

# Intramural Ultimate Frisbee

## Official Rules



### ROSTERS

- All players must be currently enrolled students for fall semester or be faculty/staff at Goshen College in order to participate. Teams in violation of this rule will be disqualified from post-season play.
- Intramural Ultimate Frisbee is a Co-Ed sport that will be played 7-on-7.
- If your team is playing full strength (7-players), at a minimum you must have at least two women playing at once. \*\*There is flexibility in this rule if both teams agree and only one eligible female player is present.
- If your team is short players, you may play with as few as 5-players.
- You may not field a player not on your current roster at the start of a game.
- Intramural Staff will provide Frisbees and Penny Jerseys for each game. Please put jerseys and Frisbees together back inside the Intramural Supply tub following your game.
- Captains must send roster updates to [chadc@goshen.edu](mailto:chadc@goshen.edu) before a player is eligible to participate in a game. There will be a roster deadline set in advance of the regular season.

### SCORING

- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- Intramural Staff will clock the game and announce an intermission after 30 minutes of live play. Intermission will be 3-Minutes Long
- The first team to score 11-points will be declared the winner.
- If neither team has scored 11 points within 60 minutes of the start of the game, the team with the higher point total will be declared the winner.

### GAMEPLAY

- DIMENSIONS: Our field is 240ft (80yds) in length and 130ft (43yds) wide. Goal-line-to-Goal-line it is 196ft (65yds). The end zones are 22ft deep.
- BOUNDRIES: First point of contact (with the ground) is crucial. You only need one foot in order to be considered in bounds. However it must be the FIRST part of the person that touches.
- STALLING: The person with the disc has 10 seconds to throw it. If the person guarding them counts to ten (out loud), before the disc is released, it is a turnover.
- TREES: if the disc hits any part of the tree, it is treated as if it hit the ground, and it is a turnover.
- PASSING: 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 seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- POSSESSION CHANGE: 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.
- SUBSTITUTIONS: Players not in the game may replace players in the game after a score and during an injury timeout.
- 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
- SELF-REFEREEING: Players are responsible for their own foul and line calls. Players resolve their own disputes.