Each player must meet one of the following conditions to sign-in:

1) Present their own, valid WildCard before each contest to be eligible to participate.

OR

2) Present a government-issued photo ID and community member pass to be eligible to participate.

NO EXCEPTIONS!

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their family physician or the student health center before participating in Intramural Sports.

Game time is forfeit time.

Ultimate Frisbee will be self-officiated. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the supervisors. The intramural supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules.

1. Players and Substitutes

1.1 A regulation team consists of five (5) players. A team must have a minimum of three (3) players to play a full game. A team must have three (3) players on the field at all times. Exception: Less than three players are allowed if an individual cannot continue due to an injury, as long as the supervisors deem the team to have a legitimate chance to win the game.

1.2 Substitutions may be made after each point.

2. Length of Game and Timing

2.1 The game is played to 10 points with a 50 minute running time limit which will be timed from a central clock. There will be a warning when there are 5 minutes remaining in regulation.

2.2 Time lost to injuries cannot and will not be made up.

2.3 Each team is allowed one 60 second timeout per game. Time outs can only be taken after a score.

2.4 Overtime: If necessary, a sudden death overtime will be played should the game end in a tie. Teams will flip a coin to determine who gets to receive the initial toss. First team to score wins the game. Note: Overtime will only be played in the playoffs. Regular season games may end in a tie.
3. Equipment

3.1 Any flying disc may be used as long as it is acceptable to both team captains. If the captain’s cannot agree, a disc provided by the Intramural Staff will be used for play.

3.2 Teams must wear shirts of the same color. Jerseys will not be provided.

3.3 All players must wear non-marking rubber-soled athletic shoes or cleats. Vibram Five Fingers are not permitted.

3.4 Jewelry of any kind (friendship bracelets, rubber bands, chains, rings or earrings) may not be worn.

3.5 Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

4. Play

4.1 Object of the game is to score goals. A goal is scored each time the offense completes a pass in the defense’s endzone. Each goal counts as 1. After each score play is initiated as described in Rule 4.2. Each time a goal is scored, the teams switch directions of their attack.

4.2 A coin flip will determine who will receive in the first half. The opposing team receives in the second half. Play is initiated with both teams lining up on the front of their respective endzone lines. The defense throws the disc to the offense. Players may not leave their respective endzones until the disc is released.

4.3 The disc may be advanced in any direction by completing a pass to a teammate. If a pass is not completed (e.g. out-of-bounds, drop, block, interception) possession reverts to the opposing team (turnover).

4.4 Players may not run with the disc.

4.5 The person in possession of the disc has ten seconds to throw it. The defender guarding the thrower counts out the stall mark. If ten seconds is reached, the offense turns over the disc. If the defensive team switches defenders, the count must revert to ‘1.’ A defensive player must be within 5 feet of the throw to initiate a stall count. The defensive player must also count out loud “Stall one, stall two...” to indicate the count has started.

4.6 A player’s pivot foot is established with the first touching of the ground. Moving the pivot foot is a travel, causing a turnover.

4.7 Only one defensive player may guard a thrower at any time. There must be at least one disc’s diameter between the upper bodies of the thrower and the marker at all times.

4.8 Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered travelling.

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4.9 If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
4.10 A player cannot score by running with the disc into the endzone after gaining possession of the disc. His/her first point of contact must be completely in the endzone. A player who runs the disc into the endzone must take it to the closest point outside of the endzone and continue play from there.
4.11 Handoffs and catching your own throw are not allowed.

5. Out of Bounds
5.1 Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds.
5.2 For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. Should the momentum of the player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play from that point.
5.3 If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.
5.4 If a throw-off lands out of bounds the receiving team will put the disc into play at the nearest point on the playing field where the disc went out-of-bounds.

6. Fouls
6.1 Players are responsible for their own foul and line calls. If a dispute cannot be resolved, a coin flip will determine the call.
6.2 When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
   6.2.1. Fouls by the defense onto the offense result in a reply.
   6.2.2. Fouls by the offense onto the defense result in a turnover.
6.3 Picks and screens are prohibited.