

UNIVERSITY of  
NORTHERN COLORADO



**CAMPUS RECREATION**  
***2010-2011 INTRAMURAL ULTIMATE FRISBEE RULES***

ULTIMATE FRISBEE IS A NON-CONTACT SPORT, BUT INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

ALL RULE CHANGES ARE HIGHLIGHTED IN GRAY.

**MEN AND WOMEN**

STARTING THE GAME

1. **START TIME:** Teams are to be at the field and signed in before the official game time. If a team is not at the field and ready to play at the scheduled game time, that game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UNC identification card to the field area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** An Intramural Game Manager or Supervisor will keep the official score. However, Ultimate Frisbee is a self-officiated sport and each team is responsible for making their own correct and accurate calls.
4. **FIELD RULES:** Only officials, players (including substitutes), and one (1) coach per team wearing proper shoes are permitted on the field. Failure to comply with all Intramural Rules and Regulations for Ultimate Frisbee and the Intramural Field Rules by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game. Endzones will be marked off by orange cones.
5. **TEAMS:** A team consists of at least six (6) players, which can be any combination of male/female. Teams may have as many subs as they wish. If both team captains agree to play more the six (6) players at any given time then that # will be the default playing limit for that game, if no # can be agreed upon teams will play 6 vs 6.
6. **GAME EQUIPMENT:** UNC Intramural Sports will provide a game Frisbee.
7. **UNIFORMS/PLAYER EQUIPMENT:** Teams are encouraged, but not required to wear contrasting color uniforms. Jerseys are available for check-out from the Intramural Supervisor. Metal cleats are prohibited, as well as, any jewelry, headwear (bandanas, caps, etc.), and any casts or metal braces.

PLAYING THE GAME

8. **GAME TIME:** The game will consist of two (2) halves of twenty (20) minutes. There will be a five (5) minute halftime. The clock will be kept by the Intramural Supervisor and will run continuously throughout the game. Each half will be ended with a whistle and play is dead upon the blowing of the whistle no matter the position of the Frisbee.

9. OVERTIME: **During the regular season, any game ending in a tie will be recorded as a tie.** During the playoffs, the winner of a tie game will be determined by sudden death overtime in which the first to team to score wins. Possession will be determined based on a coin toss.
10. BEGINNING A GAME: At the beginning of the game and after every score a “throw off” will occur.
11. SUBSTITUTIONS: Substitutions are unlimited, but may only be made after a goal is scored or for injury purposes.
12. GOAL: A goal is scored when a player successfully passes the Frisbee to a teammate in the endzone which that team is attacking.
13. PASSING: The Frisbee may only be moved by passing. After a pass is thrown, the next thrower has ten (10) seconds to throw. If a player does not throw the Frisbee within the ten (10) seconds, a stall will be called and the Frisbee will be turned over. The defense must initiate the ten (10) second count. The Frisbee may be passed in any direction.
14. THROWING AND CATCHING: The thrower is not allowed to take any steps, but the catcher is allowed a couple of steps to slow down. After a catch, the thrower must establish a pivot foot. Once a pivot is established the thrower may not move this foot until after a throw has occurred. Failure to keep a pivot foot will result in a turnover.
15. TURNOVER: Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs. Thus, resulting in an immediate change of possession. If throw goes out-of-bounds, play will begin at a centered position where it went out. Interceptions in your own goal must be thrown back out. **Traveling does not constitute a turnover, however, the Frisbee must be thrown back to where the play started.**
16. DEFENDING: There are no “double-teams” allowed. The defender must be at least one Frisbee length away from the offensive player, and the distance from the next defender should be at least ten feet.
17. ILLEGAL PLAYS: Any and all picks/screens are illegal. Stripping/knocking the Frisbee out of a players hand is illegal and the Frisbee will be returned to the thrower and play will continue. Fouls consist of any contact made with a player. A person who is fouled should call the foul and play will stop and possession given back to the thrower.

### SPORTSMANSHIP

18. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with officials by any player, coach, manager, or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.
19. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players from the same team are ejected from a game, that game will be ended and that team will receive a loss and a zero (0) sportsmanship rating, regardless of the score and the time remaining.
20. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and UNC Field rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
21. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol, and/or drugs, or come under the influence of alcohol and/or drugs. **Teams and fans are also not permitted to use any tobacco products on UNC Fields.** Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the Supervisor.

22. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.
23. RATING: Sportsmanship Ratings are on a ranking from 0-4. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach):
- 4 – Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team.
  - 3 – Good sportsmanship and conduct: Team members are in control throughout the contest. The team does not show verbal dissent or aggression towards the opposing team or officials.
  - 2 – Below average sportsmanship and conduct: Verbal dissent or aggression towards the opposing team resulting in a yellow card. Any team receiving one sportsmanship-related yellow card will receive a (2).
  - 1 – Poor sportsmanship and conduct: Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team. Any team receiving two sportsmanship-related yellow cards or one red card will receive a (1).
  - 0 – Unacceptable sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a (0).