

# UTHSCSA Intramurals

## Ultimate Frisbee - 10 Simple Rules



1. **The Field:** A rectangular shape with end zones at each end. The field is 80 yards long from end zone to end zone and about 40 yards wide. The end zones will be 20 yards deep.
2. **The Game:** The game consists of two twenty five minute (25) halves. A coin toss will determine the offense, defense and direction of both teams. Everything switches to start the second half. The only time the clock will stop is for injury timeouts. Half time will last 3 minutes. Teams will switch sides at the half. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws the disc to the offense.  
\*\*Each team plays with 7 players, 5 males and 2 females. Tie games will be determined by sudden death with each team getting at least one possession.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point.
4. **Movement of the Ultimate Frisbee (disc):** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc "thrower" has ten (10) seconds to throw the disc. The defender guarding the thrower "marker" counts out the stall count. The new offense has ten (10) seconds to pick up the disc after a turnover. This count is administered by the new defense near the disc.
5. **Change of Possession:** When a pass is not completed, out of bounds, dropped, blocked or intercepted, the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** Players not in the game may replace players in the game after a score or during an injury timeout.
7. **Non-contact:** No physical contact is allowed between players. A defensive player can not be closer than a disc length away from the thrower. A foul occurs when contact is made.
8. **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. Respect your opponents Call.
9. **Self-Officiating:** Players are responsible for their own foul and line calls. Players will resolve their own disputes. Respect your opponents Call.
10. **Spirit of the Game:** 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 play.