



Ultimate Frisbee



“An Aggie does not lie, cheat or steal, or tolerate those that do.

General Procedures

1. Each player **MUST** bring their current TAMUG student ID to each game and present it to the official in order to participate.
2. Player additions may be made at any time during the regular season.
3. Players may play for only **one** Men’s/Women’s team **AND one** Co-Rec team. Participants are allowed to choose how they wish to identify (male/female), but must play as their declared gender on IMLeagues. Female participants can choose to play in a men’s league, but not both a men’s and women’s league.
4. Corps Leagues are setup as open leagues. Open leagues are leagues that possess no modifications or roster requirements based on gender.
5. Players may not switch from one team to another after participating in a game for a team.
6. **Discriminatory and offensive language will not be tolerated and will result in a 2 minute power play for the opposing team with the offending player sitting out.**
7. **Game time is forfeit time.**
8. Teams are expected to notify Student Life if they are going to forfeit a game.
9. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
10. Game officials shall eject from the game any player who commits a flagrant foul or displays any type of poor sports conduct.
11. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 1 – 5 after each contest by the officials.
12. Teams need to average a 3.5 or higher sports conduct ranking during league play in order to advance to the playoffs.
13. **TOBACCO USE** at intramural contests is **PROHIBITED**.
14. Team captains are responsible for knowing all rules on the rule sheet and in the Captain’s Handbook and relaying that information to all players on their team.

PLAYERS:

- Teams will consist of 7 players. Teams may start with as few as 4 players. If a team is reduced to less than 4 players at any time during the contest, a forfeit will result.
- Below are the allowed male – to – female ratios; however, a team is allowed to play with more than the required number of females in place of male participants.

Ultimate	Male/Female Ratio	
Total	Male	Female
7	5	2
6	5	1
5	5	0

EQUIPMENT:

- No jewelry, hats, bandanas, or hard plastic hair ties can be worn.
- Closed toed, athletic shoes must be worn.
- No metal cleats allowed.

THE GAME:

- A game consists of two 15 minute halves with a 3 minute halftime.
- Each team will have 2 timeouts to use at any time in the game.
- Mercy Rule: If a team is ahead by 14 or more points with 10 minutes or less in the 2nd half or 7 or more points with 5 minutes or less remaining, the game will be stopped and ruled a victory for the team in the lead.
- Overtime: An overtime period will follow a regulation game that has ended in a tie. The overtime period will have a 5- minute running clock. One timeout will be awarded to both teams for the overtime period. (However, teams may not carry over timeouts from regulation). If the game is still tied after overtime, it will remain a tie in the regular season. If it is a playoff game, overtime periods will continue until the tie is broken. After the second overtime period the third overtime period will be universe point (first score, wins).

BASIC RULES:

- The game begins with each team designating a captain. The captains of the two teams meet at midfield and flip a disc to determine who will throw and who will receive the initial pull.
- The game begins with both teams lining up behind their respective end zone line. The defense throws (pulls) the disc to the offense.
- If a member of the receiving team touches the disc during flight of the pull (whether in or out-of-bounds) and the receiving team fails to catch it, the pulling team will obtain possession of the disc where it comes to rest.
- A pull that lands in or beyond the end zone must be brought to the center of the goal line. If a pull lands in-bounds and then goes out-of-bounds, the receiving team gains possession of the disc at the point nearest to where the disc first went out-of-bounds.
- If a team gains possession in the end zone which it is defending, 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.
- Each time the offense completes a pass in the defense's end zone, the offense scores a point.
- A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her 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 into play from there.
- The disc may be advanced in any direction by completing a pass to a teammate. After catching a pass, the receiver is allowed the fewest number of steps required to come to a stop and establish a pivot foot. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop. The person with the disc (thrower) has ten seconds to throw the disc.

- The defender guarding the thrower (marker) counts out the stall count at one-second intervals (Stall 1, stall 2, etc.). An arm's length must be kept between the thrower and defender. The thrower can call "back" if the arm length distance is violated.
- No physical contact is allowed between players. Picks and screens are also prohibited. Fouls are self-officiated and the supervisor will handle disputes.
- 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. If the player committing the foul disagrees with the foul call, the play is redone.
- One foot needs to be in bounds to be considered a catch. Momentum can carry a receiver out-of-bounds, however he or she must then return to the field where they left and continue play.
- Prior to releasing a throw, the thrower must establish a pivot foot and may not change that pivot foot until the throw is released. The thrower has the right to pivot off the pivot foot in any direction. Traveling violations may be called by the defense if pivot foot moves after coming to complete stop.
- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc at the point where disc stops rolling and becomes the offense (exception: pulls - see rule #10). If the defense feels that the offense is stalling during a change of possession, the defense may begin a 10-stall count.
- Players not in the game may replace players in the game after a score and during a timeout. In case of injury, substitute for injured player only.
- Simultaneous catches by the offense and defense are awarded to the offense.
- Players are responsible for their own foul and line calls. Players resolve their own disputes. If no agreement can be reached, the disc goes back to the thrower.

CO-REC MODIFICATIONS:

- Female scores are worth 2 points (thrower or receiver on scoring toss).