U of Toledo Ultimate Frisbee Rules
Updated 2/20/08

General
- Ultimate Frisbee is offered in a double elimination tournament format.
- Intramural Guidelines as set forth in the Intramural Handbook govern all participation.
- All participants must be currently enrolled as a student, faculty, or staff member of the University of Toledo.
- All participants (including Health Science Campus students) must present a valid UT Rocket Card or Student Recreation Center ID Card prior to playing in any intramural sports contest. No other exceptions to this rule will be made. Players forgetting their IDs MAY NO LONGER present a Driver's License, other form of picture ID, or hand stamp in order to participate. **No Rocket Card = No Participation.**
- Individuals may only play for one same gender team and one coed team per sport. The first team for which a participant plays is the team to which she/he is committed for the duration of that season.
- All players must be attired in gym clothes and athletic shoes (JOGGING SHOES OR ANY OTHER SHOES THAT MARK THE FLOOR ARE STRICTLY PROHIBITED).

Forfeits/Defaults/Dropped From Play
Any team or individual that fails to appear for any scheduled contest will be charged with a forfeit. Similarly, a forfeit will result when a team does not have at least the minimum number of players needed to play the activity signed in and ready to play at the appointed playing field by the time of the game. **Game time is forfeit time. There is no grace period. All players must be signed in and ready to play at the exact scheduled game time.** It is recommended that teams arrive 15-30 minutes prior to the start of each game in order to allow time to sign in and warm up. All forfeited games will be recorded as a loss. This policy will be unilaterally enforced.

Furthermore, any team that forfeits a game will be suspended from further competition. In order to get reinstated into the league and continue participating, the team must pay a forfeit/re-entry fee of $15. All forfeit/re-entry fees must be paid within 3 business days or before the next scheduled game, whichever comes first. If the forfeit/re-entry fee is not paid accordingly, the team will be eliminated from further competition. All forfeit/re-entry fees must be paid for in the Main Office at the University of Toledo Student Recreation Center.

If a team knows in advance that it will not be able to make a scheduled contest, the manager should contact the Intramural Department. A default will be granted to each team or individual that has notified the Intramural Department according to the following deadlines:
- Games scheduled Monday-Friday→ notification must be received by 12pm on the day of the scheduled game
- Games scheduled Saturday/Sunday→ notification must be received by 3pm on the Friday before the scheduled game

Captains may contact the Intramural Department by notifying the Assistant Director of Intramurals at 530-3704 or by email at joe.bendix@UToledo.edu. This notification must come from the team captain only. All defaulted contests will be counted as a loss. However, the team will not be charged with a forfeit/re-entry fee. Teams that default more than one game will be dropped from further competition. Forfeited and defaulted contests will not be rescheduled.

Co-rec Modifications
• Teams must have equal numbers of participants on each team (i.e., three (3) men and three (3) women). Co-Rec teams may not begin play with 3 men/2 women or 3 women/2 men.
• Substitutions can only be male for male and female for female.
• Same sex must always come out for a penalty in Coed.
• In Coed, must play with equal number of males and females. So if 3 males and 2 females show up, team must play with 4 players.

General Rules
Teams consist of five (5) players for same gender teams and six (6) players for Co-Rec. A minimum of four (4) players are necessary to start a game.

A game is separated into two (2) periods of play, called Halves. Half-time occurs when a team first scores seven (7) goals or 20 minutes running time—whichever comes first. A game is finished and won by the first team to score thirteen (13) goals or 40 total minutes of running time (game may end in a tie for league play) and universal point is in effect (teams must finish the point if time runs out). Universal point in effect for playoffs— if the time has expired during play, then play will continue until appoint is scored (must win by two, cap of fifteen).

After a goal is scored, and the game has not been won or Half time has not been reached: the next point starts immediately; and the teams switch the End Zone that they are defending; and the team that scored pulls next.

Playing Field
Regulation games are played on a field of 60 yards by 35 yards. End zones are 20 yards deep. The Goal Lines are the lines that separate the Playing Field Proper from the End zones and are part of the Playing Field Proper. The Brick Mark is the intersection of two (2) crossed one (1) meter lines in the playing field proper set twenty (15) yards from each Goal Line, midway between the Sidelines.

