



COED ULTIMATE FRISBEE

Note: Intramural Ultimate Frisbee follow the **11th Edition Rules for Ultimate** which can be found at the following link:

https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx

Some Rule Highlights and Intramural Exceptions include:

Basics:

1. One of the most unusual things about Ultimate is that a referee is not required to control the games. The players are self-officiating, calling their own fouls and violations and respectfully discussing any calls made amongst themselves.
2. Intramural Exception: A team shall consist of seven (7) players with a minimum of three males and three females on the field at all times. A game can be played with 6 players in the event the team is missing a player.
3. Intramural Exception: Last point will be called 5 minutes prior to the next game's start time (e.g. 7:55pm if the next game starts at 8pm).
4. Before the game starts both team captains will flip a disc. The team winning the flip has the choice of:
 - Starting on offense or defense.
 - Deciding on their team colour (e.g. pinnies)
5. The disc may be passed in any direction. A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
6. Length of game: We will play 2 20-minute halves. To start the second half the team the started on defense will now start on offense and pull the disc.
7. Intramural Exception: Time-outs - Teams are only allotted one minute long

time-out per game.

8. Once the disc is caught the catcher may take a reasonable amount of steps to slow their momentum and come to a stop. Once stopped the player must establish a pivot point and may not shuffle or move with the disc. Changing pivot feet while still in possession of the disc, shuffling with the disc, or moving in any direction with the disc is considered a travel (see foul & violation section for more information)
9. If there is a stoppage of play (e.g. disc is out of bounds, foul or other violation call is made) then the offensive player with the disc must allow their defensive marker to check the disc into play by tapping it. If there is not someone defensively marking the offensive player then they can self-check the disc in by tapping it on the ground and saying "Disc-in".
10. Field of Play: Will be 80m long by 40m wide with a 15m end zone in each end.

Substitutions:

Substitutions can be made only:

- After a point is scored.
- Before the beginning of a half
- To replace an injured player(s). If a player removes themselves from the field due to an injury the opposing team also has the option to sub one of their players.
- If a time-out is called the same players that were on during the time-out must go back out onto the field once the time-out is finished.

Offense & Scoring:

1. When in possession of the disc the thrower only has 10 stall counts (e.g. stall 1, stall 2, stall 3...) to throw the disc. It is a defensive player's responsibility to count stalls out loud so that the offensive player can hear the count. If the defensive player is not counting stalls then the offensive player has an infinite amount of time to throw the disc. Once the defensive players reaches "Stall T.." the disc is considered down and it is a turn over. The defensive player does not have to complete saying the "Ten" in stall ten, as soon as they say the "T" in ten the disc is down. An offensive player is allowed to call a "Fast Count" if they believe the defensive player is counting stalls faster than approximately one second between stall counts.

2. A point is scored when an offensive player completes a pass to a teammate in the end zone which their team is attacking.
3. In order for the receiver to be considered in the end zone after gaining possession of the disc, the receiver's first point of contact with the ground must be completely in the end zone. A point does not count if the player who received the disc is straddling the end zone line. Their first point of contact must be completely in the end zone, not on the line.
4. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry them into the end zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and tap the disc into play from there.

After a point is scored:

1. When a point is scored the team that got the point stays within the same end zone the point was caught in. The team that did not get the point moves back to the other end zone. The point scoring team will pull the disc to the non-point team to re-start play.
2. The pull may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.
3. The pull consists of the team that just scored throwing the disc toward the opposite goal line to begin play. If the disc is pulled out of bounds then the offensive team gets to take the disc into the center of the field in line with where the disc landed out.

Defense:

1. It is a defensive player's responsibility to count stall counts (from one to ten). They must count out loud so that the offensive player they are marking can hear them. Once the defensive player reaches the "T" in stall ten the disc is considered "down" and it is a turnover. An offensive player is allowed to call a "Fast Count" if they believe the defensive player is counting stalls faster than approximately one second between stall counts.

Turnovers:

1. An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.

2. A pass is considered intercepted if a defensive player catches a pass.

Fouls and other Violations:

When an individual makes a call the person who the call was made on can either agree with the call or "contest". If a call is contested then the disc will go back to the thrower who had possession prior to the call. If the call is not contested then the play continues from where the call was made.

Note: Participants on the side-lines are not allowed to make or comment on calls made on the field.

Fouls: It is the responsibility of all players to avoid contact in every way possible.

1. A foul can be called only by the fouled player and must be announced by loudly calling foul immediately after it occurs.
2. Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position, is not in itself a foul.
3. Some fouls carry some extra provisions, as listed below.

Throwing Fouls:

1. A throwing foul may be called when there is non-incidental contact between the thrower and marker. The disc in a thrower's possession is considered part of the thrower.
2. In general, any contact between the thrower and the extended (i.e., away from the midline of the body) arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in a legal position.
3. Any contact that occurs due to the marker setting up in an illegal position is a foul on the marker. Once the marker has set up in a legal marking position, it is the responsibility of both players to respect this legal position. However, contact resulting from the thrower and the marker both vying for the same unoccupied position is a foul on the marker.
4. Any contact initiated by a thrower with the body (excluding arms and legs extended from the midline of the body) of a legally positioned marker is a foul on the thrower.
5. Although it should be avoided whenever possible, incidental contact occurring during the follow-through (after the disc is released) is not a foul.
6. Any references above to a marker also apply to any defensive player within three meters of the thrower's pivot.

Receiving Fouls:

1. If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.
2. If the call is uncontested, the fouled player gains possession at the spot on the playing field closest to the spot of the infraction. If the foul is contested, the disc reverts to the thrower.
3. Force-out Foul: If an airborne player catches the disc and is contacted by an opposing player before landing, and that contact causes the player to land out-of-bounds instead of in-bounds, or out of the end zone instead of in the end zone, it is a foul on the opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul results in an in-bounds player landing outside the end zone being attacked when they would have landed in the end zone without the foul, a goal is awarded.

Blocking Fouls:

1. When the disc is in the air a player may not move in a manner solely to prevent an opponent from taking an unoccupied path to the disc and any resulting non-incidental contact is a foul on the blocking player which is treated like a receiving foul.
2. A player may not take a position that is unavoidable by a moving opponent when time, distance, and line of sight are considered. Non-incidental contact resulting from taking such a position is a foul on the blocking player.

Strip: If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player loses possession as a result, it is a strip (e.g if the disc is fully controlled by the offensive player, the defensive player cannot hit the disc out of their hand or hit their body/arm causing the disc to fall out of their hand)

Pick:

1. A pick occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.

2. A pick can be called only by the obstructed player and must be announced by loudly calling "pick" immediately after it occurs.
3. If play stops players must stay where they were once the pick was called. In addition, the obstructed player is then allowed to move to recover the relative position lost because of the pick.
4. If the pick did not impact the play (e.g. picked player's mark was not directly involved in the play) then it is determined that the play may continue. If the pick did affect the play then the disc is passed back to the thrower prior to the pick's occurrence.

Travel: The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a travel and results in a stoppage of play and a check (tap the disc in).

In addition, each of the following is a travel:

1. A player catches the disc and either speeds up, changes direction or does not stop as quickly as possible before establishing a pivot.
2. A player receives a pass while running or jumping, and releases a pass after the third ground contact and before establishing a pivot.
3. The thrower fails to tap the disc to the ground when required.