



2009 ULTIMATE FRISBEE RULES

1. All participants must bring their current Creighton University picture ID to participate (**All players must be a full time student or a KFC member**). ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Creighton Intramural Sports guidelines concerning eligibility are in effect. For further eligibility information go to the Policy Manual on the IM Web Page.
2. Teams will play a round robin regular season plus play-offs. Play-off games will be posted on the IM web page at the end of the regular season. All teams must be prepared to play Play-off games on days and times that are different from their regular season schedule. It is highly recommended to carry additional players on your roster. If you know of any conflict you need to notify Jason Gant 280-2987 prior to the posting of the play-offs. Once posted, play-offs games will not be rescheduled unless there is inclement weather.
3. In case of inclement weather please call 1703 or check the IM Web Page beginning at 5pm on weekdays. Due to the large number of teams and the extensive use of outdoor facilities, we will not guarantee the opportunity to make-up or reschedule games.
4. All players must agree to the following: ***Intramural Sports activity. 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.***
5. Unsportsmanlike conduct will not be tolerated. First and foremost every individual that participates or is a spectator is responsible for their own behavior. Every intramural participant is expected to behave in a manner that respects and promotes the dignity of all persons. Any conduct that is demeaning or harmful to another person will result in player ejections and team forfeits. Game officials/IM supervisors are empowered to end games if individual player, spectator, and coach safety is in question. Teams will be penalized for unsportsmanlike acts committed by their players, bench personnel, and/or fans. Any team that commits multiple unsportsmanlike conduct infractions during the season/play-offs will be dropped from the program. An ejected player will sit out a minimum of one game and must meet with the Associate Director before he/she is eligible for further competition.
6. Each team will consist of 7 players. 5 are needed to start the game.
7. Game time is forfeit time. Intramural supervisors will declare forfeits. Any team that forfeits twice during the regular season will be dropped from the league and become ineligible for the play-offs.
8. Games will consist of 2 twenty-five minute halves. The clock will run continuously during play. Half time shall be 5 minutes long. Teams will switch ends each half. There will be no time-outs. The IM supervisor will keep the game time.
9. Mercy Rule- If a team is leading by 12 goals or more at the beginning of the second half, the game shall be over. If a team is leading by 7 goals or more at the five minute mark in the second half, the game shall be over also. If a team scores after the 5 minute mark to make the 7 goal difference, the game will end.
10. Illegal equipment includes: all jewelry, hats, and metal cleats.



11. Ultimate Frisbee is a non-contact sport. There is absolutely no contact allowed in the game.
12. Ultimate Frisbee has traditionally relied upon the spirit of sportsmanship which places the responsibility for fair play on the player.
13. The game will be “self officiated” which means each team will be responsible for making fair and proper calls.
14. The disc may only be moved by passing. After a pass is thrown, the next thrower has 10 seconds to throw. If the player does not throw the disc within the 10 seconds, a stall will be called and the disc will be turned over. The defense must initiate the 10 second count.
15. 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.
16. Play will begin each period and after each goal with a throw-off. 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. 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 turn over and the throwing team gains possession.
17. 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.
18. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. A goal is worth 1 point.
19. The disc may be passed in any direction.
20. Both teams may substitute after a goal is made or if there is an injury.
21. 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.
22. Picks are illegal.
23. Interceptions in your own goal must be thrown back out.
24. No (strips) knocking the disc out of the hands of another player are allowed. If a strip does occur, however, the disc will be returned to the thrower and play will continue.
25. 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.
26. In the event of a tie game during the regular season, the game will remain a tie. During the play-offs at the end of regulation, play will continue until the next goal is scored (Sudden Death).