

ULTIMATE FRISBEE Rules & Regulations

The University of Akron Student Recreation & Wellness Services Intramural Sports

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game as well as the Site Supervisor.

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid, physical copy, University of Akron ZipCard. **NO ID, NO PLAY!**
- All games will be played in the Stiles Athletic Fieldhouse.
- Following three (3) weeks of regular season play, teams will advance to a single elimination playoff bracket, provided their sportsmanship rating maintains a minimum average of 9.
- Each team will consist of seven (7) players; a minimum of five (5) is required to avoid a forfeit.
 - Teams must have at least two (2) males and two (2) females on the field at all times.
- A player may only play on one (1) team in any given league (i.e.: one single-gender team, and one co-rec team).
- Each team shall designate to the Officials a player as the court captain. This person is the only player who may communicate with the Officials.

EQUIPMENT:

- Intramural Sports will provide required game equipment.
- Athletic shoes must be worn. No sandals, boots or non-athletic shoes will be allowed.
- Cleats will be allowed provided they have no metal on them.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- **All jewelry must be removed, and can NOT be taped over.**
 - Only Medical Alert bracelets and/or necklaces will be permitted, and must be taped to the body, leaving vital information visible.

GAME FORMAT:

- The game will be played with two (2) 15 minute halves with a three (3) minute halftime.
- There will be no time-outs.
- If the game is tied at the end of regulation, a two (2) minute overtime period will be played. If the game is still tied, during pool play the game will be declared a draw. If in the playoffs, teams will play continuous overtime periods of two (2) minutes each, until a winner is declared.

THE GAME:

- A coin toss, called by the Visiting Captain, at the beginning of the match will determine the choice of throw or receive. The winning Captain will have the following options:
 - Throwing in either the first or second half, OR
 - Goal to defend in either the first or second half
 - Teams will change sides of the court between the first and second half.

- A throw off begins each half and after each goal. On the throw off, both teams must stand behind the goal line with one (1) foot on the line.
- When the thrower and captain of the receiving team raise a hand, play is ready to begin. The thrower throws the disc toward the opposite goal line. When the disc is released, both teams may move in any direction.
- No player of the throwing team may touch the throw-off before it touches a member of the receiving team.
- If the receiving team catches the disc, it must be thrown from the spot. If the receiving team touches the disc and fails to catch it, it is the throw-off team's disc where it lands.
- If the throw-off falls untouched to the ground inbounds, the receiving team gains possession where the disc stops. If the throw-off lands untouched out of bounds, the receiving team can:
 - Put the disc in play at the point it crossed out of bounds or call "middle" and carry the disc to the middle of the field.
 - Before it is touched, extend one hand over the head and call for a re-throw. Once this signal is given, that throw-off can no longer be put in play.

THROWING:

- When the disc is on the ground in or out of bounds, any member of the team becoming the offense may pick it up and put it in play.
- The thrower must establish a pivot foot and hold that pivot foot until the throw is released.
- The thrower may pivot in any direction, but not into a legally positioned defensive player.
- If the thrower drops the disc, it is considered an incomplete pass and turned over to the opposing team.
- The thrower may not throw a pass to oneself.
- The thrower may pivot in or out of bounds.
- The disc cannot be handed from one player to another.

DEFENSE:

- Only one defensive player may guard a thrower at a time.
- The defensive player must stay an arm's length from the thrower.
- The defensive player may not try to knock the disc from the thrower's hand.
- **Stalling:** Once a player has established a defensive position (within 6 feet), he/she may begin to count to 10 in one (1) second intervals. If the thrower has not released the disc after 10 seconds, it is a turnover and the other team receives possession at the spot.

RECEIVING:

- Bobbling the disc to get control is permitted, but purposeful tipping of the disc is traveling.
- After catching a pass, the receiver must stop as soon as possible and establish a pivot foot.
- If a catch is made on the run, the receiver may make a pass before the third contact of his/her feet with the ground.
- If the disc is caught simultaneously by offensive and defensive players, it is the offense's disc.
- The receiver must have one (1) foot in bounds to be a legal completion. If momentum carries a player out of bounds, or over the goal line, after a legal catch, the receiver must return to the point he/she went out of bounds, and establish a pivot foot and put the disc in play from that point.

ENDZONES:

- If the disc is caught in the endzone, and the team is attacking, it is a one (1) point score.
- If the disc is controlled in the endzone by the defending team, the player must either put the disc into play from the spot, or immediately carry the disc to the closest spot on the goal line and put the disc into play from there.

- Each time a score is made, teams switch the direction of their attack. The team that scores throws off next.

TURNOVERS:

- An incomplete, intercepted, knocked down, or out of bounds pass results in a loss of possession.

FOULS:

- Fouls are physical contact between opposing players. A foul is called by the player who has been fouled.
- When the thrower is fouled in the act of throwing and the pass is completed, possession continues with the possessing team.
- When the defensive player is fouled by the thrower and the pass is completed, the defense receives possession at the thrower's place. If the pass is incomplete, play continues.
- Contact with an opponent that interferes with the catch before or after the disc has arrived is a foul. The player fouled gains possession.

VIOLATIONS:

- Violations are non-contact rule infractions (traveling, defensive double teaming, not establishing a pivot foot, etc.)
- Violations should be called by anyone who recognizes it.
- If the disc is in the air, play is continued. If the team which made the call gains control, play continues unhalting. The player who made the call in this case should call "play on".
- If the team that made the call does not gain control, the offended team receives possession at the spot of the throw.

AWARDS:

- The winning team will receive Intramural Sports Champion T-shirts.

Updated 8/22/18