WESTERN WASHINGTON UNIVERSITY INTRAMURAL SPORTS
ULTIMATE FRISBEE RULES

All participants must read the Intramural Handbook and sign a Holds Harmless Agreement before participating. Both of these can be found on our website: www.wwu.edu/campusrec.

I. GAME, FIELD, PLAYERS AND EQUIPMENT
   A. The Field
      1. The field is a rectangular shape with end zones at each end. The field will be 80 yards long, one side starting at the goal line and running to the opposite 20 yard line.
      2. The end zone will be 10 yards in from each of the end lines.
   B. Equipment
      1. A regulation Frisbee shall be provided by the Campus Recreation Office or another Frisbee may be used if mutually agreed upon by both teams, and the referee. The referee shall approve the Frisbee.
      2. Equipment representing possible hazards to participants will not be permitted. No hats, jewelry, exposed metal or hard unyielding plastic on braces, casts, etc. will be allowed. THIS INCLUDES ALL EARRINGS.
      3. Players must wear athletic type shoes that cover the foot completely. Players may wear cleats but they can NOT have metal spikes in them. Sandals, boots, and open toe shoes are NOT allowed. The officials and supervisors on duty have the authority to disallow any shoe, which they feel would endanger the person wearing the shoes or his/her opponents. No protest regarding shoes will be accepted by the Intramural Staff.
   C. Players/Game
      1. A full team shall consist of seven players and substitutes. A team must start and finish the game with at least five players.
      2. If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the game is declared a forfeit.
      3. The game will consist of two 20 minute halves, with a 3 minute half time. Time is continuous for each half, except when there is an injury time-out or a team calls a time-out.
      4. Before the game, the referee will conduct a coin toss. The team winning the toss may elect to receive the Frisbee first or choice of which side to defend first.
      5. Varsity/Club Sport Players: Only (1) ex-Varsity and one (1) Sport Club member (current or former) can be on a team’s roster. Varsity players must sit one full calendar year form the last time they were listed on the team’s roster before they are eligible to participate in Intramural Sports.
      6. Any player visibly bleeding must leave the field and may return with the referee’s permission after the wound is cleaned and bandaged; clothing must be changed if blood is visible/present before player may reenter the game.
   D. The Game Procedures
      1. Time outs and Substitutions
         (a) Each team is allotted one timeout per half. There will be NO time-outs in overtime.
         (b) Time outs will be one minute long.
         (c) Substitutions may only occur after a team has scored and before the pull of the Frisbee.
      2. Out of Bounds/The Playing Area
         (a) The Perimeter lines themselves are out of bounds.
         (b) If a player makes a catch in bounds and momentum then carries him/her out of bounds, the player is considered in bounds (to continue play, the player carries the disc to the point where she/he went out of bounds and puts the disc into play at that point).
      3. Throwing the Frisbee (Pull)
         (a) Play starts at the beginning of each half and after each goal with a “pull”; a player on the pulling team throws the disc toward the opposite goal line to begin play.
         (b) Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
         (c) On a pull, players must remain in their zone (not cross the goal line) until the disc is released.
A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand. After the disc is released, all players may move in any direction. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops if in bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out of bounds line. If the pull lands out of bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out of bounds line.

4. Turnovers
   (a) If a pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, and intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
   (b) The marker’s count reaches the maximum number (10) before the throw is released
   (c) When a turnover has occurs, any member of the team becoming offense may take possession of the disc.
   (d) To initiate play after a turnover, the person picking up the disc must put it into play at the point of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out of bounds line.

5. The Thrower
   (a) Any member of the offensive team may take possession of the disc.
   (b) The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
   (c) The thrower may pivot in any direction, but once the marker has established a legal defensive position the thrower may not pivot into him/her.

6. The Marker
   (a) Only one player may guard the thrower at any one time; that player is the “marker”.
   (b) The marker may not straddle the pivot foot of the thrower.
   (c) There must be at least one disc’s diameter between the bodies of the thrower and the marker at all times.
   (d) The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
   (e) Stall count: The period of time within which a thrower must release a throw.
      a. A player in possession of the disc has 10 seconds to release a throw.
      b. The marker must be within 10 feet of the person with the disc before beginning the stall count.
      c. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. stalling, one, two, three…).
      d. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8”.
      e. If the defense switches markers, the new marker must restart the count at one.

7. The Receiver
   (a) After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
   (b) An exception to this is if the receiver catches the disc while running, he/she may throw a pass without coming to a stop, but only so long as he/she release the disc before the third ground contact after catching the disc.
   (c) If offensive and defensive players catch the disc simultaneously, the offensive retains possession.

8. Fouls and Violations
   (a) A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules.
   (b) An infraction occurs when the offending player loudly calls the infraction (e.g. “Travel”, “Foul”, etc.)
A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that he/she did not commit the infraction.

After a call, play stops and players remain stationary until the parties involved have resolved the call.

If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. (e.g. 1) If a thrower was fouled while throwing the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred).

If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position he/she occupied when the disputed infraction allegedly occurred.

Other infractions also include:
- Foul: Contact between opposing players.
- Fast Count: When the marker counts at intervals of less than one second.
- Double team: When more than one defensive player is guarding the thrower with 10 feet.
- Disc Space: If the marker touches or is less than one disc diameter away from the thrower.
- Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: When a defensive player knocks the disc out of a thrower’s hands.
- Pick: Obstructing the movement of a player on the opposing team.

9. Positioning
   - Each player is entitled to occupy any position on the field not occupied by another player.
   - No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick.
   - When the disc is in the air, players must play the disc, not the opponent.
   - Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point to take off without hindrance by opponents.

10. CoRec Modifications
   - There must be at least one (1) male and one (1) female on the field at all times for Coed games.

11. Sportsmanship Rating
   - Teams receiving two (2) unacceptable sportsmanship ratings during the season will automatically be dropped from any further competition.
   - Any team that receives an unacceptable rating is suspended from any further games until they have met with the intramural coordinator.
   - Any ejected player must meet with the Intramural Coordinator before that person can participate in any future intramural event/sport.
   - If an ejected participant or suspended team plays in any future intramural event/sport before meeting with Intramural Coordinator that game will result in an automatic forfeit.
   - It is the individual or captains responsibility to make contact with the intramural coordinator within 14 days of ejection or unacceptable sportsmanship rating, to have continued participation in intramural events/sports. Intramural Office: 360-650-7261, intramurals@wwu.edu

12. Playoffs
   - To compete in playoffs, an individual must be on the roster (via IMleagues) the day before playoffs is scheduled to start.
   - Participants must play in at least three regular season games and one playoff game in order to receive the intramural championship tee.
   - Playoff brackets will be posted on our website (www.imleagues.com/wwu) following the end of regular season play.
   - During playoffs, a team that receives an unacceptable sportsmanship rating will be suspended and removed from the tournament/playoffs.

*Rules not outlined in this sheet will follow the USA Ultimate rules for Intramural Ultimate

**For other policies regarding sportsmanship ratings, forfeits, protests, eligibility, inclement weather, defaults etc, please review the intramural handbook which can be found online at (www.wwu.edu/campusrec)