



INTRAMURAL SPORTS

ULTIMATE FRISBEE RULES

1. The Game

- a. Game time is forfeit time. If the minimum amount of players is not present at game time, the entire match will be forfeited. All players should be checked in with the supervisor or officials with current POLY ID by game time. Please refer to the Intramural Sports Handbook for the forfeit policy description.
- b. The Players
 - i. A team consists of seven (7) players. A team may start with as little as five (5) players.
- c. Manager Meeting
 - i. Prior to the start of the match, a meeting between the two team captains and the official will take place. They will discuss rules and regulations which the captain must relay back to the team. Captains will play rock, paper, scissors to determine who gets first possession.
- d. Team Spokesperson
 - i. The team manager is the only person who may address the officials and is the spokesperson for the team.
- e. The Field
 - i. Games will take place on the turf fields at the Upper Sports Complex.
 - ii. Field is 100 yards long (60 yard playing field and 20 yard end zones).
- f. Player Restrictions
 - i. Participants may only play on one team per gender league (i.e.: one men's/women's league and one co-rec league). If a men's or women's respective gender league folds due to an insufficient amount of teams or is not offered, the participant will be allowed to play on two co-rec teams in separate divisions. This is the only time a player may play in multiple divisions within a sport (i.e.: Men's D2 and Men's D3; or Co-Rec D2 and Co-Rec D3).
 - ii. If an IFC Division is offered, men may play in either the IFC or men's division, but not both. If a PanHellenic league is offered, women may play in either the PanHellenic or women's division, but not both.
 - iii. Club sport players are only allowed to play in Division 1, unless the highest division offered is Division 2. There may only be two club players on the court at a time, but there is no limit to the number of club players on a team.
 - iv. Intercollegiate athletes may not participate in an IM sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been on their Cal Poly sport's active roster. They are, however, eligible to play on an IM sport other than the sport they play for Cal Poly.

2. Equipment/Dress Code

- a. Uniform
 - i. Players must check their schedules to know which color shirt to wear. If there is any doubt, bring both colors.
 - ii. The home team wears white and the away team wears dark.

- iii. No grey or yellow shirts may be worn. If these colors are worn, a technical foul will be given.
 - If every member of a team has the same uniform, they will be allowed to play at the discretion of the supervisor.
 - b. Jewelry
 - i. No jewelry is allowed! If a player has jewelry on during the game it is a side out or a point for the other team.
 - c. Dress Code
 - i. Closed toe shoes must be worn at all times during play.
 - ii. Athletic attire must be worn at all times during play.
 - d. Equipment
 - i. Any disc acceptable to both teams may be used. The standard competition disc is 175 grams.
- 3. Co-Rec Rules
 - a. It is recommended that in co-rec play there is a gender difference of one (e.g.: three men and four women, or three women and four men) on the playing field, though this ratio may be adjusted based on the actual make-up of the teams.
 - i. The receiving team generally decides the ratio and the pulling team (throwing the disc to initiate play) must match it.
 - ii. If a team cannot match the gender ratio, they may play with fewer players, so long as they do not exceed the number of players of either gender on the opposing team.
- 4. Fouls and Penalties
 - a. Spectators
 - i. Spectators and members of both teams must stay off the court at all times.
 - ii. Teams are responsible for their spectators. Poor spectator behavior may cause a team to receive a “minus” behavior rating.
 - b. Zero Tolerance Policy
 - i. There is no alcohol or drugs allowed at intramural games. If a player or fan is identified as being under the influence, they will be immediately ejected and disciplinary action may follow. If a supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance abuse, the game will be rescheduled for another time.
 - c. Acts of unsportsmanlike conduct, including unnecessary roughness, arguing with the game official, fighting or abusive language directed towards official or opponents will result in a player(s) being ejected from the game. Recommended penalties include:
 - i. Warning for unintentional unsportsmanlike conduct.
 - ii. Ejection for intentional unsportsmanlike conduct or following the issuance of a warning for a particular individual.
 - d. A foul is the result of physical contact between opposing players; a violation is generally any other infraction of the rules. When an infraction (a foul or violation) occurs:
 - i. The offending player loudly calls out the infraction (e.g. “travel”, “foul”, etc.).
 - ii. A player called for an infraction may contest that call (by loudly calling “contest”) if that player believes that they did not commit the infraction.

