

## ULTIMATE FRISBEE RULES

1. The Game
  - a. Start Time
    - i. Game time is forfeit time. If the minimum number of players is not present at game time, the game will be forfeited. All players must check in with the ASI Intramural Sports supervisor or officials before the game with their PolyCard; non-students can check in with a valid photo ID. Please refer to the ASI Intramural Sports Handbook for the forfeit policy description.
  - b. The Players
    - i. The game shall be played by two teams of seven players. Five players are required at the start of game time to avoid a forfeit.
      1. If a team has three or fewer players at game time, that team will be assessed a forfeit fee.
    - ii. If at any time during the game a team has fewer than five eligible players, the game is over.
  - c. Managers Meeting
    - i. Prior to the start of the game, a meeting between the two team managers and the official will take place at midfield. They will discuss rules and regulations which the manager must relay back to the team.
  - d. Team Spokesperson
    - i. The team manager is the only person who may address the official and is the spokesperson for the team.
  - e. The Field
    - i. Games will take place at the Cal Poly Upper Sports Complex.
    - ii. In order to ensure the safety of intramural participants, staff, and fans, spectators will be asked to stay on the near side of the turf fields while viewing games.
    - iii. Ultimate Frisbee Field Dimensions
      1. The field is 100 yards long. 60 yards of playing field and 20 yards of end zone.
  - f. Player Restrictions
    - i. Participants may only play on one team per gender league (e.g., one Men's or Women's League and one Co-Rec League). If a gender league folds due to an insufficient number 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 (e.g., Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).



- ii. If an Interfraternity Council (IFC) Division is offered, men may play in either the IFC or Men's Division, but not both. If a Panhellenic (PHA) 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 I unless the highest division offered is Division 2. There may only be two club players on the field at a time, but there is no limit to the number of club players on a team.
- iv. Intercollegiate athletes may not participate in a sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been removed from that sport's active roster. They are however, eligible to play an intramural sport dissimilar to the sport they play for Cal Poly.

## 2. Equipment/Dress Code

### a. Uniform

- i. The home team wears white and they away team wears black.
- ii. Players must check their schedules on [IM Leagues](#) to know which color shirt to wear. If there is any doubt, bring both colors.
- iii. No gray or yellow shirts may be worn.
- iv. If every member of the team has the same uniform they will be allowed to play at the discretion of the supervisor.
- v. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.

### b. Dress Code

- i. Closed-toe shoes must be worn at all times during play.
  1. Players are not permitted to wear metal cleated shoes. All cleated shoes must be of the one-piece molded rubber type.
- ii. Athletic attire must be worn at all times during play.
- iii. Wearing a hat is not allowed during play.
- iv. Intramural officials can remove a player for improper dress code at their discretion.

### c. Jewelry

- i. Jewelry is not permitted; players must remove all jewelry before the start of a game.

### d. Equipment

- i. Any disc acceptable to both teams may be used.
- ii. The standard competition disc is 175 grams.

## 3. Co-Rec Rules

- a. All co-rec games must abide by the N+1 rule: There may only be a difference of one between the number of men and women players on the field at one time. A co-rec team that does not have at least two players of each gender ready at game time will forfeit the game.
  - i. If an injury is to occur during the game and a team does not have the personnel to continue to abide by the N+1 rule, that team may continue to play with the players



already on the field. They may not, however, bring in a player that would further imbalance the N+1 rule.

#### 4. Fouls and Penalties

##### a. Spectators

- i. Spectators and members of both teams must stay off the field at all times.
  1. Spectators and members of both teams must stay in between the twenty yard lines during play.
- 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 ASI Intramural Sports games. If a player or fan is under the influence, they will be ejected immediately and disciplinary action may follow. If an ASI Intramural Sports 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 use, the game will be rescheduled for another time.

##### c. Infractions

- i. An infraction is a foul or violation.
- ii. When an infraction occurs, the offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.). If the player the infraction was called upon believes they did not commit the infraction, they may contest by loudly calling, “Contest.” After a call, play stops and players remain stationary until the parties involved have resolved the call.
- iii. Play resumes in a way simulating what most likely would have occurred without the infraction.
  1. Example 1: If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count.
  2. Example 2: If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
- iv. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position originally occupied when the disputed infraction allegedly occurred.

##### d. Types of Infractions

- i. Foul
  1. Contact between opposing players.
- ii. Fast count
  1. When the marker counts at intervals of less than one second.
- iii. Double-team
  1. When more than one defensive player is guarding the thrower within 10 feet.
- iv. Disc space
  1. If the marker touches or is less than one disc diameter away from the thrower.
- v. Travel



1. When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
  - vi. Strip
    1. When a defensive player knocks the disc out of a thrower's hands.
  - vii. Pick
    1. Obstructing the movement of a player on the opposing team.
  - viii. Unsportsmanlike Conduct
    1. Includes, but is not limited to: Unnecessary roughness, arguing with the game official, fighting, and abusive language directed toward officials/opponents.
      - a. Penalties
        - i. Verbal Warning
        - ii. Immediate Ejection
5. Ultimate Frisbee Rules
  - a. Game Length
    - i. The game consists of two 20-minute halves with a two-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.
  - c. Winning The Game
    - i. The team with the most goals at the end of the game is declared the winner.
    - ii. If the score is tied at the end of regulation, the game will be determined as a tie.
    - iii. For playoffs, a sudden death overtime period will take place. The first team to score wins.
  - d. Substitutions
    - i. May be made after a timeout, every time the disc goes out of bounds, after a goal and prior to the ensuing pull, before the beginning of a half, or to replace an injured or ejected player.
  - e. Out of Bounds
    - i. The perimeter lines are out-of-bounds.
    - ii. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything that 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 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 him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where s/he 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.
  - f. Timeouts
    - i. Each team receives one, two minute timeout per half. Timeouts do not carry over.



- ii. Timeouts must be called by the team with possession of the disc or may be called by either team between points.
- iii. No timeouts during overtime.
- g. Starting and Restarting Play
  - i. Pull
    1. Play starts at the beginning of each half and after each goal with a “pull.” A player on the pulling team throws the disc toward the opposite goal line to begin play.
    2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
    3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
    4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
    5. After the disc is released, all players may move in any direction.
    6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
    7. 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.
    8. 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.
      - a. 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.
  - ii. Turnovers
    1. A turnover occurs when a pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted).
      - a. 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).
    2. A turnover occurs when the marker’s count reaches the maximum number before the throw is released.
    3. When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
      - a. 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 them.
- 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 cannot position their arms in such a manner as to restrict the thrower from pivoting.

j. Stall Count

- i. A player in possession of the disc has 10 seconds to throw the disc.
- ii. The marker must be within 10 feet of the person with the disc before beginning the stall count.
- iii. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stalling one, stalling two, stalling three”).
- iv. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling eight.”
- v. If the defense switches markers, the new marker must restart the count at one.

k. 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.
  - 1. *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.
- ii. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

l. 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 him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.