



MIDDLE TENNESSEE STATE UNIVERSITY

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Campus Recreation

Intramural Sports

ULTIMATE FRISBEE RULES HANDOUT

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. **NO ID, NO PLAY...NO EXCEPTIONS!!**
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **Field:** The playing field will be 80 yards in length and 40 yards in width.
2. **Team:** Teams will consist of 7 players, but a team may begin with as few as 5 players, and with a maximum of 15 players on the roster.
3. **Game:** The game shall be played in two 12-minute halves. The clock shall run continuously.
4. **Time-Outs:** Teams will be given 1 time-out per half.
5. **Goals:** A team scores when a team member catches the disc in the end zone. Goals score one point.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter. **Shoes must be worn at all times.**
7. **Substitutions:** Substitutions are allowed only after a score, during time-outs, or following play out-of-bounds.
8. **Mercy Rule:** 10 points @ the 10 minute mark in the 2nd half, and 5 points @ 5 minute mark of the second half.

THE RULES:

- Play begins with a throw-off. All players must be on or behind the goal line until the disc is released. A member of the throwing team throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it. The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the throwing team gains possession at the point where it is stopped. If the disc goes out of bounds (end line and/or side line), the receiving team makes the immediate decision of having the disc thrown off again or gaining possession at the point, which it went out of play.
- The team that has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any manner or direction she/he wishes. **The disc may never be handed from one player to another.** In order for the disc to go from one player to another, it must at some time be in the air.
- No player may walk, run, or take steps while in possession of the disc. A player catching a pass is, however, allowed **3 momentum steps** before passing it on. The player in possession may pivot on one foot, as in basketball. **Only one player may guard the person in possession of the disc and she/he may not be closer than three feet from the player in possession.** The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand. If the thrower without interference drops the disc by a defender, a turnover results. If the disc is simultaneously caught, the offense retains possession.
- The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. Any member of the team gaining possession of the disc may throw it. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.
- Any one player may not be in possession of the disc for more than 10 continuous seconds. The defender is responsible for initiating the stall count, which will expire when the "T" of "Ten" is spoken at "stall ten." A defender must be within 3 yards of the offensive player with the disc in order to begin the stall count.
- Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped or at the goal line. A player may carry the disc to the goal line. The player may not pass the disc during the approach to the goal line.

THE RULES:

- A disc thrown out-of-bounds will result in a turnover and will be marked at the point where the disc went out of bounds.
- A player must have at least one foot in bounds when making a catch near the boundary line or end zone. If momentum carries a player out-of-bounds on a successful catch, that player must return to the field of play (one step from sideline) to put the disc back into play.
- A goal is scored when an offensive player lands in bounds with either foot in the end zone after receiving a pass from a teammate. **The goal line is not considered part of the end zone.** A player in possession may not score by running into the end zone (even on momentum steps). The team that scores receives one point.

FOULS:

- A foul is any unnecessary or excessive physical contact. Fouls by offensive players result in a turnover; the offense retains possession fouls by the defense.
- Contact occurring during the follow-through (after release of the disc) is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.
- Players must play the disc, not the opponent. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established position of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be strictly avoided.

LIST OF VIOLATIONS:

- **Traveling** – The Pivot must be established as quickly as possible and cannot be moved or changed.
- **Strip** – No defender may attempt to dislodge the disc from a thrower. If a disc is knocked from the thrower a “strip” is called.
- **Double Team** – No more than 1 individual from the defensive team may “Guard” an offensive team member when he controls the disk.
- **Pick** – Obstructing the movement of an opposing player is a violation.
- **Disc Space** – A defending player must be a disc diameter away from the offensive player.

SUDDEN DEATH:

- **Regular Season:** 3 minute Sudden Death Format
- **Overtime:** Sudden Death Format



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CO-REC MODIFICATIONS:

- The match is played between two teams of 8 players each. Teams must begin and end each match with a minimum of 6 players.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:
Minus 1: 4/3 male/female and vice versa; or 3/2 male/female and vice versa.