



# Ultimate Frisbee Rules

(Open)

Note: Rule changes for 2010-11 will be shaded grey.

## **RULE 1. ELIGIBILITY GUIDELINES**

### Section 1. Eligibility

1. All participants must be current full-time students or Kiewit Fitness Center members.
2. All participants must bring and show their current Creighton picture ID card to participate.
3. Participants may only play on **ONE** team (O).
4. Refer to the Intramural Sports Manual for further eligibility guidelines.

### Section 2. Assumption of Risk

1. All participants must agree to the following:
  - a. *I acknowledge that participation in the activity may involve the risk of bodily injury, property damage, or any other danger. I freely assume all risk of loss, property damage, or personal injury, including death, that may be sustained by me as a result of participating in the activity, whether caused by the negligence of Creighton University, its agents and employees, or otherwise. I hereby release, waive, and discharge Creighton University, its Board of Directors, and its agents and employees from all liability to me, my personal representatives assigns, heirs, and next of kin, for all loss or damage and any claims or demands thereof, including attorney's fees, on account of injury to myself or my property. I agree to indemnify, defend, and hold harmless Creighton University and any of its directors, employees, and agents from any and all claims and cost arising directly or indirectly as a result of my participation in the activity.*

### Section 3. Captain's Meeting

1. There is no captain's meeting for Ultimate Frisbee.

## **RULE 2. GENERAL GUIDELINES**

### Section 1. Teams

1. Teams shall consist of seven (7) players. There is no limit as to the number of eligible substitutes.
2. Teams must have at least five (5) eligible players present to start a game and avoid a forfeit.
  - a. Teams may continue a game in progress with less than 5 players if they have a chance to win.
  - b. The Intramural Supervisor shall rule on all forfeit situations.
3. Players may only be added to the team roster during the regular season. Following the conclusion of the regular season, new players may only be added to teams with the permission of the Intramural Director.
4. Teams may have no more than two (2) Creighton club Ultimate players on the team. Teams with one (1) or more Creighton club Ultimate players must play at the highest level of competition offered.

### Section 2. Participants

1. All participants are subject to the rules of the game and Intramural Sports guidelines. Participants include, but are not limited to: players, non-players, substitutes, coaches, spectators, fans, and trainers.

### Section 3. Supervision



1. The game shall be played under the supervision of the Intramural Sports Supervisor(s), The Supervisor has the authority to rule on any situation not specifically covered by the rules.
2. **Ultimate Frisbee has traditionally relied upon the spirit of sportsmanship which places the responsibility for fair play on the player. The game will be self officiated, which means that each team will be responsible for making fair and proper calls.**

#### Section 4. Equipment

1. Campus Recreation will provide the game disc. Teams may use a different disc, provided both team captains agree.
2. Players may not wear jewelry of any kind. (Exception: Medical alert bracelets)
3. Players may not wear any equipment deemed to be dangerous or made of unyielding material.
4. Uniform requirements:
  - a. Shorts/Pants must be athletic (no jeans, khakis, etc.).
  - b. **Players MUST wear athletic shoes. Bare feet and sandals are prohibited.** Metal or hard-plastic cleats are prohibited.
  - c. Hats with brims are not allowed. Bandanas may be worn, provided it is not tied in a knot.

### **RULE 3. PREGAME, TIMING AND SCORING**

#### Section 1. Captain's Meeting

1. Prior to the start of the game, there shall be a pre-game captain's meeting. The supervisor will conduct a coin toss. The winner of the coin toss shall make one of two choices:
  - a. Choose to give or receive the throw-off.
  - b. Choose which goal to defend.

#### Section 2. Timing

1. Game time is forfeit time.
2. The game shall consist of two (2) twenty-five minute (25) halves. A game becomes "official" at halftime.
  - a. The clock shall not stop during play.
    - i. If necessary, the supervisor may stop the clock due to an excessive injury time situation.
3. Halftime shall last five (5) minutes.
4. There are no timeouts.
5. Overtime:
  - a. There is no overtime during the regular season. The game shall be recorded as a tie.
  - b. Playoffs / Tournament Events:
    - i. At the conclusion of regulation, there will be another captain's meeting. The winner of the coin toss will choose to throw, receive, or choose which goal to defend.
    - ii. Play will be sudden death. The first team to score a goal wins.
    - iii. There is no time. Play will continue until there is a winner.

#### Section 3. Scoring

1. Scoring a goal: When a player passes the disc to a teammate who is standing in the opponent's end zone.

#### Section 4. Mercy Rule

1. The game ends if a team is winning by 12 goals or more at any point in the second half.
2. The game ends if a team is winning by 7 goals or more at, or less than five minutes in the second half.



## **RULE 4. DISC IN PLAY**

### Section 1. Throw Off

1. Play will begin each period and after each goal with a throw-off.
  - a. The players on the throwing team are free to move anywhere in their defending end zone, but may not cross the goal line until the disc is released. The players on the receiving team must stand with one foot on their defending line without changing position relative to one another.
  - b. After the throw-off, the receiving team takes possession where the disc comes to rest. The receiving team may try to catch the disc before it lands on the ground, but if they drop it, it is considered a turnover and the throwing team gains possession.

### Section 2. Throwing / Passing the Disc

1. The disc may only be moved by passing. After a pass is thrown, the next thrower has 10 seconds to throw. If the disc is not thrown within 10 seconds, a stall is called and the disc is turned over to the defense. The defense must initiate the 10 second count. The disc may be passed in any direction.
2. The thrower is not allowed to take any steps, but the catcher is allowed a few steps to slow down. After a catch, the thrower must establish a pivot foot. The thrower may not move this foot until after a throw. Failure to hold the pivot foot will result in a turnover.
3. Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs. This results in an immediate change of possession.

### Section 3. Defense

1. There are no double teams allowed. The defender must be at least one disc length away from the offensive player, and the distance from the next defender should be at least 10 feet.
2. Knocking or stripping the disc out of the hands of another player is not allowed. If a strip occurs, the disc will be returned to the thrower and play will continue.
3. Fouls consist of any contact made with a player. A person who is fouled should call the foul. If no foul is called, play continues. When a foul is committed by a defensive player play stops and possession reverts back to the thrower.
4. Interceptions in your own goal must be thrown back out.

## **RULE 5. CONDUCT OF PLAYERS AND OTHERS**

### Section 1. Unsportsmanlike Conduct

1. Non-contact acts. Include but are not limited to:
  - a. Participate while wearing or using illegal equipment.
2. Prohibited acts. Include but are not limited to:
  - a. Using profanity, taunting, insulting, or vulgar language or gestures.
  - b. Refusal to comply or abide by the request or decision of a supervisor.
  - c. Attempting to influence a decision by a supervisor.
  - d. Disrespectfully addressing a supervisor.
  - e. Indicating objections to a decision made by a supervisor.
  - f. Intentionally contacting a supervisor. (Flagrant)
  - g. Fighting (Flagrant)
    - i. Any attempt to strike or engage an opponent in a combative manner unrelated to the game, whether or not there is contact (ex. Spitting, throwing a punch). Leaving the team bench and entering the field during a fight is also considered a flagrant unsporting act.
3. Any act of fighting shall result in the game being ended immediately, with the offending team(s) forfeiting.
4. ***Penalty: A participant who commits any act of unsportsmanlike conduct is subject to ejection. A participant who commits any flagrant act shall be ejected immediately.***