when offensive and defensive players are both at the disc, but the offensive player hasn't picked up the disc because he/she is waiting for a teammate to 'get open'. **Defensive players are not allowed to straddle the pivot foot of the thrower while 'stalling'.**

7. Summary for Contesting Fouls:

Foul is agreed upon:	disc @ spot of foul
Foul is disagreed upon:	disc @ spot of throw
Foul in goal area:	disc @ middle of goal line
Offensive foul:	disc turned over to defensive team

GOOD LUCK AND ENJOY THE ULTIMATE FRISBEE TOURNAMENT!