
Ultimate Frisbee Rules

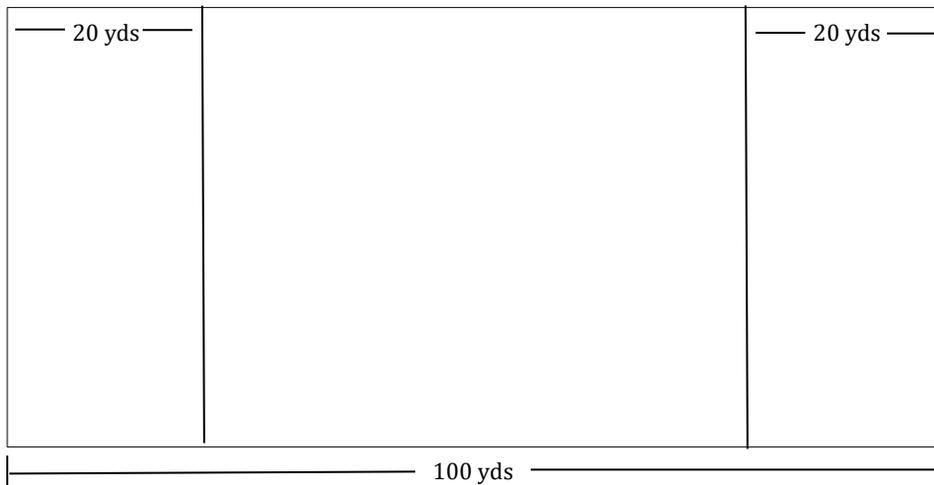
INJURIES ARE A POSSIBILITY IN ANY SPORT.

*JAMES MADISON UNIVERSITY RECREATION ASSUMES NO RESPONSIBILITIES FOR INJURIES.
BASIC FIRST-AID AND CPR WILL BE AVAILABLE WHEN NECESSARY.*

GAMES WILL BE PLAYED ACCORDING TO THE OFFICIAL RULES OF ULTIMATE, 11TH EDITION,
UNLESS OTHERWISE NOTED IN THE FOLLOWING RULES.

Changes from last year's rules are indicated by a gray highlight.

Field Diagram:



RULE 1: TEAM COMPOSITION AND SUBSTITUTIONS

1. A team is made up of seven (7) players. Teams are required to have at least 5 players to begin a game. For the Co-Rec game, teams with 7 players shall be 4 males and 3 females or 3 males and 4 females to avoid a forfeit. For teams with 6 players, 3 males and 3 females to avoid a forfeit. For teams with 5 players, 3 males and 2 females or 2 males and 3 females are required to avoid a forfeit.
2. If, at game time, one team has not met the minimum player requirement and their opponents have, the Captain's Choice rule will go into effect. Captain's Choice provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.
3. Substitutions can be made only:
 - a. after a goal and before the ensuing pull
 - b. before the beginning of a period of play
 - c. to replace an injured player
 - d. If a team replaces an injured player(s), the opposing team has the option of substituting a like number of, or fewer players.

- e. Substitutions, other than injury substitutions cannot be made during a time out, but can be made only after a goal is scored.

RULE 2: THE GAME

1. Ultimate is unique in that all games are self-officiated and rely on sportsmanship. It is common for players to call fouls and/or infractions on themselves.
2. Play begins with the pull. The captains of the two teams flip a coin to determine which team will pull or receive, or choice of goal. The teams shall alternate pulls at the beginning of each period.
3. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their own goal line without changing relative position.
4. A player on the goal line throws the disc towards 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 it is touched by a member of the receiving team.
5. 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 pull, that player has possession at that point.
6. If the receiving team touches the disc and fails to catch it, the team which pulled gains possession of the disc where it was stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it was stopped.
7. If the disc goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of either gains possession at the point the disc went out-of-bounds in the center of the field or having the disc pulled again.
8. If the disc goes out-of-bounds after crossing the goal line, the receiving team gains possession 15 yards from the goal line at the nearest corner in the center of the field.
9. Each time a goal is scored, the teams switch direction of their attack; and the team which scored pulls once again.

