

San Diego State University
Intramural Sports

INTRAMURAL ULTIMATE DISC RULES

Refer to the Intramural Sports Handbook for further information outlining the SDSU Intramural Sports Program.

RULE DIFFERENCES:

Team Rosters:

Rosters are limited to 25 individuals. Teams may add players up to the point that (1) the roster limit has been reached or (2) until the roster addition deadline has passed. A player must have played in at least one regular-season game to be eligible for the post-season playoff tournament.

RULE I INTRODUCTION

SEC. 1 Description.

Ultimate is a non-contact sport played by two seven-player teams. The object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking.

SEC. 2 Spirit of the Game.

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.

SEC. 3 Captain's Clause.

A game may be played under any variations of the rules agreed upon by the captains of the two teams. In tournament play, such variations are subject to the approval of the tournament director.

RULE II PLAYING PROCEDURES

SEC. 1 Number of Players

A team consists of seven players. A team may have additional players that may enter in succeeding games. Five players are required by game time to prevent a forfeit. Substitutions may only occur after goals or injuries.

SEC. 2 ARC Membership

Prior to all games, players must sign an assumption of risk form. This form is located on the reverse side of the scoresheet. The Team Captain is responsible

for monitoring the completion of his/her team's form. No player may participate in any Intramural contest with out prior purchase of an Aztec Recreation Center membership or Day Use Pass.

ALL PARTICIPANTS MUST PRESENT A PICTURE I.D. BEFORE PARTICIPATING. NO EXCEPTIONS. NO I.D., NO PLAY!

SEC. 3

Team Roster

Team Managers must submit a completed roster at online at <http://arc.sdsu.edu/intramurals> prior to the mandatory Managers' Meeting. All additions to the roster for a given week's game must be made 48 hours prior to the day of the game. All players must participate in at least one regular season game to be eligible for playoffs.

SEC. 4

Equipment

Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, the currently accepted disc of the Ultimate Players Association (175g) shall be used. Turf shoes and soft-soled cleats are recommended. Metal cleats are prohibited.

SEC. 5

Completing the Scoresheet

Each eligible player must sign the reverse side of the scoresheet and print their name on the front line-up portion of the scoresheet.

SEC. 6

Persons Subject to the Rules

Team representatives, including players, substitutes, replaced players, coaches; trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Supervisor assigned to the game.

SEC. 7

Game Time

Game time is forfeit time. Teams must be present and signed in by their scheduled game time. Failure to do so will result in a forfeit.

Each half lasts for twenty (20) minutes of running time. At the end of the first half, play ends when time ends. At the end of the second half, play ends when the first point is scored after time has expired.

Overtime is sudden death. The first team to score wins.

Running clock will continue if one team is ahead by five (5) or more points with three (3) minutes left. If not, the last three minutes will be stop clock.

During stop clock play, the clock starts when: (a) An offensive player gains possession of a throw-off and establishes a pivot foot; (b) The thrower receives the disc after a check. The clock stops only after a goal or for injuries.

SEC. 8

Time Outs

No timeouts are allowed except for injury at the discretion of the supervisor.

RULE III

THE GAME

SEC. 1

Objective

The objective of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. A goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking.

SEC. 2

Starting a Game

Play starts at the beginning of each period of play and after each goal with a throw-off or "pull". Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off the pull. Positioning prior to the pull:

- a. The players on the throwing team are free to move anywhere in their defending endzone, but may not cross the goal line until the disc is released.
- b. The players of the receiving team must stand with one foot on their defending goal line without changing position relative to one another until the pull is released.

No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.

If a member of the receiving team touches the disc during flight of the throw-off (whether in- or out-of-bounds) and the receiving team fails to catch it, the team which throw-off gains possession of the disc at the nearest point on the playing field proper.

If the throw-off lands out-of-bounds the receiving team, before touching the disc, makes a choice of:

1. Putting the disc into play at the point where it crossed the perimeter line, or
2. The Middle Brick Rule. If the throw-off lands outside the field of play, the receiving team may choose to put the disc into play at the halfway between the two sidelines either at the point where the disc went out-of-bounds or at a point 10 yards upfield from the goal line they are defending. To invoke the "middle /brick rule," the member of the receiving team who is going to receive the throw-off shall fully extend one hand above his/her head and call "middle" or "brick". The player must let the disc hit the ground.

SEC. 3

Scoring

In order for the receiver to be considered in the endzone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the endzone.

A player cannot score by running into the endzone with the disc. Should a receiver's momentum carry him/her into the endzone after gaining possession, she/he must carry the disc back to the closest point of the goal line and put the disc into play from there.

SEC. 4

Turnovers

An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. The following actions result in a loss of possession and a check:

- a. If the marker's count reaches the maximum number,
- b. If the disc is handed from player to player,
- c. If the thrower intentionally deflects a pass to him/herself off another player,
- d. If the thrower catches his/her own throw. However, if another player touches the disc during its flight it is considered a complete pass and is not a turnover.

SEC. 5 **The Thrower**

The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

SEC. 6 **The Marker**

Only **one** defensive player may guard the thrower at any one time; that player is the marker. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

SEC. 7 **Stalling or Counting**

Once a marker has established a set guarding stance on the thrower within three (3) yards of the thrower's pivot foot, she/he may initiate a count. The count consists of the marker calling "Stalling" or "Counting," at one- second intervals from one to ten (1 -10) loudly enough for the thrower to hear. If the thrower has not released the disc at the word ten (10), a turnover results. If the defense decides to switch markers, and if the new marker wishes to initiate a stalling count, she/he must start again from "one" (1).

