

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. NO running into end zone. Momentum only.
13. Teams MUST have a cumulative Sportsmanship Rating of 3.0 or better after regular season to be eligible for playoffs.
14. NO JEWELRY! Medic alert bracelets and religious jewelry must also be taped to the skin.
15. "NO MOUTH" Rule
16. 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.