

**Florida Southern College-INTRAMURAL SPORTS
OUTDOOR 6 ON 6 ULTIMATE FRISBEE SPRING 2012
Rules and FSC Modifications**

All players must have his/her FSC I.D. to participate.

OBJECT

-The object of the game is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone that team is attacking.

The team with the most points at the end of the game is declared the winner.

THE GAME

-The playing field will be at Callahan Field. Field dimensions are: approx. the length of intramural soccer field.

-Two teams of six **(6) players** each compete. Teams may begin with as few as **four (4) players**.

-The game shall be played in two **20-minute halves**. The **clock will run continuously** except on player and supervisor time-outs. **50 minute time limit for the game**.

-Each team will be allowed **three(3) time outs per game**. A team must be in possession of the disc in order to request a time-out during play. Either team may request a time-out after a goal and before the ensuing throw-off.

-A team scores when a team member catches the disc in the end zone. Goals score one point.

-A disc will be provided by Intramurals. If both captains agree a different disc may be used for the game.

- Players must wear like-colored **shirts** and of contrasting color to opposing team.

- If necessary, the supervisor will designate which team will change or wear pennies. Hats, jewelry, and hard casts/splints are prohibited from being worn during intramural ultimate Frisbee. Players must have non-marking athletic shoes. Baseball style **hats**, hooded sweatshirts, or any other headgear with a **knot**.

-**Substitutions** are allowed only after a score or during time outs.

-**Mercy Rule:** If a team is up by 10 with 5 minutes left or if either team is up by 20 anytime in the second half, the game will end.

THE RULES

-If one team has insufficient number of players properly checked-in at game time then the grace period is enacted. The team ready to play will receive one point every minute until the game can legally begin. The game will be declared a forfeit after 5 minutes (5-FF).

-Winner of the pre-game **coin toss** shall have the choice of **receiving the throw-off or defending a goal**. Teams shall alternate these at the beginning of the second half. (Supervisor in charge)

-Play begins with a **throw-off**, likewise after each score. All players on throwing team must be on or behind their own goal line until the disc is released. Receiving team only has to be behind the end zone line when the Frisbee 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 is allowed to fall untouched to the ground, the receiving team has possession where it is stopped. If the disc goes out of bounds (end line and/or sideline), the receiving team makes the immediate decision of having the disc thrown off again or gaining possession at the point the disc went out-of-bounds. After each goal, the scoring team shall put the disc into play by throwing-off to the team scored upon.

-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 s/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.

-Players may **not walk, run, or take steps while in possession of the disc**. A player catching a pass is, however, allowed **three momentum steps if they're in motion (Quickly in possession)** 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 (**no double-teaming**) and s/he may **not be closer than three feet(Arm and disc length)** from the player in possession. Any other Defense player must be at least 7 feet away.

-The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand. If the disc is dropped by the thrower without interference 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**.(Marker, see description)

-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 up to the goal line. However, the player may not pass the disc during the approach to the goal line

-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 (**the line is out**). If momentum carries a player out-of-bounds on a successful catch, that player must return to the field of play (within 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.

OFFICIALS

-Ultimate is a non-officiated sport. There will be no officials present to call the games. The F.S.C. intramural supervisors will be at each game to start the game and handle any problems. The games are to be **self-officiated**.

GENTLEMAN'S RULES APPLY. You are advised to make the call between the players on the field. If both captains are on the field then they should be the one's handling the issue. If there are any questions about rule enforcement or interpretation the supervisor will make the final decision based on the rules. The supervisor shall also make decisions on any points not specifically covered in these rules.

FOULS

- Only the player that is fouled may call a foul. No other teammate may call a foul for the other player.

-A **foul** is any unnecessary or excessive physical contact. Fouls by offensive players result in a turnover; the offense retains possession on fouls by the defense.

-If a foul occurs during a pass attempt and the pass is completed, then the foul is **automatically declined** and play proceeds without stopping.

-Contact occurring during the follow-through (after the release) is not sufficient grounds for a foul.

- **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 positions 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. **Picks are illegal and can be called by a player yelling "Pick" or "Foul".**

-**Unsportsmanlike conduct and excessive or flagrant contact will not be tolerated. You may be ejected (out of site and sound) by the supervisor with or without warning.** Teams will be graded by the supervisor (sportsmanship scale) – see the manager's packet for details. If a team earns an "1" the captain must meet with the intramural coordinator before the team can play their next game.

EJECTIONS

If a player is ejected the team will play short for the remainder of the game.

Any player that is ejected must meet with the intramural coordinator before he/she can play ANY intramural sport.

OVERTIME

-If a game is tied at the end of regulation playing time, sudden **death overtime** will determine the winner. The first team to score a point shall be declared the winner.

-The winner of the coin toss will have the **option of receiving or making a throw-off**. Losing team (coin toss) decides what end they want to defended during the second half of regulation play. Unused time-outs from the game will carry over (**no additional time-outs** will be awarded).

JEWELRY

-Captains will be given a warning before the game- that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!

-If after that a players is caught with jewelry - both team captains will get another warning and the specific player is subject to sport specific punishments (out, technical foul, etc). If caught with jewelry the player must leave the field to remove the jewelry. Play still resumes. Once the jewelry is off they must enter the field at the halfway line. They may not enter the field until a dead-disc situation.

-If after the 2nd warning any player that is caught with jewelry, that team will receive a forfeit for that game.

CoEd=Minimum # starters is 4=(2 male/2 female), Maximum # 6= (3 male/3 female),(3 female/2 male), (4 female/2 male) or (2 male/ 3 female)
Men/Women=Minimum # starters is 4, maximum is 5. Once a player has played for a team that player may not legally play for another team in the same division. Players may play CoEd and then Men's/Women's. Players may not play on 2-CoEd/2-Men's/2-Women's teams. **A female score is worth 2 points.** Two (2) points shall be awarded to a team if a female member throws for a score or catches a score.

Quick tips

Thrower: The offensive player who is in control of the disc at any given time

Marker: The player covering the thrower is considered to be the marker. This player is responsible for upholding the 10 second rule by counting to 10 in 1 second intervals. This player must be 3 feet from the thrower. All other player covering the thrower must be 6 feet or more away unless covering another player.

Receiver: Player intended to catch the disc.

Defender: Player intended to cover the receiver

Extra: A player is not to make contact with another player for any reason. Pushing off is illegal. A player bringing a disc inbounds must place his/her pivot foot inbounds before resuming play