

STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY
INTRAMURAL ULTIMATE FRISBEE RULES

Location

- Games will be played on the soccer/football practice fields, west of the Art Building.

Schedule

- Regular season will be played for 2 consecutive weeks at your scheduled day and time. Playoffs for qualifying teams will follow the regular season.
- If your team is unable to make your game contact the Intramural Office at 785-670-1314 by 2:00pm the day of your game to default.

Eligibility

- ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO PLAY. ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.

Players

- Each team will consist of five (5) players of any gender. Teams must begin the game with a minimum of four (4) players.
- If a team fails to arrive before the scheduled forfeit time, it is the supervisor's job to enact the Grace Period before declaring a forfeit. The game clock will start and run for ten minutes during the Grace Period, unless the team arrives before ten minutes and is ready to play.
- Teams must have a minimum of five (5) players registered on IMLeagues to be entered into the league.
- Players may be added to the roster via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at www.washburn.edu/getfit.

Equipment

- No jewelry is permitted.
- Head decorations, headwear, hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted.
- All players must wear molded rubber cleats or tennis shoes, they are the only shoes permitted. No screw-in cleats are allowed. The referee will check all players for proper playing equipment.
- All teams must wear the same color shirts or jerseys. Jerseys will be provided if needed, and T-shirts must be worn under these jerseys.
 - Shirts/Jerseys are not required to have numbers on the back.
- Shorts and pants may not have any pockets. Shirts must either be tucked in or short enough so there is a minimum of 4 inches between the bottom of the shirt and the waistline. Shirts altered in any manner which produces a knot-like protrusion will be illegal.
- The SRWC will provide the game frisbee.

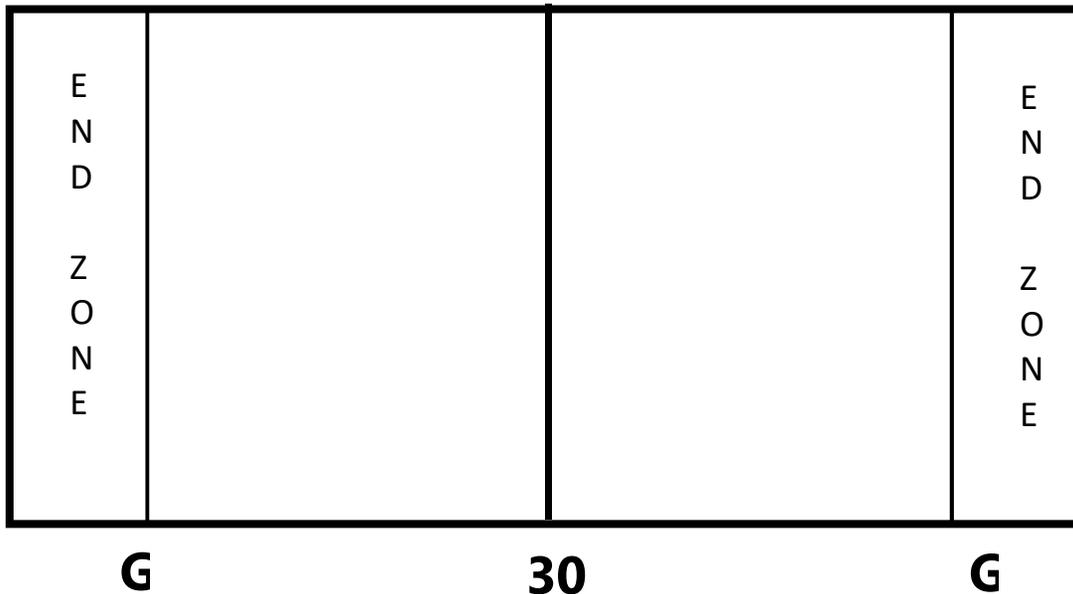
Gameplay

- **Basic Rules**
 - Each score is worth 1 point.
 - The team with the most goals at the end of the game is declared winner.

