



The University of Michigan  
Department of Recreational Sports  
*Intramural Sports Program*

## ULTIMATE FRISBEE RULES

### I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual, which can be found on our website at [www.recsports.umich.edu/intramurals](http://www.recsports.umich.edu/intramurals).)

#### A. ROSTER AND ROSTER ADDITIONS

1. **Tournaments:** A team's roster is built over the course of the preliminary rounds of the tournament. As in team sports, the individuals listed on the scorecards constitute a team's roster. Managers are responsible for the completeness and accuracy of the scorecards. In tournament events, roster additions may be made through the quarter-final games.

#### B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the official during a stoppage of play. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:
  - a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
  - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
  - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
  - d. The player must come in the next working day between 9:00am and 4:00pm with their valid student ID to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.
3. **Club Sport Members and Intercollegiate Athletes:** Teams may have at maximum one club Ultimate player on their roster. Refer to the Manager's Manual for the definition of a club player.

**C. FORFEITS:**

1. A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest.
2. In order to be credited for the forfeit “win,” the team receiving the forfeit “win” for the contest must have the minimum number of required players to start a game.  
**NOTE:** Both teams are recommended to list the players present at the game site in order to have those players considered as having “participated” in that game.
3. A team may waive the right to forfeit and wait for the opposing team to arrive.
  - If a team decides to wait the 10 minutes for the opposing team to show they **must wait the entire 10 minutes**.
  - If 10 minutes after the scheduled game time passes, and the minimum number of players required to play for the opposing team has not arrived, the team present **must accept** the forfeit.
  - Should the opposing team arrive before the 10-minute time limit, the contest shall be played. The time lost shall not be made up.
  - If a team waives their right to a win by forfeit, and the match begins, that team cannot rescind their decision and take the forfeit.
  - If at game time neither teams have the minimum number required to play the officials will wait 10 minutes to see if either or both teams acquire enough participants to play or accept the forfeit.

**D. SPORTSMANSHIP RATINGS**

1. Each team in each contest shall be rated by the Intramural Staff. A team begins an intramural game or event with a total of 10 sportsmanship points. During the course of the contest, teams may lose points if their behavior deteriorates.
2. Level 1 Sportsmanship Infraction: For each Sportsmanship infraction a team receives, one point will be deducted.
3. Level 2 Sportsmanship Penalty: For each Sportsmanship Penalty a team receives, three points will be deducted.
4. Level 3 Sportsmanship Ejection: For each Sportsmanship Ejection a team receives, seven points will be deducted.
5. Forfeits: Forfeiting a contest shall result in a seven point deduction.
6. In tournament play should a team’s actions cause that team to receive a SRS rating of less than seven (7), the game will immediately be discontinued; the opposing team will be declared the winner of the game; and the declared winner will advance to the next round in the tournament. The declared winner must not have a SRS rating of less than seven.

<b>Level 1: Sportsmanship Infraction</b> (1 point deduction)	?Any verbal warning that addresses conduct
<b>Level 2: Sportsmanship Penalty</b> (3 point deduction)	? Alcohol use by spectators ? Spectator interference
<b>Level 3: Sportsmanship Ejection</b> (7 point deduction)	? Alcohol use by player ? Physical contact with an official ? Fighting ? Intentionally injuring or attempting to injure an opponent ? Threatening/Verbal abuse of an official ? Use of an ineligible player ? Use of a suspended player ? Forfeiting a game

## **II. SPORT RULES**

### **A. TEAMS**

1. Teams will consist of 7 players on the field.
2. 5 players are needed to start and/or continue a game.

### **B. EQUIPMENT**

1. Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, a disc will be checked out from the Intramural Sports Supervisor and used for play.
2. Metal cleats are not allowed.
3. Teams must check out jerseys from the Intramural Sports Supervisor. Shirts must be worn underneath the jerseys.
4. Casts are illegal.
5. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.

### **C. LENGTH OF GAME**

1. Each half is 22 minutes of running time which will be timed from a central clock.
2. Half-time will be 5 minutes long.
3. Time lost to injuries cannot and will not be made up.
4. At the end of regulation time, the point-in-progress shall be completed if there is a differential of one point between the two teams. If at the completion of that point there is a tie, another point shall be played with the team just scoring throwing off to the team scored upon.

### **D. SUBSTITUTIONS**

1. Substitutions may be made after each point.

### **E. PLAY**

1. Object of the game is to score goals. A goal is scored each time the offense completes a pass in the defense's endzone. Each goal counts as 1. After each score play is initiated as described in Rule E-2. Each time a goal is scored, the teams switch directions of their attack.
2. A coin flip will determine who will receive in the first half. The opposing team receives in the second half. Play is initiated with both teams lining up on the front of their respective endzone line. The defense throws the disc to the offense. Players may not leave their respective endzones until the disc is released.
3. The disc may be advanced in any direction by completing a pass to a teammate. If a pass is not completed (e.g. out-of-bounds, drop, block, interception) possession reverts to the opposing team (turnover).
4. Players may not run with the disc.
5. The person in possession of the disc has ten seconds to throw it. The defender guarding the thrower counts out the stall mark. If ten seconds is reached, the offense turns over the disc. If the defensive team switches defenders, the count must revert to '1.' A defensive player must be within 5 feet of the throw to initiate a stall count.
6. A player's pivot foot is established with the first touching of the ground. Moving the pivot foot is a travel, causing a turnover.
7. Only one defensive player may guard a thrower at any time. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
8. Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered travelling.
9. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.

10. A player cannot score by running with the disc into the endzone after gaining possession of the disc. His/her first point of contact must be completely in the endzone. A player who runs the disc into the endzone must take it to the closest point outside of the endzone and continue play from there.
11. Handoffs and catching your own throw are not allowed.

**F. OUT-OF-BOUNDS**

1. Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds.
2. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. Should the momentum of the player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play from that point.
3. If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.
4. If a throw-off lands out of bounds the receiving team will put the disc into play at the nearest point on the playing field where the disc went out-of-bounds.

**G. FOULS**

1. Players are responsible for their own foul and line calls. If a dispute cannot be resolved, a coin flip will determine the call.
2. When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
3. Picks and screens are prohibited.

**H. CO-REC MODIFICATIONS**

1. Teams will consist of 7 players.
2. 5 players are needed to start and continue a game.
3. Either gender may have a majority, however by no more than one.  
Here are the possible combinations:

Male Players	Female Players
4	3
3	4
3	3
3	2
2	3

5. Goals thrown or caught by females count as 2 points.