

UNIVERSITY OF NORTH TEXAS™
INTRAMURAL SPORTS
ULTIMATE FRISBEE RULES
Fall 2009

All games will be governed by UPA Official Rules of Ultimate 11th Edition and various UNT Intramural Sports modifications, as listed below:

Section 1: THE GAME, FIELD, PLAYERS, AND EQUIPMENT

1. Each participant must present a current, valid UNT student or faculty/staff ID card in order to be eligible to participate.
2. The game shall be played between two teams of 5 players each. Each team must have a minimum of 4 players in order to begin a game.
3. Due to injury, a team may continue a game with less than the minimum number of required players. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
4. A Frisbee will be provided for each game, or teams may choose to provide their own upon agreement by both teams.
5. Each team is urged to wear shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by Intramural Sports.
6. **Shoes:** Cleats with dangerous parts, such as metallic baseball cleats, track spikes, or worn or broken studs with sharp edges, are not allowed. Players may not play barefoot. No combat boots or hiking boots may be worn. No steel cleats or shoes with steel detachable cleats that screw onto the shoes may be worn.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch padding for safety reasons.
8. Tape or bandages of the hand, wrist, forearm, or elbow are prohibited except to protect an injury. This must be approved by the Intramural Supervisor before the game begins. Under no circumstances will a player wearing a cast or splint be permitted to play.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
10. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
11. **Headwear:** Players may wear a knit or stocking cap (no caps with bills). Bandanas which are tied with a knot are not permitted.
12. Game fields will be 80 X 40 yards with 20 yard end zones on each end.

Section 2: DEFINITIONS

1. Completed pass: Any catch that results in the team in possession of the disc retaining possession. Any pass that is not complete is incomplete.
2. Defensive player: A player whose team is not in possession of the disc. A defensive player may not pick up a live disc or a disc in play or call for a pass from the thrower.
3. Offensive player: A player whose team is in possession of the disc.
4. Foul: Non-incident contact between opposing players
5. Guarding: A defender is guarding an offensive player when they are within three meters of that offensive player and are reacting to that offensive player.
6. Pivot: The particular part of the body in continuous contact with a single spot on the field during a thrower's possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot.
7. Possession of the disc: Sustained contact with, and control of, a non-spinning disc.
 - A. Catching a pass is equivalent to establishing possession of that pass.
 - B. Loss of possession due to ground contact related to a catch negates that player's possession up to that point.

- C. A disc in a player's possession is considered part of that player.
 - D. The team whose player is in possession, or whose players may pick up the disc, is considered the team in possession. If the disc is in the air following a legal pass, the thrower's team is considered the team in possession.
8. Pull: The throw from one team to the other that starts play at the beginning of a half or after a goal.
 9. Throw: A disc in flight following any throwing motion (including a fake) that results in the thrower losing contact with the disc.
 - A. A pass is equivalent to a throw.
 - B. An intentionally dropped disc is considered a thrown disc.
 - C. The act of throwing is the motion that transfers momentum from the thrower to the disc in the direction of flight and results in a throw. Pivots and wind-ups are not part of the act of throwing.
 - D. A throw is only considered complete when an offensive player gains possession that is not otherwise negated.
 - E. An offensive player in possession of, or who has most recently possessed, the disc, is the thrower.
 10. Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Section 3: TIME FACTORS AND SUBSTITUTIONS

1. The game will consist of two 20 minute halves and one 5 minute half time.
2. Each team has two 1 minute timeouts per half.
3. Only the team in possession of the disc may call a timeout.
4. Substitutions may only be made after a goal, to replace injured players, or during a timeout.
5. If the disc is live or in play and the thrower attempts to call a time-out when the team in possession has no time-outs remaining, it is a turnover.

Section 4: STARTING AND RESTARTING PLAY

1. Start of the game:
 - A. Representatives of the two teams fairly determine which team chooses to
 1. receive or throw the initial pull; or
 2. which end zone they wish to initially defend.
 - B. The other team gets the remaining choice.
 - C. The second half begins with a reversal of the initial choices. .
2. Pull:
 - A. Play starts at the beginning of each half and after each goal with a pull.
 - B. After a goal, the teams switch their direction of attack and the scoring team pulls.
 - C. A player on the throwing team may not touch the pull in the air before a member of the receiving team touches it. If this violation occurs, the receiving team may request a re-pull immediately.
 - D. If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:
 1. If the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped.
 2. If the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field proper nearest to where it first crossed the perimeter line to become out-of-bounds.
 3. If the disc initially hits in-bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds.
 4. If the disc initially hits an out-of-bounds area, the receiving team may put the disc into play:
 - E. If the pull is caught, the disc is put into play at the spot on the playing field nearest to where it was caught.
 - F. If a player on the receiving team touches the pull before it hits the ground and the disc then hits the ground, it is considered a dropped disc and results in a turnover.

- G. After a pull, whichever player takes possession of the disc must put it into play. If a player drops the disc while carrying it to the spot where it is to be put into play and it contacts the ground before the thrower regains possession, the other team gains possession of the disc at the spot on the playing field proper nearest to the drop.

Section 5: IN- AND OUT-OF-BOUNDS

1. The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of-bounds.
2. The out-of-bounds area consists of the ground which is not in-bounds and everything in contact (direct or indirect) with it except for players. Any non-players other than observers are considered part of the out-of-bounds area.
3. A player contacting the out-of-bounds area is out-of-bounds. A player who is not out-of-bounds is in-bounds. An airborne player retains in-bounds or out-of-bounds status until that player contacts the playing field or the out-of-bounds area. The following exceptions apply:
 1. If momentum carries a player out-of-bounds after landing in-bounds with possession of an in-bounds disc, the player is considered in-bounds. For this exception to apply, that player's first point of ground contact with any area must be completely in-bounds. The disc is put into play at the spot on the perimeter line of the playing field where the player first went out-of-bounds.
 2. A pivoting thrower may contact an out-of-bounds area, provided that part of the pivot remains in contact with the playing field.
4. A disc becomes in-bounds when it is put into play, or when play starts or restarts.
5. A disc becomes out-of-bounds when it first contacts the out-of-bounds area, contacts an out-of-bounds offensive player, or is caught by an out-of-bounds defensive player.
6. The disc may fly outside a perimeter line and return to the playing field, and players may go out-of-bounds to make a play on the disc.
7. If an in-bounds defender gains possession while airborne and becomes out-of-bounds while still in possession of the disc, the play is treated as if the defender was out-of-bounds when possession was gained.
8. To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:
 1. the disc completely crossed the perimeter line;
 2. the disc contacted an in-bounds player;
 3. the disc contacted a defensive player; or
 4. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the perimeter line.
9. Events occurring after the disc becomes out-of-bounds do not affect where it is put into play.

Section 6: SCORING

1. A goal is scored when an in-bounds player catches any legal pass in the end zone of attack, and retains possession of the disc throughout all ground contact related to the catch.
 1. To be considered in the end zone after gaining possession of the disc the player's first point of ground contact must be completely in the end zone.
 2. When an in-bounds player in possession of the disc whose first ground contact will be completely within the end zone loses possession of the disc due to an uncontested foul, or lands out of the end zone due to an uncontested force-out foul that player is awarded a goal.
2. If after receiving a pass outside the end zone, a player comes to a stop contacting the end zone, that player must carry the disc back to, and put it into play at, the closest spot on the goal line.
3. If a player scores but then unknowingly throws another pass, a goal is awarded to that player, regardless of the outcome of the pass. However, if it is unclear if the player scored the result of the pass stands