Ultimate Frisbee Rules

Participation: All participants must have a valid Phoenix Card and be eligible for participation as listed in the Elon University Intramural Sports Participant Guide.

Game time is forfeit time.

Unless otherwise noted below, all USA Ultimate rules apply.

1. Game
   1.1. Teams are comprised of seven players on each team. There are no gender restrictions since it is an open league.
       1.1.1. A game may start with a team having at least six players.
       1.1.2. Substitutions can only be made at halftime, timeouts, or after a goal has been scored.
   1.2. Each game will be two 18 minutes halves, with a 3 minute half time.
       1.2.1. Teams will switch sides of the field at half.
   1.3. There will be no timeouts except for injuries and official’s timeouts.

2. Play
   2.1. The game will start with one team conducting a pull (kickoff) to the opposite team. This is also the method of restarting the game after a goal.
       2.1.1. All players must remain in their end zone until the disc is released.
       2.1.2. A pull may not be made until a player on each team gives the ready for play signal (raising hand).
       2.1.3. No player on the pulling team may touch the disc in the air until a player on the receiving team touches it.
       2.1.4. If a member of the receiving team catches the pull on the playing field, that play must put the disc into play from that spot.
       2.1.5. If the receiving team allows the disc to fall untouched to the ground in bounds, the receiving team gains possession of the disc where it completely stops and must put the disc into play from that spot.
           2.1.5.1. Touchback location will be on the 20 yard line
       2.1.6. If the pull lands out of bounds the receiving teams puts the disc into play on the sideline closest to where the disc crossed the out of bounds line.

3. Boundary Lines
   3.1. A disc is out of bounds when it first contacts an out of bounds area or anything which is out of bounds.
   3.2. For a player to be considered in bounds after gaining possession of the disc, a minimum of 1 foot must make contact with the ground in bounds.
   3.3. If a player makes a catch in bounds and momentum then carries him/her out of bounds, the player is considered in bounds and will play the disc from the spot where he/she went out of bounds.

4. Turnovers
   4.1. A turnover occurs when:
       4.1.1. A pass is incomplete (dropped, hits the ground, caught out of bounds, blocked or intercepted) A receiver must retain possession of the disc throughout all ground contact related to the catch.

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4.1.2. The marker count reaches the maximum number (10) before the throw is released.

4.2. When a turnover occurs, any member of the new offense may take possession and put the disc into play.

4.3. The disc must be put into play at the spot of the turnover.

4.3.1. If out of bounds, the spot is the where the disc crossed over the out of bounds line.

5. **Defense**

5.1. Only one player may guard the thrower at any one time, this player is called the “marker”.

5.2. The marker must maintain a “arms reach” away from the thrower at all times.

5.2.1. The thrower can ask the marker to step back by placing his/her arm out in front of him/her to signify the “arms reach” rule.

5.3. Stall count: the period of time within which a thrower must release the throw.

5.3.1. A player in possession of the disc has 10 seconds to release the throw.

5.3.2. The marker must be within 10 feet of the thrower before beginning the stall count.

5.3.3. Stall count must be counted verbally by the marker only.

5.3.4. If the defense switches markers, the stall count resets.

6. **Offense**

6.1. Any member of the offense may take possession of the disc.

6.2. The Thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

6.2.1. The thrower may pivot in any direction, and may throw the disc in any direction.

6.3. After catching a pass, the receiver may take no more than 5 yards in steps before a pivot foot must be designated.

6.3.1. The receiver can pass the disc before designating the pivot foot.

6.4. A simultaneous catch by the defense and offense will be awarded to the offense.

7. **Fouls and Violations**

7.1. A foul is the result of physical contact between opposing players. A violation generally is any other infraction of the rules.

7.2. When a foul or violation occurs the offending player must immediately and loudly call out the foul or violation. (Travel, Foul, etc.)

7.2.1. When the thrower is fouled in the act of throwing, the call must be made prior to the disc being caught or a turnover occurring. Possession will be granted back to the thrower at the spot of the throw.

7.2.2. When the defensive player is fouled, possession will be granted to the defense at the spot of the foul.

7.2.3. When the receiver is fouled, possession will be granted to the receiver at the spot of foul.

7.2.4. Violations will result in the offending team losing possession, and/or the play resetting if the defensive team commits the violation.

7.2.5. Violations include:

7.2.5.1. Fast Count: Marker counts at interval less than one second.

7.2.5.2. Double Team: When more than one defensive player is guarding the thrower.

7.2.5.3. Arms Reach: When the marker is within arm’s reach of the thrower.

7.2.5.4. Travel: When a thrower fails to establish and keep the pivot foot until the throw is released.

7.2.5.5. Strip: When the defensive player knocks the disc out of the throwers hands.

7.2.5.6. Pick: Obstructing the movement of a play on the opposing team.

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