- iii. After a call, play stops and players remain stationary until the parties involved have resolved the call. If a call is not disputed, play resumes in a way simulating what most likely would have occurred.
 - e. Without the infraction. If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count; or if a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point where the foul occurred.
 - f. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position they occupied where the disputed infraction allegedly occurred.
 - g. Infractions include:
 - i. Foul: Contact between opposing players.
 - ii. Fast count: When the marker counts at intervals of less than one second.
 - iii. Double-team: When more than one defensive player is guarding the thrower within ten feet.
 - iv. Disc space: If the marker touches or is less than one disc diameter away from the thrower.
 - v. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep contact with that spot until the throw is released.
 - vi. Strip: When a defensive player knocks the disc out of a thrower's hand.
 - vii. Pick: Obstructing the movement of a player on the opposing team.
 - h. Positioning
 - i. Each player is entitled to occupy any position on the field not occupied by another player.
 - ii. Picks: No player may establish a position, or move in such a manner so as to obstruct the movement of any player on the opposing team; to do so is a pick.
 - iii. When the disc is in the air, players must play the disc, not the opponent.
 - iv. Each player has the right to the space immediately above them. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

5. Ultimate Frisbee Rules

- a. Game Length
 - i. The game consists of two 20 minute halves with a five minute half time. Time is continuous for each half, except when there is an injury time-out or a team calls time-out.
- b. Scoring
 - i. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
 - ii. The team with the most goals at the end of the game is declared the winner.
 - iii. If the score is tied at the end of regulation, the game will be determined a tie.
 - iv. For playoffs, the overtime sudden-death period will continue until the first team scores.
- c. Substitutions
 - i. May be made after a goal and prior to the ensuing pull, before the beginning of a half, or to replace an injured or ejected player.
- d. Out of Bounds

- i. The perimeter lines themselves are out-of-bounds.
 - ii. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds.
 - iii. 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. If the any portion of the first point of contact is out-of bounds, the player is considered to be out-of-bounds.
 - iv. If a player makes a catch in-bounds and momentum then carries them out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where they went out-of-bounds and puts the disc into play at that point).
 - v. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.
- e. Starting and Restarting Play
- i. A fair method, such as a coin or disc toss, will be conducted by representatives of the two teams.
 - ii. The winner chooses to either receive the initial pull, or select the end zone they wish to defend.
 - iii. The other team is given the remaining choice.
 - iv. After a point ends, it is recommended that players begin the next point within 90 seconds.
 - v. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back into play by establishing pivot foot in-bounds.
 - vi. The second half begins with an automatic reversal of the initial choices.
 - vii. If the score is tied at the end of regulation, overtime procedures will apply.
 - viii. Each team has one 2-minute time-out per half.
 - ix. Time-out may be called only by the team in possession of the disc, except that either team may call time-out between points (after a goal, but before the ensuing pull).
 - x. No time-outs during overtime.
- f. Pull
- i. Play starts at the beginning of each half and after each goal with a “pull”, a player on the pulling.
 - ii. Team throws the disc toward the opposite goal line to begin play.
 - iii. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
 - iv. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
 - v. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
 - vi. After the disc is released, all players may move in any direction.
 - vii. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
 - viii. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
 - ix. If the receiving team allows the disc to fall untouched to the ground and the disc initially lands in-bounds, the receiving team gains possession of the disc

where it stops, if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line..

- x. If the pull lands out-of-bounds, the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
- g. Turnovers—A turnover occurs when:
- i. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted).
 - ii. A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
 - iii. The marker's count reaches the maximum number (10) before the throw is released.
 - iv. When a turnover occurs, any member of the team becoming offense may take possession of the disc.
 - v. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.
- h. The Thrower
- i. Any member of the offensive team may take possession of the disc.
 - ii. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
 - iii. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into the marker.
- i. The Marker
- i. Only one player may guard the thrower at any one time; that player is the "marker".
 - ii. The marker may not straddle the pivot foot of the thrower.
 - iii. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.
 - iv. The marker may not position their arms in such a manner as to restrict the thrower from pivoting.
 - v. Stall count: The period of time within which a thrower must release a throw.
 - vi. A player in possession of the disc has ten seconds to release a throw.
 - vii. The marker must be within ten feet of the person with the disc before beginning the stall count.
 - viii. The stall count consists of the marker counting to ten audibly at one second intervals (e.g. "stalling one, two, three...").
 - ix. If the thrower has not released the disc by the count of ten, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at "stalling 8".
 - x. If the defense switches markers, the new marker must restart the count at one.
- j. The Receiver
- i. After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.

- ii. Exception: If the receiver catches the disc while running, they may throw a pass without coming to a stop, but only so long as they release the disc before the third ground contact after catching the disc.
- iii. If offensive and defensive players catch the disc simultaneously, the offense retains possession.