

**University of Oregon
Intramural Sports**

Ultimate Frisbee Rules

The Game

1. 2 teams of 7 players
2. Minimum to start is 5 players
3. COED must maintain a 4:3 ratio in favor of either gender (Ex: no gender can have more than 4 on the field at one time. Failure to do so will result in a forfeit.
4. Two 20-minute halves with a 5 minute halftime.
5. Teams will have a 5 minute grace period from game time to get required players there.

Eligibility

1. Current U of O students, faculty and staff, spouses of students/faculty/staff members.
2. Every player should be on the roster by 8:00am the day of your game, or 8:00am Friday if your team plays on Sundays.
3. Players must bring a valid UO ID to each game.
4. NO ID = NO PLAY, no exceptions!
5. Players can only play on one co-ed and one gender specific team at the same time.
6. Teams may have one Club Ultimate Player on any respective team.
7. Varsity Ultimate players are not eligible to participate in their respective or alike intramural sport, activity or event until a period of one year has passed following completion of all activities for the Department of Athletics. After the period has passed, former intercollegiate athletes must participate at the highest level of competition offered in their respective sport.
8. Professional athletes, current or former, may not participate in their respective or alike sport, activity or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team and/or compensated for trying out for a team.

Equipment

1. Proper footwear and attire is mandatory.
2. Any articles that may endanger other players are not permitted (i.e. jewelry, plaster casts, etc.)
3. Eye glasses are NOT permitted unless shatterproof; Contact lenses or protective goggles are highly recommended.

Playing Field

1. If a pass is completed outside the lateral boundary, it is considered incomplete, and the defensive team gains possession of the disc.
2. In order to be considered in-bounds, a player must land both feet inside the lateral boundary line.
3. Should the disc land outside the lateral boundary, it is returned to play on the main playing field at the point where the disc went out of bounds.
4. The player throwing the disc in-bounds must have his/her pivot foot on the line.

Time Outs

1. Each team is permitted two time-outs per game, each lasting one minute.
2. Time-outs may be called by either team after a goal and before the ensuing throw-off.
3. A team must be in possession of the disc in order to call time-out during play.
4. A time-out called in the last five minutes stops the clock.

Throw Off

1. Play begins with the throw-off. The captains of the two teams flip a disc to determine which team will throw or receive, or choice of goal.
2. All players must be on or behind their own goal line until the disc is released.

3. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.
4. The receiving team may catch the disc or allow it to fall untouched to the ground. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession on the disc where it stopped.
5. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.
6. If the disc goes out-of-bounds, the receiving team makes the immediate decision of:
 - 1) having the disc thrown off again;
 - 2) gaining possession at the point the disc went out-of-bounds; or
 - 3) if the disc goes out of bounds after crossing the goal line, the receiving team may elect to take possession on the goal line at the nearest corner.
7. In situations 2 and 3, the receiving team may elect to take possession from the middle of the field at the point where the disc went out of bounds.
8. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

Endzones

1. Any time a team gains possession in the endzone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at a goal line.
2. A player may carry the disc up to the goal line, provided that he/she approaches it perpendicularly.
3. The player may not pass the disc during the approach to the goal line. If a team gains possession in the endzone which it is attacking, a goal is scored.

The Play

1. The team which has possession of the disc must attempt to move the disc into position so that they may score a goal.
2. A player may propel the disc in any way he/she wishes.
3. The disc may never be handed from player to player.
4. In order for the disc to go from one player to another, it must at some time be in the air.
5. 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, a foul is called.
6. The player in possession may pivot on one foot, as in basketball. The thrower may not change the pivot foot. If the thrower changes the pivot foot, a foul is called.
7. Only one player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand.
8. A turnover results if the disc is dropped by the thrower without interference by a defender. If the disc is simultaneously caught, offense retains possession.
9. The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds.
10. 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 where the disc is stopped.
11. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not.
12. Players may only hold the frisbee for a count of ten. Defender begins count once they begin the actual guarding. Change of possession at that spot if the frisbee is not released when the defender reaches ten.

Substitutions

1. Substitutions can be made: after a goal and prior to the ensuing throw-off, before the beginning of a period, or to replace an injured player.
2. An ejected player may not be replaced.

Fouls

1. A throwing foul is called only by the player fouled.

2. Any physical contact during the throw is a foul against the defender. The thrower may not push the player defending. Contact that occurs during the follow-through is not sufficient grounds for a foul.
3. If the pass is completed, the foul is automatically declined and play proceeds without stopping.
4. Players must play the disc, not the opponent.
5. They may not position themselves or move for the purpose of impeding other players. To do so is a foul.
6. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable, and is not a foul.
7. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul.

Calling a foul

1. The player who is fouled calls "foul", play stops, and the player gains possession at the point of the infraction.
2. For a momentum or pivoting foul, play stops, a check of the disc occurs, but possession is retained by the thrower.
3. Play continues when both teams are ready.
4. Should a foul occur in the endzone, possession is gained at the goal line.

Scoring

1. A goal is scored when an offensive player lands in bounds with any part of both feet in the endzone after receiving a pass from a teammate.
2. The goal line is not considered part of the endzone.
3. One point is scored per goal.

Ties

1. During league games, ties will remain as such, with each team being credited with a win for playoff considerations.
2. PLAYOFFS: If tied, a 5-minute period will be played; if still tied after 5 minutes, then sudden death with the first team to score being declared the winner.

Sports Code

1. All participants and spectators are governed by the SPORTS CODE available in the SRC
2. Only captains may address the staff
3. Team captains are responsible for their sidelines and spectators
4. Negative consequences for the team may result as a direct reaction to spectators' behaviors or actions

NO alcoholic beverages permitted on University property

PROTESTS

- Protests can only be made based on rule misinterpretation at the time of the incident. (i.e. you cannot protest a rule misinterpretation after the game is over)
- A time-out must be called, and a protest requested to the Supervisor must be made by the captain of the team. If you were incorrect, you will lose the time out.
- Protests based solely on a decision involving the accuracy of judgment will not be considered.
- Protests involving player eligibility will also be considered

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