



UW-WHITewater INTRAMURAL SPORTS OUTDOOR ULTIMATE FRISBEE RULES

Last update: August, 2021

ULTIMATE FRISBEE IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

TEAM CAPTAIN'S MEETING

This is a sport that requires a preseason captain's meeting. Be attentive to your email regarding either an in-person meeting date or a link for a webex meeting.

ENTRY FEE

The entry fee of \$30/team must be paid at time of registration.

LEAGUE SCHEDULES

Schedules for league play will be posted on IMLeagues and the UWW Rec Sports app

QUESTIONS

Please feel free to contact the Office of Recreation Sports and Facilities with any questions or concerns at 262.472.1145 or email imsports@uww.edu

GENERAL PROCEDURES

Please use the Captain's Handbook as a resource throughout the year. If you are team captain, please inform your players of all of the guidelines in the handbook BEFORE your first contest.

STARTING THE GAME:

1. **START TIME:** Teams are to be at the field and signed in before the official game time. If any team is not at the field and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UW - Whitewater identification card to the field area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** The Intramural Supervisor will keep score for each game. Female scores in Co-Rec will be worth two (2) points and male scores in Co-Rec will be worth one (1) point.
4. **TEAMS:** Six (6) players constitute a team; a team may play with no less than four (4) players.
5. **GAME EQUIPMENT:** Athletic attire is required. Non-marking athletic shoes must be worn. Teams must wear matching jersey colors or check out jerseys from the Equipment Room. No jewelry may be worn. You may not wear jeans or any shorts/pants that have pockets!

PLAYING THE GAME:

6. **TIE GAMES:** During the regular season, a three-minute overtime will be played. If the match is still tied after the three minutes, the match will be declared a tie. During playoffs, a three-minute overtime will be played. If the game is still tied after three minutes, a sudden-death playoff will occur.
7. **GAME TIME:** Games consist of two (2) 15-minute halves. The clock will only stop for team or official time outs.
8. **MERCY RULE:** If a team is ahead by 15 or more points with 8:00 or less OR ahead by 8 or more points with 5:00 or less then the game is over. There is no mercy rule in any All-Campus Championship Game.
9. **TIME OUTS:** Each team is granted one (1) time out each half. Time outs are one (1) minute in length. If a team does not use its time out in the first half, it does not carry over to the second half. A time out may only be called when a team has possession of the disc.
10. **SUBSTITUTIONS:** Substitutions may be made during any dead ball period (after a score, during a time out, between halves, or to replace an injured player).
11. **BEGINNING A GAME:** Prior to each game, a coin toss will be conducted. The winner of the coin toss may decide whether they want to receive in the first half or the second half. The other team decides which direction they want to go. During overtime, a new coin toss is conducted for the overtime period. If the game goes to the second, sudden-death, overtime period, the team who lost the overtime coin toss has the option.
12. **THROW OFF:** A throw off occurs to begin each half. After a score, teams change directions and the team who scored throws off to begin the next live ball sequence. All teams must throw off from their end zone. During the throw off, all players on the throwing team must stay behind the goal line until the disc is released. All players on the receiving team must stand with one (1) foot on their goal line until the disc is released.
13. **THROW OFF OUT OF BOUNDS:** If the throw off lands out of bounds, the receiving team may take the disc at the point where it went out of bounds, take the disc at mid-court, or demand another throw off.
14. **THROWER:** When an offensive player receives the disc, he/she must establish a pivot foot. The pivot foot may not change until the disc is released.
15. **RECEIVER:** To successfully receive the disc, a player must catch the disc with at least one contact point (foot, knee, etc.) in bounds. If the receiver catches a disc in bounds and momentum carries him/her out of bounds, that player is considered in bounds. After receiving the disc, that player must stop and then they become the thrower. Bobbling the disc to gain possession is legal.
16. **MARKER:** Only one player may mark (defend) the thrower. The marker may not straddle the thrower's pivot foot, and must maintain the distance of three (3) feet from the thrower at all times. The marker must slowly count aloud to seven (7). If the marker reaches the seven (7) count and the thrower has not yet released the disc, possession changes.
17. **CHANGE OF POSSESSION:** Change of possession occurs when the disc is dropped, intercepted, or thrown out of bounds.

18. FOULS: Contact is not legal. The offended player must call the foul. The offended team then puts the disc in play at the point where the foul occurred. If a foul occurs in the end zone, the offended team puts the disc in play three (3) yards from the end zone.

SPORTSMANSHIP

19. UNSPORTSMANLIKE CONDUCT: Players/nonplayers shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials by any coach, manager, or spectator (the captain is the only player permitted to talk with the officials), flagrant fouling, fighting, etc.
20. DISQUALIFIED PLAYER: A player/nonplayer disqualified from the game for unsportsmanlike conduct must leave the IM playing facilities IMMEDIATELY, and will be declared ineligible for play in any intramural sports activity until he/she has met with the Intramural Coordinator. The player/nonplayer shall be suspended for no less than one game. Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team being eliminated for the remainder of the season.
21. CAPTAINS: You are responsible for the actions of your team. Be sure that your team is familiar with and follows the regulations of the intramural sports program. It is your responsibility to know these regulations and the Ultimate Frisbee rules. Failure to do so may result in undesirable consequences for your team. Copies are available in the Intramural Sports office or on the UW-W Intramural Sports website.