



INTRAMURAL SPORTS/RECREATION ULTIMATE FRISBEE RULES



I. PLAYERS

- 1 Each team will consist of seven players for men's and women's play, and six players for corec play.
- 2 Individuals may only play for one men's or women's team and for one coed team during the entire season and playoffs. The first team that an individual plays for is the team that he/she is committed for the duration of the season and playoffs.
- 3 Forfeit Rule: The team that doesn't have a minimum of 5 players ready to start at the scheduled game time forfeits the game.
- 4 For corec play only: The forfeit rule still applies. The corec team has to have a minimum of 5 players ready to start at the start time and they still have to have a minimum of 2 females included in the 5 players needed to start the game.
- 5 All players must present a current YSU ID at all contests.
- 6 IDs have to be collected by the team's captain and given to the referee at least 10 minutes before the start of the game. If a player comes late, the ID has to be given to the referee and then written down before that player is allowed to play.
- 7 No jeans or cargo bottoms are allowed. Athletic wear must be worn at all times. The player who doesn't have athletic wear on will not be allowed to play.
- 8 Only the captain from each team is allowed to talk to the referees during play or at halftime. If a player other than the captain complains to the referees, a warning will be given to that team's captain. If it happens a second time during the same game, then that player will be ejected from the game.
- 9 In the case of an ejection, the player not only must leave the premises, but also needs to meet with the Assistant Director of Intramural Sports before she/he may participate in the next activity.
- 10 **THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY.**
- 11 Any rules not covered in this rule sheet will be subject to interpretation by the Assistant Director for Intramural sports.
- 12 No smoking on the field areas, and no tobacco chewing on the field areas.

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II FIELD

1. The overall dimensions of the playing field shall be 80 yards by 50 yards with two 20yard end zones.

III THE GAME

- 1 A coin toss will determine who will get the Frisbee at the beginning of each half.
 2. Time factor:
 - a. The game will consist of two eighteen (18) minute halves with a five minute half time.
 - b. The clock will run continuously throughout the game.
- 2 Throwoff from the 20 yardline.

3 You are not allowed to run with the Frisbee. You must throw it to your teammate to advance down the field.

4 A touchdown is scored when a player catches the Frisbee in the end zone.

6. A turnover takes place when a player:
- a. drops the Frisbee,
 - b. catches the Frisbee out of bounds,
 - c. holds the Frisbee for more than five seconds,
 - e. throws the Frisbee out of the end zone,
 - f. a defender knocks the Frisbee out of the air,
 - g. a defender intercepts the Frisbee, or
 - h. a person tries to run with the Frisbee.

1 In the event of a turnover, the defensive team becomes the offensive team immediately and can throw the Frisbee from the spot of the turnover.

2 When defending a player, you must stay three yards away from the person who is throwing the Frisbee (officials' judgment).