

Emmanuel College Intramurals



Ultimate Frisbee Guidelines and Rule Book

Expectations of Behavior:

All participants and spectators are subject to the Student Handbook and the Intramural Handbook. All participants and spectators are responsible for their conduct. Good sportsmanship like conduct is required.

Ejection:

In the event a participant/spectator acts unsportsmanlike, a judgement call will be made by an official depending on the severity of the offense. If the offense is minor, a warning will be given. A second warning will result in an ejection. An ejected participant/spectator must vacate the playing area immediately. Failure to do so will result in further disciplinary action from the Intramural Coordinator.

The following will result in an immediate ejection, referral to the Intramural Coordinator, and possible referral to the Vice President for Student Development.

- Profanity
- Language meant to harm an individual or group.
- Disrespect to an official
- Threatening
- Unnecessary roughness
- Damage to Intramural equipment

Physical Violence:

Due to the severity of physical violence, local law enforcement will be called out in the event of physical altercation. All matters following the incident will be handled by the Office of Student Development.

Waiver of Injury Liability:

1. Emmanuel College and the Intramural Sports program are not responsible for any injury that occurs during practice for or during actual game playing time. All intramural participants are wholly liable for the payment of their medical care that is a result of any injury incurred. Participants are encouraged to have private-personal medical insurance.
2. Participation in intramural activities is voluntary and all medical expenses incurred through participation are the sole responsibility of the participant.
3. Participants indicated their understanding of the Emmanuel College 'Expectations of Behavior' and the 'Waiver of Liability' when they initialed their Intramural Draft Application.

Ultimate Frisbee Rules

Playing Field:

1. 80 yards long (Men's & Women's)
2. 40 yards wide
3. 10 yard in zones
4. Safety zone line is located approximately 4 yards from side line. Fans and players are prohibited from crossing the SZ line unless substitution occurs. Only game officials may cross the line.

Officials

The Intramurals program will provide the appropriate Frisbee for play. Teams may opt to use personal Frisbee. All personal Frisbee's must be checked by Intramural Official before use. The disc must be at least 175 grams.

1. The Intramural Leadership Team will provide:
 - One official to serve as the Official Score and Time Keeper.
 - This official will record all team scores.
 - Manage game time and team time-outs.
 - The score keeper must clearly announce the time remaining at 5-minute intervals for the first 15 minutes, then every minute after the 5 minutes remaining warning.
 - When there are 2 minutes remaining, this official must announce time remaining at 1 minute, 45-30 & 15, & 5-4-3-2-1 seconds remaining.
 - Two officials to serve as Official Line Judges.
 - These officials will announce touch downs.
 - Judge out-of-bound violations.
 - One official to serve as the On-field Referee.
 - This official will ensure that all Frisbee rules are followed during game time.
 - Judge disputed fouls.
 - Announce time-outs.

Clothing

1. Players must wear appropriate team colors. Uniforms must have at least half of the team color on it.
2. Hats are prohibited.
3. All jewelry is prohibited.
4. Cleats with metal spikes are prohibited.
5. Players must wear closed toe shoes.
6. Flip-flops and sandals are prohibited.

Captains/Co-Captains

1. Captains (Co-Captains) are the only team members who may address game officials.
2. Captains (Co-Captains) are responsible for the enforcement of all playing rules at the team level.
3. Captains (Co-Captains) are responsible for supervising the behavior of their team roster members.
4. Captains (Co-Captains) are responsible for making sure that each team member is dressed appropriately including team shirts/primary color.

Time

1. Two 20:00 minute halves. (Men and Women)
2. The game clock will start with the first contact of the disc by the throw-off receiving team.
3. Clock will run continuously until 1:00 minute remaining and under of each half. The clock will stop when the following occurs:

- Penalties
 - Scoring plays
 - Incomplete plays
 - Out-of-bounds
 - Injured players
 - Time outs
4. Following an incomplete play, the clock will start when a defensive player taps the disc in while in possession of an offensive player.
 5. Only an official or team time-out will stop the clock during the first 19 minutes.
 6. Half-time is 3 minutes.

Overtime

If the score is tied at the end of regulation time, an additional 5 minutes will be used to serve as a tie-breaker.

1. A disc toss will determine who gains possession of the disc. Winner of the toss will receive the disc while the loser must throw off.
2. Each team will receive one 60 second time-out.
3. The clock will run non-stop until the clock reaches 1 minute. One minute and under, the clock will stop when the following occurs:
 - Foul
 - Scoring plays
 - Incomplete plays
 - Out-of-bounds
 - Injured players
 - Time out
4. If neither team scores during overtime, the contest will be determined a tie.
5. In tournament play, overtime will continue until the first team to score wins.

Time outs

1. Three 45 second time outs per half for each team.
2. Only the team with possession of the disc may call a time out.
3. When an incomplete pass occurs, any team may call a time out.
4. Only captains or co-captains may call a time out.
5. An official time out will occur if a player is injured or disc flies over the fence.
6. Time outs do not carry over to the second half.

Pre-Game Disc Toss

The winner of the pre-game disc toss shall have the first choice of options:

1. To defer their choice of receiving or defending until the second half.
2. Which goal to start from.

Teams

Each team consists of a maximum amount of 7 players.