SEC. 8 **The Receiver**

The Receiver is any offensive player either in the act of catching the disc, or not in possession of the disc. Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself (i.e., tipping, delaying, guiding, or brushing) in order to advance the disc is considered traveling and is not allowed. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot. If the disc is caught simultaneously by offensive and defensive player, the offense retains possession.

SEC. 9 **Fouls**

The player initiating contact is guilty of a foul. The opponent must make the call at adequate volume to alert the other players on the field that a foul has been committed. Only players ON THE FIELD may make foul or violation calls. Throwing Fouls:

- a. A throwing foul may be called when there is contact between the thrower and the marker.
- b. When the thrower or the marker commits a foul, play stops and possession reverts back to the thrower after a check.

- c. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- d. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

Catching Fouls:

- a. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knockdown. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
- b. If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, that player has committed a foul.
- c. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower.

SEC. 10

Violations

A violation occurs when a player violates the rules in a manner, which does not result in physical contact (e.g., throwing a pass during an approach to the goal line; illegal guarding position by the marker; not establishing a pivot foot after carrying the disc in from out-of-bounds, etc.).

SEC. 11

Checks

The player in possession must wait until the defender is ready in order to restart play after any stop in action. The defender calls "disc in" and the possessor touches the disc to the ground. The defender may then start the stall count.

SEC. 12

Traveling:

The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

SEC. 13

Strip

No defensive player may touch the disc while it is in the hands of the thrower. If a defensive player does so, causing the thrower to drop the disc, the thrower calls, "Strip." The thrower then picks up the disc and play continues unaltered from the point where the thrower regained possession.

SEC. 14

Double-Team

Only one marker is permitted to guard the thrower. No other defensive player may establish a position within three (3) yards of the pivot foot of the thrower, unless she/he is guarding another offensive player in that area.

SEC. 15

Positioning

Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that she/he does not cause personal contact in taking such a position.

Picks: In the event of a pick, the obstructed player must immediately call "Pick" loudly: play stops and is resumed after a check.

When the disc is in the air, players must play the disc, not the opponent.
The Principle of Verticality: All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur, the player restricting the vertical area is responsible.

SEC. 16

Clarifying Statements On Fouls, Violations and Picks

Play on rule:

- a. If a foul, violation, or pick is called while the disc is in the air, the play is always completed.
- b. If the team that made the call gains possession as a result of that pass (e.g., an incomplete pass following a traveling violation, or offensive foul), play continues unaltered.
- c. It is the responsibility of the player who made the call-to-call out "Play on" to indicate that this rule has been invoked.

If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.

If offsetting catching fouls are called by offensive and defensive players on the same play, the disc reverts back to the thrower after a check.

Any time the marker's count is interrupted by the call of a foul, violation, pick, or time-out, the count is resumed as follows:

- a. If the call is against the defense, the count is reset to zero (0).
- b. If the call is against the offense, the count continues from the point at which it was stopped, except the thrower is given a minimum of five (5) seconds (e.g., count at seven (7), reset to five (5)).

SEC. 17

Etiquette

If a foul is committed and not called, the player who commits the foul should inform the infractioned player of the foul.

It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.

Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.

In the case where a novice player commits a violation out of sincere ignorance of the rules, it is common practice to stop play and explain the violation.

RULE III

Conduct of Players and Others

SEC. 1

Technical

All decisions by officials are final; **ARGUING DECISIONS WILL NOT BE TOLERATED**. Players arguing after given a warning will be given a "technical" and will have to sit out for the remainder of that game and all of the next game (**if a player receives a "technical" in their last of the match or last game of the day they will have to sit out the very next match they play**). If a player receives second "technical" that player will be ejected from the game.

SEC. 2

Sportsmanship Rating

In order for a team to advance into the playoffs, it must receive an average or better sportsmanship rating during the regular season. Sportsmanship ratings will be based on the following criteria and are given after each Intramural contest:

- 5 points: Team displays excellent sportsmanship while treating opponent with respect. Players demonstrate excellent sportsmanship at all times. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Maintains an attitude of complete cooperation with staff. Players always display self-control.
- 4 points: Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without gesture or argument. Mostly cooperative with game Officials and opponent. Team Captain able to control his/her players.
- 3 points: Team competes without incident; wins without boasting, loses without excuses, and does not display any poor conduct. Neither cooperative nor disruptive towards staff. Team Captain unable to control all players on his/her team.
- 2 points: Team has a player or coach who is ejected for abusive language or remarks. There is persistent questioning of game Officials' judgment in the game and/or repeated arguing. Spectators, clearly related to the team, fail to cooperate with the Intramural Sports Staff.
- 1 point: Team has a representative (player or coach) who is ejected for fighting. Players are so antagonistic that the game cannot be played with proper order and control. Representatives of the team display uncooperative nature to Intramural Sports Staff. Players disregard warnings of unnecessary roughness by game Officials.

Addendum **INSURANCE**

Participation in the Intramural Sports Program is completely voluntary. All participants run the risk of possible injury due to the inherent risks involved in the sport of dodgeball. Individuals are strongly encouraged to have a physical examination and purchase health and accident insurance prior to participation.

THE AZTEC RECREATION CENTER HAS NO INSURANCE FOR ITS PARTICIPANTS. INDIVIDUALS PARTICIPATE AT THEIR OWN RISK.

In the case of an injury during a scheduled contest, participants should immediately notify a staff member, game official, or site supervisor.