Starting a Game
The Captains of the two teams fairly determine which team first chooses either: whether to receive or throw the initial pull; or which End Zone they will defend. This can be done by roshambo or flipping the disc. The other team is given the remaining choice. At the start of the second half, these initial selections are switched.

The Pull

At the start of the game, after half-time or after a score, play commences with a throw-off, called a Pull. The Pull consists of one defensive player throwing the disc to begin play.

1. The defensive players must be entirely inside their defending End zone when the Pull is released.
2. The offensive players must stand with one foot on their defending goal line without changing position relative to one another.
3. The Offensive team signals their readiness by having at least one player raise a hand above their head.
4. As soon as the disc is released, all players may move in any direction.
5. No player on the Defensive team may touch the disc after a pull until a member of the Offensive team contacts the disc or the disc contacts the ground.
6. If an offensive player, in-bounds or out-of-bounds, touches the disc before it hits the ground, and the offensive team fails to catch it, that is a turnover.
7. If the disc initially contacts the Field of Play and never becomes out-of-bounds, or is caught in-bounds, the disc is put into play where it stops.

8. If the disc initially contacts the Field of Play and then becomes out-of-bounds without contacting an Offensive player, an Offensive player puts the disc into play at the point on the Playing Field Proper nearest to where the disc first went out-of-bounds.

9. If the disc becomes out of bounds after touching an Offensive player, or an offensive player catches the pull out-of-bounds, the disc is put into play at the point on the Field of Play closest to where the disc became out of bounds.

10. If the disc becomes out-of-bounds without first touching the Field of Play or an Offensive player, the Offensive team, before picking up the disc, makes a choice of where to start play:

11. If a player signals “Middle”, they put the disc into play at the defending Brick Mark, or on a point of the mid-line of the playing field proper closest to where the disc last crossed the Perimeter Line, whichever is closer to the attacking end zone. To signal this option, the intended thrower fully extends one arm above their head and/or calls either “Brick” or “Middle” prior to the disc being touched.

12. If no player signals middle, the thrower puts the disc into play at the nearest point on the Playing Field Proper to where the disc last crossed the Perimeter Line.

Putting the Disc into Play

Putting the disc into play means that the offensive player in possession of the disc establishes a pivot point (typically their foot) at the point on the Field of Play as specified.

1. If no Check is required, the disc may be put into play immediately.

2. After the pull or after a turnover, the offensive player who caught the disc or first established possession of the disc must put the disc into play.

3. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground.

4. If, in attempting to stop such a disc, a player significantly advances the disc, then the opposition may return the disc to the location where that player contacted the disc. If the thrower had already picked up the disc prior to it being relocated, play restarts with a check.

5. After a turnover, the team that has gained possession of the disc must put the disc into play without delay. The offensive player who will put the disc into play must move towards the disc and then towards the pivot point at walking pace or faster.

Stall Count

The Marker may administer a Stall Count on the thrower by announcing “Stalling” and then counting from one (1) to ten (10). The interval between the first utterance of each word in the stall count must be at least one second (i.e. stall one, stall two...).

1. The Stall count must be clearly audible to the thrower.

2. The Stall count may not be started until the Marker is within three (3) meters of the thrower.

3. The Stall Count may only continue while the Marker is within three (3) meters of the thrower and all defenders are legitimately positioned.

4. If the Marker calling the stall count moves more than three (3) meters from the thrower, or a different player becomes the Marker, the Stall Count must be re-started at one (1).