1. Men's teams must have at least 5 players to start and finish a game.
2. Women's teams must have at least 4 players to start and finish a game.
3. Teams must field the appropriate amount of players no later than 10 minutes following the start of the game. Failure to do so results in a forfeit.
4. A double forfeit will result in a loss for both teams.

Play of Game

1. Following the pre-game toss, each team must line up on their appropriate sides.
2. The throwing team must have all players behind their goal line prior to throw off. The receiving team must have all players across the half yard line.
3. Prior to throw off, the score keeper will loudly say ULTIMATE signifying the game is ready for play.
4. Players are freely to move following throw off.
5. The receiving team may either catch the disc or let it drop following throw off. If the disc makes contact with a receiving player and then falls to the ground, a turnover will occur at the spot where the disc touched the ground. If the receiving team chooses for the disc to drop prior to contact, that team must start wherever the disc made first contact with the ground within bounds.
6. If the disc goes out-of-bounds following throw off the receiving team may either take possession of the disc where it went out at or ask for a re-throw.
7. The throwing team may not touch the disc until the receiving team has touched it.
8. Play of the game continues as long as the disc is caught in bounds.
9. Incomplete passes result in turnover.
10. Interceptions are awarded to the team that intercepted the catch.
11. Once a player catches the disc, all forwarded movement must stop within 2 steps. A player cannot stop with disk in hand then take two steps. If momentum carries the player more than 2 steps, that player must return to the spot of the catch. While in momentum, a player may throw the disk but only if he/she has not exceeded two steps.
12. Once the player catches the disc and establishes a pivot foot, the defender may begin an audible count from 1 to 10, following a moderate "stall-one", "stall-two" pattern, by which time the offensive player having disc possession must throw the disc to a team-mate. If the thrower has not released the disc by the end of the "stall-ten" count, a turnover will result.
13. A defender must be one arms length from the thrower. If the defender breaks the distance, the thrower must tell the defender to back up and start over counting. The thrower may not push or shove the defender. If this occurs, a turnover will occur.
14. Bobbling the disc to gain full control is permitted. Once the player receives control of the disc, he or she must return to the spot where the disc was bobbled.
15. Popping the disc is prohibited.
16. A thrower may pivot on only one foot for a chance to make a pass.
17. If a simultaneous catch between offensive and defensive players occurs, the offensive team retains possession.

Fouls/Immediate Ejections

1. Ultimate Frisbee is a sport of integrity and players are expected to call their own fouls.
2. A foul is when a player makes physical contact with a player that affects the outcome of a play.
3. A foul must be called immediately and loudly for an official to hear. If not, the play will continue.
4. All fouls result in stoppage of play.
5. If the defender fouls the thrower and the throw is complete, the foul is automatically declined and play continues.
6. If the defender fouls the thrower and the throw is incomplete, the disc will return to the spot of the foul. The defender must tap the disc before play resumes. All players must return to their previous occupied space.
7. Physical contact between a defender and a receiver that disrupts the ability for a catch for either player, results in a foul for the player initiating the contact. Possession will be given to the opponent.
8. No double teaming.
9. Intentionally taking the disc away from an opponent when they have complete possession is not allowed.

10. Hurdling an opponent is not allowed.
11. Physically blocking an opponent from occupying an unoccupied space is not allowed.
12. Pulling an opponent's clothing to disrupt their movement is not allowed.
13. Officials have final say over disputes.
14. The following result in **Immediate Ejections**:
 - Intentionally kicking the disc.
 - Intentionally striking an opponent.
 - Intentionally pushing or shoving an opponent.
 - Intentional slandering of an opponent or official or spectator.

Scoring

1. A score equals one (1) point.
2. Scoring occurs when a player catches the disc while having possession inside their goal.
3. A player may not run the disc into the goal.
4. A player must have both feet planted inside the goal zone to receive a point.
5. Popping the disc to score a point is prohibited.
6. A player may not take more than two (2) steps following possession of disc inside their goal zone.
7. Officials will have final say on all score determinations.

Out-Of-Bounds

1. The white line boundaries are out-of-bounds.
2. The clock will stop if the disc goes out-of-bounds over the fence. The clock will start once the disc is tapped in by a defensive player.
3. If a player jumps out-of-bounds and throws the disc back in bounds without touching the ground, the play is good.
4. A player is considered out-of-bounds when he or she steps on or over the white line boundary and catches the disc.
5. Should the momentum of a player carry them out-of-bounds after making a catch and making first contact in-bounds, the player is considered in-bounds.
 - The receiver must return to the point of first contact.
 - No checking is required
6. To restart play after a disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the playing area where the disc went out-of-bounds, then put the disc into play.
 - No checking is required
7. At least one foot must be in-bounds.

Bleeding

Any participant that is noted to be bleeding during competition will be removed from the game until bleeding stops. The team captain and game officials will determine when the player may return. In the event that a team has no substitutes, the game will be stopped for no more than 5 minutes. If the bleeding has not stopped after the 5 minute pause, the team will forfeit.

Substitutions

Substitutions can only occur after a score is made or during an injury timeout.

Skunk Rule

There is no 'skunk' rule. However, a Team Captain (Co Captain) may forfeit a game prior to and at anytime during the scheduled game.