

Gonzaga University Intramural Department

Ultimate Frisbee Rules

Every player must present a GU ID card before each contest to be eligible to participate. No exceptions. The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

Spirit of the Game

"Ultimate relies upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among players, adherence to the agreed upon rules of play, or the basic joy of the game. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, belligerent intimidation, intentional fouling, or other 'win-at-all-costs' behavior are contrary to the spirit of the game and must be avoided by all players."

-10th Edition UPA Rules - Spirit of the Game is vitally important in all ultimate, and this is especially true in GU Intramurals. The chief purpose of this tournament is to provide a fun environment for people to play ultimate at a variety of levels. Respect the game, respect your opponents, play hard, play spiritedly, and have fun. (*Adapted from www.upa.org*)

1. The Field

The field is arranged as a rectangular shape with end zones at each end. There are two field diagrams: Mulligan field is 70 yards by 40 yards, with end zones 15 yards deep; Quad is 60 yards by 40 yards, with end zones 10 yards deep.

2. Initiate Play (Team Responsibilities)

Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team; at least five to start a game. All teams are coed and the default gender ratio is 4/3, meaning at least 3 players of each gender on the field; to start with 5 a ratio must be 3M and 2W, 3W and 2M or 4W and 1M. Game time is forfeit time.

3. Adjustment for the pull

If a pull lands out of bounds take it at the center of the field closest to where it crossed the sideline; also, if a pull lands in the end zone it can be walked directly forward to the front of the end zone and put into play from that spot.

4. Length of game

A standard game is played until one team's number of goals scored first reaches or exceeds 10; or a time-limit of 45 minutes is reached. Halftime occurs when one team first reaches, or exceeds, half the game total. Halftime lasts five minutes. Overtime occurs when the score is tied at one goal less than the game total wherein the winning score will exceed said game total. Play continues until a goal is scored or 5 minutes has elapsed. If after 5 minutes no goal has been scored the game is registered as a tie.

5. Time-outs

A time-out call stops play and time limit counts either during the current scoring attempt or between one goal and the subsequent pull. A standard game has one time-out per half. Each team is permitted exactly one time-out in overtime. This means that any team time-outs remaining from regulation are discarded and each team is awarded a single team time-out. Each team time-out lasts 60 seconds.

6. Scoring

Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

7. Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc, and must stop moving as quickly as possible after catching the disc and establish a pivot foot. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. Only one defender may guard the thrower, and must maintain at least a frisbee-width distance.

8. Change of possession

When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. The line is out of bounds and straddling the line is out of bounds.

9. Substitutions

Players not in the game may replace players in the game after a score and during an injury timeout.

10. Non-contact

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

11. Fouls

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.

12. Refereeing

GU Intramural officials will be aiding in players are calling their own fouls and line calls. GU Intramural officials will help players resolve their disputes. In the case of disagreement, the GU Intramural official with the best perspective makes the call. GU Intramural officials will use the 10th Edition UPA rules to apply rulings.

13. Game Cancellations - due to weather

A game may be cancelled at any point due to incimate weather by the supervisor. Games that are cancelled prior to being played due to weather will be recorded as ties. There is no re-scheduling of games.

14. Blood Rule

Any player who is bleeding must be substituted for until the bleeding stops. An intramural supervisor or game official has the authority to remove the player from the game. If by removing the player who is bleeding, the team falls below the minimum number necessary to play (5), the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. Either an intramural staff member or game official must approve the player to re-enter. If the bleeding is not stopped within the allotted five (5) minutes the team will forfeit the game. **THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**

Forfeits

A team forfeits when the entire team is a no-show or the team does not have the correct number of players to start the game *on time*. When a team forfeits for any reason, that team will receive no higher than a (2) two. The game will not be re-scheduled. The winning team will receive a (3) three for sportsmanship. Teams who forfeit two (2) games for any reason will be dropped from the tournament. For further explanation, see the forfeit policy. Forfeiture of game is not a penalty, but en edict by the Referee.

Defaults

A team defaults when contacting the Director (Shelly at x3977) at least 24 hours in advance of their next game to give plenty of time to notify the opposing team they will be receiving the win. The game will not be re-scheduled. When a team defaults, both teams will receive a (3) three for sportsmanship. One default is given per team, per regular season play; two or more defaults will count as a forfeit(s).

Player/Team Conduct

The officiating will be done by an official who is in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must also remain in the designated area. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules. Only a protest of player eligibility or rules interpretation will be accepted. Official's judgment is not protestable.

Individual and team sportsmanship is of the utmost importance to the Intramural program and all of its participants. Certain behaviors will not be tolerated before, during, or after intramural activities (examples, but not limited too):

- a) Actions meant to cause harm to any person.
- b) Verbally abusive or threatening language towards players, spectators, or officials.
- c) Lack of control by individuals or the team.
- d) Alcohol and/or drug use (Refer to Intramural Alcohol and Drug Policy online at <http://www.gonzaga.edu/Athletics/Intramurals/team-information/player-and-team-conduct.asp>)

This is a no-tolerance policy and is under the discretion of the Officials, Supervisors and/or Director to remove players at any point and time before, during or after a game.

Please refer to Team Information at:

<http://www.gonzaga.edu/Athletics/Intramurals/Team-Information/default.asp> for Player and Team Conduct, Unsportsmanlike Consequences, and Disciplinary Actions.