5. To restart a Stall Count “at maximum n”, where “n” is a number between one (1) and nine (9), means to announce “stalling” followed by the count at one more than the last number uttered prior to the stoppage, or by “n” if that value is greater than “n”.
The Check

- Whenever play stops during a point for a time-out, foul, disputed possession, violation, safety stoppage or injury stoppage, play is restarted with a Check.
- All players should return to the positions they held when the event that caused the stoppage occurred, and remain there until play is restarted, except in the case of a time-out.
- If the disc was in the air when the event that caused the stoppage occurred, and the disc is returned to the thrower to restart play, players should return to the positions they held when the disc was released by the thrower.
- Any player may briefly extend a stoppage of play to correct faulty equipment (e.g. to tie shoelaces or straighten a disc), but active play may not be stopped for this purpose.
- With the permission of the offence, the defender nearest to the thrower restarts play by touching the disc and calling "Disc In".
- If the nearest defender is not within reach of the thrower, the thrower shall, with permission of the closest defender, restart play by touching the disc to the ground and calling "Disc In".
- If no offensive player is in possession of the disc, the nearest defender to the disc shall, with permission of the closest offensive player, restart play by calling "Disc In".
- If the thrower attempts a pass before the Check, or a violation of 11.2 is called, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.

Turnovers

A turnover transfers possession of the disc from one team to the other and occurs when, during play:

- the disc contacts the ground while it is not in the possession of an offensive player;
- the disc is handed over from one offensive player to another (i.e. possession changes between the two players without the disc ever being completely in the air);
- the thrower intentionally deflects a pass to themselves off another player;
- in attempting a pass, the thrower contacts the disc after release prior to the disc being contacted by another player;
- a pass is caught (intercepted) by a defensive player;
- the disc becomes out-of-bounds;
- the thrower has not released the disc before the marker first utters the word "ten" in the Stall Count (a Stall-out);
- the thrower calls a Time Out when their team has no remaining Time Outs;
- there is an uncontested Offensive Receiving Foul or during the pull, the receiving team touches the disc before it contacts the ground, and fails to catch the disc.
- If it is unclear whether a turnover occurred, the player(s) with the best perspective quickly makes the call. If either team disagrees they may call "Contest" and:
  - the disc is returned to the previous thrower; and
  - any Stall Count restarts at maximum nine (9).
- If the offense calls "fast count" after the marker claims a Stall-out, the turnover is contested, and play restarts.
- If the thrower throws the disc after a contested Stall-out, and the pass is incomplete, the continuation rule applies and "Play-on" should be called.
- After a turnover, the turnover location is where: a) the disc has come to a stop or is picked up by an offensive player; or b) the intercepting player stops; or the uncontested Offensive Receiving Foul occurred.
If the turnover location is in the Playing Field Proper, the disc will be put into play at that point.

If the turnover location is in the offense’s attacking End Zone, the disc will be put into play at the nearest point on the Goal Line.

Scoring

A goal is scored when an in-bounds player catches any legal pass in the end zone of attack, and retains possession of the disc throughout all ground contact related to the catch.

- To be considered in the end zone after gaining possession of the disc the player’s first point of ground contact must be completely in the end zone.
- When an in-bounds player in possession of the disc whose first ground contact will be completely within the end zone loses possession of the disc due to an uncontested foul, or lands out of the end zone due to an uncontested force-out foul that player is awarded a goal.
- If after receiving a pass outside the end zone, a player comes to a stop contacting the end zone, that player must carry the disc back to, and put it into play at, the closest spot on the goal line.
- If a player scores, but then unknowingly throws another pass, a goal is awarded to that player, regardless of the outcome of the pass. However, if it is unclear if the player (i.e., there is no agreement on the player who had best perspective, and there are opposing view points on the play), the result of the pass stands.

