



## ULTIMATE FRISBEE RULES

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*All players must show their UGA ID Card before every game in order to participate. NO EXCEPTIONS!*

### A. REGULATIONS

- a. A regulation field is 70 yards x 40 yards with 25-yard end zones.
- b. The game is SELF OFFICIATED. Players are responsible for their own foul and line calls.
- c. Players are responsible for their own conduct and the conduct of their spectators, teammates, and coaches.
- d. Any misconduct could result in the ejection of players and/or forfeiture of the game.
- e. The Intramural Sports staff will not make any judgment calls.

### B. PLAYERS AND SUBSTITUTIONS

- a. Men's and Women's teams will consist of 7-players.
- b. Co-Rec teams will consist of 8-players.
- c. 5 players may start and complete a game.
- d. Substitutions may occur:
  - i. After a goal before the next pull,
  - ii. Before the half begins, or,
  - iii. During an injury timeout.

### C. LENGTH OF THE GAME AND TIMING

- a. Games will be 45 minutes in length with a continuous running clock.
  - i. The clock will stop for timeouts or injuries.
  - ii. The clock is not stopped for violations.
- b. The first team to reach 11 points or the team with the highest point total at the end of 45 minutes will be the winner.
  - i. Teams do NOT need to be up by two points to be deemed the winner of the contest.
  - ii. If the contest is tied in score at the end of this 45-minute period, the result will be a tie. There is no overtime during the regular season.
  - iii. When time expires, if the team with a lower point total is in possession of the disc, play will continue until a change of possession occurs. At this point, the game will be final.
- c. Each team will be allowed 2 time-outs of one (1) minute in length per game.
- d. Overtime:
  - i. There is no overtime during the regular season.
  - ii. During the post season tournament, contests that are tied at the end of regulation will play an overtime period.
  - iii. The overtime period will begin with a coin toss to determine possession.
  - iv. The first team to achieve 3 points or have the highest point total after a 15-minute time limit will be the winner.
- e. Championship game: The championship game will follow all rules previously stated except there will be a one-hour time limit.

### D. EQUIPMENT

- a. Teams are required to wear light and dark colored uniforms for each intramural contest. NO GREY shirts are permitted.
- b. All players must wear athletic shoes. Shoes must have a rubber sole or screw in cleats where the screw is a part of the cleat. NO METAL SPIKES are allowed.
- c. Participants may NOT wear jewelry during any intramural contest.
- d. Hats, bandanas, casts, and all other equipment that may be dangerous to another participant are not permitted.
- e. Game discs will be provided by the Intramural Sports department.
  - i. Teams may choose to use their own disc.

- ii. In this case, both teams must agree upon the disc being used, and it must be at least 175 grams.

## E. DEFINITIONS

- a. *Pull* – Initial play of game where one team throws to the other. Also performed after each goal.
- b. *Brick* – A brick is any pull that lands out of bounds, untouched by the receiving team.
- c. *Brick Mark* – The mark on the field where play starts if a brick occurs.
- d. *Change of Possession* – When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- e. *Out of Bounds* – Play is out of bounds when a player in possession of the disc or the disc itself contacts an area out of bounds.
  - i. The field line is considered out of bounds.
  - ii. The player who gained possession as a result of an out of bounds turnover has the option of starting play at the Brick mark or as close to the point of lost possession as possible.
- f. *Play Out of Bounds* – The disc may “float” out of bounds in a throw, as long as it returns to inbounds before a player catches it.
  - i. A player may run out of bounds to make a play as long as the disc is caught in-bounds.
  - ii. If a player’s momentum carries him/her out of bounds but the catch was made while in contact with in-bounds, the disc is still in play. One foot is considered contact.
- g. *Turnovers* – Any drop, block, interception, out of bounds play, or marker’s stall-count to 10 results in a turnover of possession.
- h. *Drop* – A player fails to catch the disc and it falls to the ground. If deflected off one player and caught by another, the disc is still in play.
- i. *Block* – The defensive player knocks the disc to the ground before the offensive player catches it.
- j. *Interception* – The defensive player intercepts a pass meant for the offensive player.
- k. *Call* – A call is anytime a player announces a foul or violation.
- l. *Traveling* – When a player walks with the disc in hand. A player is only allowed 2 to 3 steps after catching a pass (this is a violation).
- m. *Pick* – There are three requirements for a pick to be in occurrence:
  - i. The defender must be within 10 feet of the offensive player.
  - ii. They must be playing an active defense (picks do not typically occur in the zone, but they can).
  - iii. A player must obstruct the defender from taking the shortest route to their assignment (someone just standing near the path you want to take is not a pick).

