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## Open Ultimate Frisbee Rules

### Season League

Games are played at Alpine Field

Number of Players: 7 vs. 7

**MAXIMUM OF 13 PLAYERS ON A ROSTER**

#### 1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the USA Ultimate Rules except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

#### 2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

#### 3. PREGAME

- a. All participants will need to bring their ID card to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in meeting with the officials prior to game time.
- d. Teams must have jerseys with numbers (each player must have their own number). Team jerseys may be checked out at Equipment Issue.

#### 4. GENERAL

- a. All participants **must** bring their current UCCS ID to each game. Participants without proper identification will **not** be allowed to play. No other forms of identification (driver's license, class schedule, etc.) will be accepted. **Every player must sign in at least one time in order to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- d. Regulations published in the Intramural Sports Captain's Manual will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested.

### **SPECIFIC GAME RULES AND SITUATIONS**

#### **1. NUMBER OF PLAYERS:**

- a. Teams will consist of seven players.
- b. A minimum of five is required to avoid a forfeit.

c. **OPEN**

- i. The team shall be open, meaning any combination of men and woman can comprise a team.
- ii. There may be all men, all women, or any combination of both genders on a team.

2. **GAME PLAY:**

- a. Games are played to 15 points, winning margin of 2 points, or 50 minutes (whichever comes first).
- b. Each team will have two time outs per game and one additional time out per overtime period.
- c. Time outs can only be called after a score or while the team calling the time out has possession.
- d. In the event of a tie, it will remain as such during the regular season.
  - i. During playoffs, a new game will begin lasting 5 minutes.
  - ii. If the score remains tied, another new 5 minute period will begin with a sudden death format.
- e. **Forfeit**
  - i. The game will be forfeited five minutes past scheduled game time.
- f. **Half-Time**
  - i. Once one team scores 8 points, a 3 minute half time will occur.
  - ii. Play will resume with the team scoring before half time throwing off to the other team.
- g. **Weather**
  - i. If for any reason the game must be called before completion, it will be called official if one team is at 8 points or if the time has reached 25 minutes or less left on the clock.
- h. **Throw-Off**
  - i. Play begins with the throw-off.
  - ii. The captains of the two teams flip a disc to determine which team will throw or receive, or choice of goal.
  - iii. All players must be on or behind their own goal line until the disc is released.
  - iv. As soon as the disc is released, all players may cross the goal lines.
  - v. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.
  - vi. The receiving team may catch the disc or allow it to fall untouched to the ground.
  - vii. 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.
  - viii. 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, or lands within the goal area, the receiving team may take possession on the goal line.
  - ix. 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.
- i. **End Zones**
  - i. Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at a goal line.
  - ii. A player may carry the disc up to the goal line, provided that he/she approaches it perpendicularly.
  - iii. The player may not pass the disc during the approach to the goal line.
  - iv. If a team gains possession in the end zone which it is attacking, a goal is scored.

### 3. THE PLAY:

- a. The team which has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he/she wishes.
- b. The disc may never be handed from player to player. In order for the disc to go from one player to another, it must at some time be in the air.
- c. **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.
- d. Should a player take steps obviously not required to stop, a foul is called. 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.
- e. 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.
- f. 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.
- g. The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. 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.
- h. 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.
- i. 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.

### 4. FOULS:

- a. A throwing foul is called only by the player fouled.
- b. Any physical contact during the throw is a foul against the defender.
  - i. Including:
    1. Pushing, holding, grabbing, arm/leg extension, etc.
    - ii. Both players have a right to their space on the field and the disc.
- c. The thrower may not push the player defending.
- d. Contact that occurs during the follow-through is not sufficient grounds for a foul.
- e. If the pass is completed, the foul is automatically declined and play proceeds without stopping.
- f. Players must play the disc, not the opponent. They may not position themselves or move for the purpose of impeding other players. To do so is a foul.
- g. 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.
- h. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul.
- i. Double Teaming is not allowed on any individual with the Frisbee.

### 5. CALLING A FOUL:

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

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**6. SCORING:**

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

**7. SUBSTITUTIONS:**

- a. Players not in the game may replace players in the game after a score and during an injury timeout.
- b. Substitutions are not permitted on the fly.

**8. SELF-REFEREEING:**

- a. Players are responsible for their own foul and line calls.
- b. Players resolve their own disputes.
- c. There will be Intramural supervisors at the field to help resolve any disputes that cannot be worked out between the teams.