In- and Out-of-bounds

1. The entire playing field is in-bounds. The perimeter lines are not part of the playing field, and are out-of-bounds.
2. Any area not in-bounds is out-of-bounds.
3. Any object or player contacting an out-of-bounds area is out-of-bounds. An airborne player whose last ground contact was with an out-of-bounds area is out-of-bounds. All out-of-bounds objects and out-of-bounds offensive players are considered part of the out-of-bounds area. The following exceptions apply:
   - In the event that momentum carries a player out-of-bounds after gaining possession of an in-bounds disc and landing in-bounds, the player is considered in-bounds. The disc is put into play at the spot on the perimeter line where the player went out-of-bounds.
   - The thrower may pivot resulting in contact with an out-of-bounds area, providing that the pivot remains in contact with the playing field. Movement of the pivot out-of-bounds is a travel.
   - Contact between players does not confer the state of being in- or out-of-bounds from one onto another.
4. A disc becomes in-bounds when it is put into play, or once play is started or restarted.
5. A disc becomes out-of-bounds when it first contacts an out-of-bounds area. Contact between a disc and an out-of-bounds defensive player does not make the disc out-of-bounds.
6. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out-of-bounds in order to make a play on the disc.
7. For a player to be considered in-bounds after gaining possession of the disc, that player’s first point of ground contact with any area must be completely in-bounds.
• If any portion of the first point of contact is out-of-bounds, the player is considered out-of-bounds.
• If a defender gains possession while airborne and the first ground contact is out-of-bounds, the possession is negated up to that point.

8. To continue play when the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry the disc to, and put the disc into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:

- The disc completely crossed the perimeter line.
- The disc contacted an in-bounds player.
- The disc contacted a defensive player.
- The disc became out-of-bounds due to contact with an out-of-bounds area while the any part of the disc was inside the perimeter line.

9. Events occurring after the disc becomes out-of-bounds do not affect where the disc is put into play.

Fouls

A foul results from a breach of the rules where illegal contact has occurred between two or more opposing players. The disc that is in possession of a player is considered part of that player’s body. Only the player fouled may claim a foul, by calling "Foul".

If the team against whom the foul is called disagrees that it occurred, they may call "Contest".

Defensive Throwing (Marker) Fouls:

• The marker initiates contact with the thrower, or a part of the marker’s body was moving and contacted the thrower, prior to the release.

Offensive Throwing (Thrower) Fouls:

• The thrower initiates contact with a marker who is in a legal position. (Incidental contact occurring during the thrower’s follow through is not sufficient grounds for a foul, but should be avoided).

Defensive Receiving (Defender) Fouls:

• A defender initiates contact with a receiver before or during an attempt to catch the disc.
• If an airborne receiver catches the disc, and is fouled by a defensive player before landing, it is a "Force-out" foul if the contact caused the receiver to: land out-of-bounds instead of in-bounds, or: land in the playing field proper instead of the end zone. Resolution of force-out foul: If the player would have landed in the end zone, it is a goal.

If the force-out foul is contested, the disc is returned to the thrower if the receiver landed out-of-bounds, otherwise the disc stays with the receiver. If a foul also caused the receiver to fail to catch the disc, and the foul is contested, the disc is returned to the thrower.
A defensive foul that causes the receiver or thrower to drop the disc after they have gained possession is a "Strip" foul. If such a foul occurs and the reception would have otherwise been a goal, and the foul is uncontested, a goal is awarded.

After a defensive receiving foul:

- if in the playing field proper or defending end zone, the receiver gains possession at the point of the infraction.
- if in the attacking end zone, the receiver gains possession at the nearest point on the goal line, and the fouling player must mark them there.
- if the foul is contested, the disc is returned to the thrower.

Offensive Receiving Fouls

- Contact initiated by the receiver with a defensive player in a legal position is a foul.
- If the foul is contested, and there is no continuation, the disc returns to the thrower.
- If the foul is uncontested, the result is a turnover, with the disc at the location where the foul occurred.

Offsetting Fouls

If fouls are called by offensive and defensive players on the same play, the disc shall be returned to the thrower at their point of possession.

Stall Counts

After a foul by the defense where play has stopped:

- if there is no contest the count is reset to one (1);
- if the foul is contested any stall count restarts at maximum six (6).
- After a foul by the offence where play has stopped, whether contested or not, any stall count restarts at maximum nine (9).
- After offsetting fouls, any stall count restarts at maximum nine (9).

Violations

A violation results from a breach of the rules where no player contact has occurred. Any opposing player may claim a violation, by calling the specific name of the violation or "Violation".

