

## ACTIVITY RULEBOOK

**Ultimate Frisbee (indoor)**

*Indoor Ultimate is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.*

*All information in this rule book pertains to the facilitation of Indoor Ultimate contests and its season administration. For questions or concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**REMINDER:** all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).

*UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**Section 1: Starting the Contest****Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

**Facility and Contest Set Up****a. Playing Location**

Indoor Ultimate is played in the Mitchell Hall Fieldhouse. It is recommended teams review their schedules prior to each contest. Intramural Sports WILL NOT contact teams to remind them of contest dates, times or locations.

**b. Field**

Fields are set up by Intramural Sports staff only. All playing equipment is property of Rec Sports.

**c. Officiating**

All contests are self-officiated but IM Sports reserves the right to employ club members to officiate. Players must act with honesty and in accordance to the rules at all times. In the event of a dispute, a designated member from an Ultimate Frisbee club team may be on-site to give an impartial final decision. If a club player is unavailable to aid in the resolution, the on-site supervisor will render the decision. An intramural supervisor will keep track of the score and run the clock.

Intramural Sports is looking for officials for other activities. To become an official, [click here](#).

**d. Captain’s Meeting**

It is recommended captains meet with one another to review contest rules, participant eligibility, legal equipment and to determine possession/team sides.

**Equipment**

Intramural Sports will provide a certified game disc from [the list linked here](#). If a team wishes to use a disc for warm-ups, they must provide their own. The playing surface will be marked with pylons or cones in both end zones.

If teams do not agree to use the disc provided by Intramural Sports, they may use their own discs permitted both teams agree to use the same disc for the duration of the match. Intramural and Recreation Sports are not responsible for lost or stolen items that belong to participants.

**Participation**

All contests are played in Co-Rec leagues.

Teams may play with seven (7) players at a time.

A team may start with as few as six (6) players.

If a team is reduced to less than six players at any time during the contest, a forfeit will result.

**Eligibility****a. Sport Club Athlete**

- Two (2) male and two (2) female members of the 2016-17 Men's or Women's Ultimate club competitive rosters may play on a team.
- There are no restrictions on the number of previous club players per team, or non-due paying participants that attend practice.

**b. Additional Athletes**

- Please see the Intramural Sports participant handbook in regards to professional, amateur (i.e. AAU) and/or other athlete eligibility concerns
- Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters
- When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

**Section 2: Playing the Contest****Game Overview**

A game consists of two (2) 15-minute halves with a 3-minute halftime.

A running clock will be used and will only stop for injuries and timeouts. The on-site supervisor will keep the official game time and score.

The clock will stop on all scoring plays within five (5) minutes left in the game and will resume as the disc is released from the puller's hand.

An initial flip of the disc will determine the initial pull.

The second half begins with an automatic reversal of the initial pull.

A 40-second play clock will be used for a team after each score.

**The Pull**

Teams must line up in their end zone and remain there until pull has left the throwers hand.

If a member of the receiving team touches the disc during flight of the pull and fails to catch it, the receiving team loses possession of the disc at the point of the contact.

A pull that lands in the end-zone is played where it lands.

A pull that flies out of the end-zone goes to the brick mark.

If pull hits inside end zone and slides/rolls out, it goes to the front of the end zone.

**Offense**

The disc may be advanced in any direction by completing a pass to a teammate.

The thrower has ten (10) seconds to release the disc.

Prior to releasing a throw, the thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

One (1) foot needs to be inbounds 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.

Simultaneous catches by the offense and the defense are awarded to the offense.

After a goal, the teams switch their direction of attack and the scoring team pulls.

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.

**Timeouts**

Teams are permitted to call one (1) 30-second timeout per half. Unused timeouts from the first half do not carry over to the second half.

Timeouts may be called by either team after a score and prior to the ensuing pull.

During play, timeouts may only be called by the player in possession of the disc.

During a stoppage of play/change in possession, any player on the field may call a timeout.

When play resumes after a timeout, the stall count is continued from where it was when time-out was called.

**Substitutions**

Substitutions may be made during any stoppage period (after a score, during a time out, between halves or to replace an injured player).

**Scoring**

A team scores when crossing the goal line into the end zone.

The Intramural Supervisor will keep the official game score.

**Mercy Rule**

The game will end if a team is up by five (5) or more points with two (2) minutes or less remaining in the game.

**Change of Possession**

When a pass is not completed, the defense immediately takes possession of the disc at the point where disc stops rolling and becomes the offense.

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 in play from there.

**Defense**

Only one (1) player may guard the thrower at any single time; that player is the "marker."

The marker may not straddle the pivot foot of the thrower.

There must be at least one (1) disc's diameter between the 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.

**Stall Count**

Stall count is the period of time within which a thrower must release a throw.

A player in possession of the disc has ten (10) seconds to release a throw.

The marker must be within ten (10) feet of the person with the disc before beginning the stall count.

The stall count consists of the marker counting to ten (10) audibly via one-second intervals (EXAMPLE: "Stalling one, two, three . . .").

If the thrower has not released the disc by the count of ten (10), a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at "Stalling 8..."

If the defense switches markers, the new marker must restart the count at one.

**Overtime**

The overtime period will consist of a 5-minute running clock period.

An initial flip of the disc will determine the initial pull.

One (1) 30-second timeout will be awarded to both teams for the overtime period. Unused timeouts from regulation will not carry over.

If neither team is ahead after the 5-minute overtime period, the game will be declared a tie (regular season only).

In playoffs, if an initial overtime period ends in a tie, a second untimed overtime period will begin with a "sudden victory" format. Play will continue until a team scores. No additional timeouts will be awarded.

## Fouls and Violations

When an infraction (a foul or violation) occurs:

- The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
- A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that he or she did not commit the infraction.
- After a contested call, play stops and all players remain stationary until the parties involved have resolved the call.
- If a call is not disputed, play resumes by simulating what likely would have occurred without the infraction.
- If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position s/he occupied when the disputed infraction allegedly occurred.

Infractions include:

- Foul: Contact between opposing players.
- Fast count: When the marker counts at intervals of less than one (1) second.
- Double-team: When more than one (1) defensive player is guarding the thrower within ten (10) feet.
- Disc space: If the marker touches or is less than one (1) disc diameter away from the thrower.
- Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: When a defensive player knocks the disc out of a thrower’s hands.
- Pick: Obstructing the movement of a player on the opposing team.

## Section 3: Co-Rec Specifications

Co-Rec teams will play in the 7-on-7 format just as a single-gender team would.

The 7<sup>th</sup> member of a team may be either gender. There is no advantage schedule.

Teams must have a minimum of three (3) males and three (3) females in a contest at all times. If a team starts with six (6) players, the ratio must be 3:3. If a team starts with five (5) players, the ratio must be 3:2 in favor of either gender.

**NOTE:** Open leagues may be available for teams who do not wish to follow co-rec ratio requirements although a limited number of team spaces are available.

## Section 4: Winning Specifications

### Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

### Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

### Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) or visit the [Online Protest Form](#). Teams may not protest officials’ judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

## Section 5: The Playing Surface

