

ULTIMATE FRISBEE RULES

- Teams are responsible for all information given at the team manager's meeting and in the Intramural Handbook.
- Intramural Ultimate Frisbee is governed by NIRSA rules except for adjustments as noted below.

RULES:

1. Two teams of 6 players each shall play the game. A team may play with 4 players.
2. Each game will consist of two 10-minute halves with running clock.
3. Players are responsible for their own fouls and line calls.
4. 2 time-outs per game; one minute in duration.
5. Substitute after a score or during an injury timeout.
6. A coin toss will determine which team will have the initial throw off.
7. After a goal teams switch their direction of attack.
8. The disc may be advanced in any direction by completing a pass to a teammate.
9. The disc holder has 10 seconds to release disc. The defender counts the stall count aloud.
10. Change of possession occurs when a pass is not completed.
11. When a player initiates contact on another player a foul occurs. When a foul occurs play will resume with the possession retained. If the players do not agree on a foul the play will be redone.
12. A player must maintain possession of the disc with both feet in bounds
13. NON-CONTACT SPORT – no physical contact is allowed between players. Picks and screens are also prohibited. Must have an arm length distance.
14. NO running (momentum) into end-zone, must pass into end-zone.
15. NO JEWELRY! Medical alert bracelets and religious jewelry must also be taped to the skin.
16. NO TAPE PROVIDED!
17. "NO MOUTH" Rule
18. Unsportsmanlike conduct will not be tolerated.

ELIGIBILITY:

Individuals may play on only one team.

LOCATION:

All Intramural Ultimate Frisbee games are played in the Lantz Fieldhouse unless noted otherwise.

EQUIPMENT:

Intramural Sports will provide the Frisbee. No player shall wear equipment that is dangerous to other players.