- Ultimate Frisbee is a non-contact sport. Contact will not be tolerated. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.
- **The Game**
 - To start the game, a coin toss will be conducted. The winner will have the choice of; receiving the initial throw-off, or selecting which goal they wish to defend initially.
 - The team losing the flip is given the remaining choice.
 - The second half begins with an automatic reversal of the first choice of options.
 - Throw-off
 - Play starts at the beginning of each period of play and after each goal with a throw-off.
 - Each time a goal is scored, the teams switch the direction of their attack and the team, which scored throws-off.
 - Positioning prior to throw-off:
 - The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the frisbee is released.
 - The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
 - The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
 - The throw-off consists of one player on the throwing team throwing the frisbee toward the opposite goal line to begin play.
 - As soon as the frisbee is released, all players may move in any direction.
 - No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
 - If a member of the receiving team catches the throw-off on the playing field, that player must put the frisbee into play from that spot. If they drop it, they will retain possession of the frisbee where they make contact with it.
 - If the receiving team allows the frisbee to fall untouched to the ground, and the frisbee initially lands in bounds, the receiving team gains possession of the frisbee where it stops.
 - If the throw-off lands out-of-bounds the receiving team makes a choice of:
 - Putting the frisbee into play at the point where it crossed the line
 - Requesting a re-throw.
 - Change of possession:
 - Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
 - When play stops the player who was in possession retains possession.
 - All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
 - The marker restarts play by handing the frisbee to the thrower.
 - Out-of-bounds
 - The perimeter lines themselves are out-of-bounds.
 - A frisbee is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
 - For a receiver to be considered in-bounds after gaining possession of the frisbee, 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 considered to be out-of-bounds.
 - Should the momentum of a 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 frisbee to the point where he/she went out-of-bounds and puts the frisbee into play at that point.
 - To restart play after the frisbee has gone out-of-bounds, a member of the team gaining possession of the frisbee must carry the frisbee to the point on the playing field where the frisbee went out-of-bounds, and put the frisbee into play at that point.

- The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
 - The Thrower
 - 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 in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
 - If the frisbee is dropped by the thrower without defensive interference, it is considered an incomplete pass.
 - The thrower may throw the frisbee in any way he/she wishes.
 - The Marker
 - Only one player may guard the thrower at any one time; that player is the marker.
 - The marker may not straddle the pivot foot of the thrower.
 - There must be at least one frisbee's diameter between the upper bodies of the thrower and the marker at all times.
 - The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
 - Stalling
 - If the defender is within 10 feet of the thrower they may initiate a 10 second count in which the thrower has to throw the disc. If the player does not throw the disc within 10 seconds a stall will be called and the disc will turnover. The defense must count a reasonable 10 seconds (stall –1 or 1 –Mississippi, etc.)
 - If the thrower has not released the frisbee at the first utterance of the word ten (10) a turnover will result.
 - If the defense decides to switch markers, he/she must start again from one.
 - The Receiver
 - Bobbling to gain control of the frisbee is permitted.
 - A maximum of 3 steps are allowed after a catch in order to slow down. After the catch, the thrower must establish a pivot foot. Once a pivot is established the thrower may not move this foot until after a throw has occurred. Failure to keep a pivot foot will result in a turnover.
 - If the receiver is running as he/she catches the frisbee, the receiver may throw a pass before the third ground contact after catching the frisbee without coming to a complete stop.
 - Fouls
 - Fouls are the result of physical contact between opposing players.
 - The offending player calls the foul.
 - 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.
 - If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
 - Violations consist of traveling with the frisbee, attempting to strip the frisbee, screening or double-teaming an opponent.
 - Fouls and violations result in a change of possession.
 - Positioning
 - Picks:
 - 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.
 - A pick is considered a violation.
 - When the frisbee is in the air, players must play the frisbee, not the opponent.
 - The principle of verticality: All players have the right to the space immediately above them.
 - A player who has jumped is entitled to land at the same spot without hindrance by opponents.

- **The Playing Field**



- **Game Timing**

- Each game will consist of two halves of 20 minutes each.
- The clock will run the whole time.
- No timeouts will be allowed.

- **Mercy Rule**

- If a team is leading by 10 or more points at any time in the second half the game will end. Please report scores to the Intramural Supervisor, and continue to use field until the next game if you choose to.

- **Grace Period**

- If at game time a team is not ready for play, a grace period of up to 10 minutes will be automatically enacted. The game clock will run through the grace period. (Ready for play means dressed, on the field, & signed in).

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Starting Score 3-0	Max 3
10 minutes	Forfeit	Max 0

- **Substitutes**

- Substitutions can be made-
 - After a goal and prior to the ensuing throw-off
 - Before the beginning of a period
 - To replace an injured player
- An ejected player may not be replaced

- **Playoffs**

- All teams will qualify for playoffs, as long as the team meets these stipulations

- 3.0 Average Team Sportsmanship Rating or higher
 - No forfeits
 - Teams must maintain at least a 3.0 Sportsmanship Score. If a team gets a score below that during playoffs, they will need to come in and meet with the Assistant Director to determine eligibility towards next game.
 - Rankings are determined in this order
 - Winning Percentage
 - Head to Head
 - Differential (based on final score)
 - Points Against (based on final score)
- **Overtime**
 - In the event that the game is tied during the regular season, the score will stand.
 - In the event of a tie during playoffs, an overtime period of 3 minutes will be played.
 - If the score is still tied, then a sudden death overtime will be played. The first team to score will be declared the winner.

Sportsmanship

- Washburn University takes Sportsmanship very seriously. Teams will be ranked after each game and need a 3 or greater average to advance to playoffs. Any team receiving a 0 or 1 for non-forfeit related games will need to meet with the Assistant Director before their next game. Any person being ejected from a game will need to leave the SRWC immediately and also will need to meet with the AD before being eligible again. More information about Sportsmanship Rankings can be found online in Intramural Policies and Procedures.