Ultimate Frisbee Rules

General:

- Games are played on the West Field
- Games are played consecutively
- Ultimate is co-ed

1. Length of game and timing:
   1.1 Games will be 40 minutes in length or first team to 15.
   1.2 Intermission will be taken when a team scores 8 points.
   1.3 Clock runs continuously. During regular season the games may end in a tie.
   1.4 Overtime: During playoffs if a game ends in a tie, the overtime sudden-death period will continue until the first team scores.
   1.5 Each team is allowed two (2) 30 second time-outs per game.

1. Players, equipment, and substitutions:
   2.1 Only full-time Regis students may participate.
   2.2 At least 2 women on the roster.
   2.3 7 players on the field of play at one time.
   2.4 2 women from each time must be on the field of play at all times.
   2.5 Teams must wear readily identifiable jerseys or wear intramural pennies.
   2.6 Everyone must wear appropriate shoes. NO BARE FEET ARE ALLOWED
   2.7 Substitutions are allowed after a point is scored, or after an injury time out

2. Pull (start of the game):
   3.1 To begin play the ultimate players from each team line up on their end zones and the defensive team pulls (throws) the disc to the other team as a “kick-off.”
   3.2 Pulls are long throws, and they are thrown in efforts of giving the offense team poor field position and a chance for the defensive team to get down field soon enough to stop advances
   3.3 The pull is started by a member of the defending team raising one arm with the disc to show that they are ready to begin play
   3.4 The team that pulls is decided by a coin toss or a disc toss
   3.5 If the throw-off lands out of bounds the receiving team makes a choice of:
       3.5.1 Putting the disc into play where it crossed the line
       3.5.1 Putting the disc into play in the center of field where the disc crossed out-of-bounds.
3. **Movement of the disc:**

   4.1 The disc may be moved in any direction by completing a pass to a teammate.
   4.2 After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot.
   4.3 A “Greatest” rule occurs when a player jumps from within bounds to catch a disc that has passed out-of-bounds. The player must then throw the disc back into play before their feet or any part of their body touches the ground.
   4.4 The thrower may only catch their own throw if another player touches it in the air.
   4.5 Upon receiving a disc, a player has 10 sec to pass it when being guarded.

4. **Scoring:**

   5.1 A point is scored when a player catches a pass in the end zone that is being attacked.
   5.2 After a point is scored the teams exchange ends.
   5.3 Play is re-initiated with a pull by the scoring team.

5. **Change of possession:**

   6.1 Initial possession is determined by a coin toss or disc toss.
   6.2 Incomplete passes result in change of possession. Possession begins where disc comes to a stop on the field of play, or where it traveled out of bounds.
   6.3 Play does not stop because of a turnover.

6. **Turnovers:** Turnovers occur from the following:

   7.1 Throw-away: the thrower misses his/her target and the disc falls to the ground.
   7.2 Drop: the receiver is not able to catch the disc.
   7.3 Block: a defender deflects the disc in mid-flight, causing it to hit the ground.
   7.4 Interception: a defender catches a disc thrown by the offense.
   7.5 Out of bounds: the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
   7.6 Stall: a player on offense does not release the disc before the defender has counted out 10 seconds.