RULE 3: OUT OF BOUNDS

1. Any area not on the playing field is out-of-bounds. The perimeter line themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts anything out-of-bounds.
3. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out-of-bounds in order to make a play on the disc.
4. A player is out-of-bounds when they contact an out-of-bounds area. When a player is in the air, whether they are out-of-bounds or not is determined by where the ground was last contacted by the player.

5. 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. If any portion of the first point of contact is out-of-bounds, the player is also considered out-of-bounds.
6. Should the momentum of a player carry them 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 they went out-of-bounds and puts the disc back in play at that point.
7. The thrower may pivot in- and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
8. If a pass does not come in-bounds, the opposing team gains possession of the disc where it left the field of play only if the defense did not contact the disc. If the defense contacted the disc, the disc must be put back into play at the point on the playing field closest to where the contact occurred.

RULE 4: ENDZONES

1. If a team gains possession in the end-zone which it is defending, the player taking possession must make the immediate decision to either put the disc back into play from that spot, or carry it directly to the closest point on the goal line and put it into play from there. To fake or pause after gaining possession commits a player to put the disc into play at that point.
2. If a team gains possession in the end-zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.

RULE 5: SCORING

1. A goal is scored when an offensive player completes a pass to a teammate in the end-zone which they are attacking.
2. In order for the receiver to be considered in the end-zone after gaining possession of the disc, their first point of contact with the ground must be completely in the end-zone.
3. A player cannot score by running into the end-zone. Should a receiver's momentum carry them into the end-zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc back into play from there.
4. Once a player is completely in the end-zone, they have scored a goal. If they unknowingly play the disc into a turnover, the goal is still awarded

RULE 6: TURNOVERS

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

2. A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.
3. The following actions result in a loss of possession and a “check”:
 - a. if the immediate defender’s count reaches the maximum number of ten (10)
 - b. if the disc is handed from player to player
 - c. if the thrower intentionally deflects a pass to themselves off of another player
 - d. if the thrower catches their own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

RULE 7: FOULS

1. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must immediately announce it by calling out the word “FOUL!” after the foul has occurred.
2. The player initiating contact is guilty of a foul.
3. Throwing Fouls:
 - a. A throwing foul may be called when there is contact between the thrower and the defender.
 - b. Contact occurring during the follow through is not sufficient grounds for a foul, but should be avoided whenever possible.
 - c. When a foul is committed by a thrower or the defender, play stops and possession reverts back to the thrower after a “check.”
 - d. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
 - e. If the defender is fouled in the act of throwing and the pass is not completed, play continues without interruption.
4. Catching Fouls:
 - a. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately following the catching attempt is often unavoidable and is not a foul.
 - b. If a player contacts an opponent before the disc arrives and thereby interfere with that opponent’s attempt to make a play on the disc, that player has committed a foul.
 - c. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
 - d. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.
5. **On any call that is disputed, the Intramural Sports staff member on duty will make the decision. Otherwise, players make their own calls.**

RULE 8: VIOLATIONS

1. A violation occurs when a player violates the rules in a manner which does not result in physical contact.
2. A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.
3. Traveling:
 - a. The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
 - b. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
 - c. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.
4. Strip:
 - a. No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."
 - b. The player in possession then picks up the disc and play continues un-halted from the point where they regained possession.
 - c. If a count was in progress as the disc was stripped, the count is halted, and when a player in possession regains possession, the count restarts at zero.
 - d. A contested strip of the receiver is treated the same as a contested foul.
5. Double-Team:
 - a. Only one defender is permitted to guard the thrower.
 - b. No other defensive player may establish a position within three (3) meters of the pivot foot of the thrower, unless they are guarding another offensive player in that area.
 - c. Should the thrower recognize a double-team situation, they first call "Double-Team" as a warning. After the second time, play stops and is resumed after a "check" with the count reset to zero.
6. Picks:
 - a. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick."
 - b. In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check, unless the continuation rule applies.