A Travel violation occurs if:

- the thrower fails to put the disc into play at the correct point on the Field of Play;
- the thrower fails to keep in contact with the pivot point once established;
- a receiver does not come to a stop as quickly as possible or changes direction after catching the disc;
- a receiver releases a pass during or after the third ground contact and before coming to a complete stop (any ground contact during the catch is the first ground contact); or
• a receiver purposefully bobbles, fumbles or delays the disc to themselves in order to move in any direction.

After an uncontested travel violation the disc is returned to the thrower and the Stall Count restarts at maximum nine (9). After a contested travel violation by the thrower the disc is returned to the thrower and the Stall Count restarts at maximum six (6). After a travel violation, the disc is put into play at the pivot point or the place where the pivot point would have been had no travel occurred.

Marker Violations

Marking violations include the following:

• "Straddle" - a line between the marker’s feet contains the thrower’s pivot point.
• "Disc Space" - the marker encroaches into the disc width space around the thrower’s upper body.
• "Wrapping" - the marker uses their arms to prevent the thrower from pivoting in any direction.
• "Fast Count" - the marker: a) counts in less than one second intervals, b) does not subtract two (2) seconds from the stall count after the first call of any marking violation, c) starts the stall count before the Offensive player establishes both possession of the disc and a pivot point, or does not start the stall count with the word "Stalling".
• "Double Team" - more than one defensive player is within three (3) meters of the thrower’s pivot point when no other offensive player is within three (3) meters of either defensive player
• "Vision" - the marker uses any part of their body to intentionally obstruct the thrower’s vision.

A marking violation may be contested by the defense, in which case play stops. On the first call of a marking violation that is not contested, play does not stop. The marker must subtract two (2) from the stall count and continue. A marker who is executing a stall count may, when a marking violation is first called, continue the stall count by reducing the count by one (1) and then continuing the count. The effect of this technique is to subtract two (2) seconds from the stall count. (e.g., "Stalling, 1, 2, 3, 4, 3, 4, 5, 6..." if a marking violation was called at the fourth (4th) stall count).

The marker may not restart counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking violation.

For any subsequent marking violation call during the same stall count, play stops, and, if uncontested, the count is reset to one (1) and play is continued with a check.

If any marking violations are contested, the stall count restarts at maximum six (6).

Pick Violation

If a defensive player is within five (5) meters of an offensive player they are actively covering and they are prevented from moving towards/with that player by another player, a defensive player may call "Pick". If the Continuation Rule (Section 18) is not in effect, play is stopped.
Once play has stopped, the obstructed player may move to the position they determine they would have otherwise occupied if the obstruction had not occurred. The disc is returned to the thrower (if the disc was thrown) and any stall count restarts at maximum nine (9).

Continuation Rule

- If a foul or violation occurs when the disc is in the air or while the thrower was in the act of throwing, play continues until possession has been established.
- If the foul or violation was called against the thrower (e.g. travel or offensive foul by the thrower), and the thrower attempts a pass after the call, play continues until possession has been established.
- If the team that called the foul or violation gains or retains possession as a result of the pass, play shall continue unhalted. Players recognizing this should call "Play on" immediately to indicate that this rule has been invoked.
- If the team that called the foul or violation does not gain or retain possession as a result of the pass, play shall be stopped and the disc will be returned to the thrower for a check.
- If the team that called the foul or violation believes that play has not been affected by the foul or violation, they should decline the foul or violation, make up any positional disadvantage caused by the foul or violation, and restart play with a check.

The Receiver

1. A player may bobble the disc in order to gain control of it, but purposeful bobbling (including tipping, delaying, guiding, brushing or the like) to oneself in order to advance the disc in any direction from where it initially was contacted is considered traveling.
2. After catching a pass, a player is required to come to a stop as quickly as possible and establish a pivot.
3. If a player catches the disc while running or jumping the player may release a pass without attempting to stop and without setting a pivot, provided that:
   1. the player does not change direction or increase speed while in possession of the disc; and
   2. the pass is released before three additional points of contact with the ground are made after possession has been established.
4. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
5. If it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), or whether a player's first point of ground contact after catching the disc was in- or out-of-bounds or in or out of the end zone, the player with the best perspective makes the call.