



GUELPH GRYPHONS

Intramural Ultimate Frisbee Rules

Administration

Referees

At least one monitor will be provided for all matches. Monitors are responsible for checking eligibility, attendance, controlling the game and keeping score. If a monitor fails to show, the teams will be responsible for scoring and calling their own games. Officials must be treated with respect. Each game is controlled by a monitor who has full authority to enforce the Rules of the Game in connection with the game to which he/she has been appointed to. The decisions of the monitor concerning the play are final; there will be no negotiations made between teams.

Equipment/Attire

It is the responsibility of all intramural participants to ascertain whether their own health conditions make it advisable to participate in a particular sport. The University of Guelph does not assume any responsibility. No jewelry is permitted for any intramural sport. Metal cleats or hard plastic spikes are strictly prohibited. All other equipment for play will be provided. Teams are responsible for and must pay for any lost and/or stolen equipment.

Defaults/Forfeits

A 10 minute default rule will apply. If the minimum number of players are not present 5 minutes after the beginning of the game the opposing team will be awarded one point every minute for another 5 minutes. If the team has still not met the minimum requirements at 10 minutes after the game start time, the game will be officially a default and the official score will be 5-0. No added time will be given.

Team Requirements

The minimum number of players on the field to prevent a default is 5. Each co-ed team needs to have an equal amount of females to males on the field at all times (must have 2 females and 2 males plus an additional person to avoid a default), with the odd person being of either sex. A full team consists of 7 players, with the odd player being of either sex. Each team may only have two members of the Guelph Ultimate Team/Club on their roster, and only one on the field at the team.

Gameplay

Field

Field for Ultimate Frisbee is rectangular with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. The game will be split into two 20 minute halves. There will be a short break between the two halves.

How to Initiate Play

To begin play the ultimate players from each team lines up at their end zone, and the defensive team pulls (throws) the disc to the other team as a “kick-off”. Pulls are long throws, and they are thrown in efforts of giving the offensive team poor field position and a chance for the defence to get down the field soon enough to stop advances.

The pull is often started by a member of the defending team raising one arm with the disc to show that they are ready to pull the disc and begin play. The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin an ultimate frisbee disc is used. The team that wins the frisbee toss decides whether or not they would like to pull first. On the pull, should the offensive team touch the frisbee and fail to catch it, the defensive team gains control of the frisbee.

After a point is scored, the teams exchange ends. The team who just scored remains in the end zone, and the opposing team takes the opposite zone. Once the opposing team gets to the other side of the field, play resumes with another pull. The team that just scored becomes the defensive line, and the offensive line throws (pulls) the disc down the field to them.

Scoring

Each time the offence completes a pass in the defenses end zone, the offence scores a point.

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. The person with the disc (thrower) has 10 seconds to throw the disc, but the player guarding (“marker”) must count the 10 seconds aloud.

Change of Possession

An incomplete pass results in a change of possession. When this happens the defence immediately becomes the offense and gains possession of the disc where it comes to a stop on the field of play, or where it first traveled out of bounds. Play does not stop because of a turnover. Reasons for turnovers:

Throw-away - the thrower misses his target and the disc falls to the ground.

Drop - the receiver is not able to catch the disc.

Block - a defender deflects the disc in mid-flight, causing it to hit the ground.

Interception - a defender catches a disc thrown by the offence.

Out of bounds - the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.

Stall - a player on offence does not release the disc before the defender has counted out ten seconds.

Substitutions

Substitutions may only occur after a point has been scored and during an injury timeout only.

Non-Contact

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

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. The monitor can give an opinion, but they are not responsible for making this call.

Self-Refereeing

Players are responsible for their own fouls, line calls and score. Players resolve their own disputes.

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.

Playoffs

Players must have played one-third of their teams regular season league games to be eligible for playoffs.

All competitive teams are guaranteed at least one playoff match after the regular

season. Playoff games are played in the same format as regular season games, with the exception that games move to 25 minute halves.