## F. THE GAME

- a. The game will begin with a coin toss by the supervisor. The winning team will have the choice of throwing or receiving, or which end to defend. The opposing team will be given the other choice.
- b. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (pulls) the disc to the offense.
  - i. If the disc is not caught, hits the ground, and remains inbounds, play starts from the initial hit.
  - ii. If the disc is not caught and hits the ground but moves out of bounds before being touched by the receiving team, play begins from the nearest spot where the disc crossed the line.
  - iii. If the disc goes out of bounds after being touched by the receiving team, play starts nearest the point where the disc crossed the line. There is no turnover.
  - iv. If the pull is caught and then dropped the result is a turnover.
- c. Throwers may pivot and throw in any direction, but not travel with the disc. A travel is defined as three or more steps in any direction.
- d. Throwers have 10 seconds with the disc to attempt a throw and the defender is required to keep the stall count.
  - i. The stall count will be kept, out loud, at the pace of 1-Mississippi. (Ex: “Stall 1, stall 2, stall 3...”)
  - ii. A fast count can be called if this policy is not upheld, at which point the count will re-start.
  - iii. The distance of the defender must be at least 1 disc in diameter. Hands and arms may not be extended in this distance. If a player is too close, a foul may be called and the count re-starts.

## G. VIOLATIONS

- a. Violations or fouls must be called at the time they occur to be enforced. If not called immediately, the foul cannot be enforced.

- b. The following violations will result in a change of possession:
  - i. An attempt to throw the disc is not made within the 10-second stall-count.
  - ii. The disc is handed to another player, not thrown.
  - iii. A time-out is called when none remain.
  - iv. During a pull, a player is offside. Meaning, a player is not behind their end zone line at the time of the pull. This will result in a re-pull.
  - v. Any player setting a pick
  - vi. A player uses an unfair act to block or catch a pass
  - vii. Any player may stop a rolling or sliding disc but advancing it in any direction is a violation.

#### H. FOULS

- a. A foul is the result of physical contact between opposing players that affects the outcome of the play.
- b. All fouls lead to stoppage of play. All players must return to the same position occupied at the time of the foul for play to restart.
- c. If a foul occurs in the end zone, the player fouled gains possession on the end zone line nearest the infraction.
- d. Players must play the disc, not the intended receiver.
- e. No player may take the disc away from another player.
- f. A player may not block an opponent from moving into an unoccupied space.
- g. The marker may not make contact with the thrower.
- h. A player may not set a “pick” as defined above.
- i. If a defensive player other than the marker is within six feet of any pivot of the thrower without also being within six feet of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
  - i. If a double team is called by the thrower, the second defender must retreat, and the count will restart.

#### I. CLUB PLAYERS

- a. A club sport member is defined as any individual who is on the club sport’s roster and participates in practices and/or plays in games.
- b. Once an individual is on a club team roster, these restrictions apply for the entire school year which runs from the fall, spring and through the summer respectively.
- c. Club sports members shall be eligible for intramural participation in the sport of their specialty, but a team is restricted to having only **TWO** such participants on its roster.
  - i. All co-recreational teams may have one female club player and one male club player.
  - ii. No co-recreational teams may have multiple same sex club players on their roster.
- d. Any team found violating this rule will risk forfeiting its season.
- e. Any player who violates this rule will be suspended for one calendar year from the date of infraction and may be subject to further penalty as deemed appropriate by the specialist for Intramural Sports and/or the Club Sports Executive Committee.

#### J. CO-REC

- a. Teams will play 8 vs. 8 and must have a minimum of 5 players to start and finish a game.
- b. All scores will be worth one point.
- c. At no time may the number of males or females on the field be greater than four.
- d. All co-recreational teams may have one female club player and one male club player.
- e. No co-recreational teams may have multiple same sex club players on their roster.
- f. Teams may legally play with the following male/female combinations:
  - i. 4-males & 4 females
  - ii. 4 males & 3 females
  - iii. 4 males & 2 females
  - iv. 4 males & 1 female
  - v. 3 males & 4 females
  - vi. 3 males & 3 females
  - vii. 3 males & 2 females

- viii. 2 males & 3 females
- ix. 2 males & 4 females
- x. 1 male & 4 females

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