Ball State University Intramural Ultimate Frisbee Rules

Eligibility

To participate in Ball State University Intramural Sports, you must:
- Be a currently enrolled student with a valid and current Ball State University ID Card.
- Be a current Ball State University faculty or staff member with a valid ID Card.
- Be a Ball State University Rec Cardholder with a valid current Rec Card.
- No Burrus or Indiana Academy Student may participate in the intramural sports program.
- Participation in intramural sports may be limited due to the following constraints:
  - Medical red shirts, as designated by the NCAA, cannot participate within intramural sports at any time.
  - If you are currently participating (includes practicing/playing) with an intercollegiate athletic team, you may NOT participate in the “associated sport” (see the Intramural Sports Policies and Procedures at www.bsu.edu/recreation/intramurals) within intramural sports. Once you cease your affiliation with the intercollegiate athletic team, you may become eligible to play intramural sports in the “associated sport.” Once your eligibility ends and you have been removed from that team’s active roster, you may participate within an associated sport in intramural sports. The Athletic Department Compliance Office to the NCAA reviews all eligibility designations and remains in full contact with this office.
  - ONLY TWO registered sport club team members may participate on an intramural sports team in an “associated sport” relating to their club sport.

Forfeits and Defaults

- A forfeit will be assessed under three conditions:
  - If zero members of a team do not show up within ten (10) minutes of a scheduled event. Teams should not see this as an opportunity to be late. For every minute late, the team with the minimum amount of players or more will receive one (1) point for a maximum of ten (10) points.
  - A game that ends in result of a team’s unsportsmanlike behavior (i.e. 3 unsportsmanlike technical in a basketball game) will be scored a forfeit against the team that behaved inappropriately.
  - If a team is found to have an ineligible player on their roster.
- A team that forfeits once in league play will not be eligible for the playoffs.

Protests

Invariably, disagreements may arise due to lack of knowledge of rules and procedures. A system has been
aside for participants to “protest” two items within an intramural sports activity. Thus, there are only TWO times that you can file a protest:

- An eligibility concern
- A misinterpretation of a published procedure or rule.
  - A protest CAN NEVER be filed on the judgment call(s) of an official**

If a team feels that one or both of the following have happened, a team must do the following:

- Call a time out and request a protest.
- A protest is considered valid only at the time that the discrepancy has taken place. For eligibility protests, you can only protest between the start and completion of a game. For a rule misinterpretation, a team must signify their intent to protest at the exact time. If subsequent play has started before the protest is signified, it’s too late to protest.
- If a protest is deemed invalid or the official’s rule interpretation is correct, the protesting team will be charged one (1) time out.
- If a protest is signified in time, the protesting team’s captain must make themselves available to file a protest form with the on-site intramural sports supervisor. The protest must be filed on the PARTICIPATION PROTEST FORM to be considered valid. This procedure will take a few minutes, as there is important information from participants, officials, and staff. The game will stop during this time and will resume when the proper paperwork is complete.
- The intramural sports supervisor will document all necessary information about the protest and game conditions.
- The game will continue when all paperwork is completed.

**Players**

Each team may have a maximum of seven (7) players on the field at one (1) time. A team may begin a game with a minimum of five (5) players.

**Captains**

The team captain is responsible for all information contained in the Intramural Ultimate Frisbee Rules.

**Equipment**

- Recreation Services will provide Frisbees and various colored pennies for all players and teams.
- Teams are required to wear the same colored shirts that contrast with the opponents. If teams cannot provide their own shirts, they may use the provided pennies. Shirts/jerseys/pennies may not be tied in a manner that creates ant type of knot.
- All equipment is subject to the approval of the Intramural Staff on duty.
  - Players must wear shoes. Tennis or Astroturf shoes are legal. No sandals or boots.
  - Players may NOT wear pads/braces above the waist, casts/splints at any time, baseball caps or bandanas with knots.
  - Players MAY wear kneepads, gloves, covered knee braces or headbands.
  - **Players MUST wear athletic apparel with NO exposed metal.**
  - Players may not wear any exposed jewelry of any type. Medical alert bracelets and necklaces are allowed only when covered and held down.
Playing the Game

- **Start of Game**
  - The game shall start with a captain’s meeting and a coin toss. The winner of the coin toss shall have the following choices:
    - Receiving the initial throw–off
    - Selecting which goal to defend initially.
  - The team losing the toss will have the first choice of options to start the second half.

- **Timing**
  - The game shall consist of two (2) 16-minute halves.
  - The clock will only stop for team and injury timeouts. The clock will start with the release of the throw–off in each half.
  - Each team is allowed one (1) timeout per half. Timeouts will be 60-seconds in length.
  - Timeouts may only be called by the team in possession of the Frisbee or after a score has occurred.
  - To resume play after a timeout, the player who last had possession of the Frisbee puts the Frisbee back into play from the nearest spot of interruption. Play is resumed through the use of a check, the stall count will restart at zero (0).

- **Substitutions**
  - Substitutions can be made:
    - After a goal and before the ensuing throw–off.
    - Before the beginning of a period of play.
    - After a time out.
    - To replace an injured player(s).
  - The opposing team has the option of substituting a like number of, or fewer players when an injury substitution is made.

- **Scoring**
  - To score a goal the team must complete a pass into the opposing team’s end zone. Teams will change end zones after each score.
  - In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone (one foot). This player must immediately acknowledge that he/she has scored a goal. If this player plays the disc unknowingly into a turnover, then no goal is awarded.
  - A player cannot score by running into the end zone with the disc. Should a receiver’s momentum carry him/her into the end zone after gaining possession, he/she must carry the disc back to the closest point on the goal line and put the disc into play from there.

- **End Zones**
  - Team Gaining Possession in Defending End Zone
    - The player taking possession must make the immediate decision to either:
      - Put the disc into play from that spot, or
      - Carry it directly to the closest point on the goal line and put the disc into play from there. If this option is chosen, the player taking possession may not throw a pass during the approach.
      - To fake or pause after gaining possession commits the player to put the disc into play at that point.
  - If, as a result of a pass from a teammate, a player receives the disc in the end zone which they are defending, that player does not have a choice of advancing the disc to the goal line.
  - If a team gains possession in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play.
• **Throw-off**
  o A throw-off is used to put the disc in play at the beginning of each half, after each score, and to start each overtime period. The throw-off (or “pull”) consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
  o Positioning
    ▪ Throwing Team: The members of the throwing team are free to move about their end zone, but cannot cross the goal line until the disc is released.
    ▪ Receiving Team: All members of the receiving team must stand with one foot on their goal line, until the disc is released.
  o Each team raises their hand to signal readiness, before the throw. Players may move in any direction when the disc is released.
  o No player of the throwing team may touch the throw-off in the air before a member of the receiving team touches it. The receiving team may:
    ▪ Request a re-throw
    ▪ Elect to put the disc in play at the spot where the throwing team touched the disc.
  o If a player of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play at that spot. The throwing team will gain possession if the receiving team touches the disc in the air and drops it, the disc will be put into play at the spot the disc comes to rest.
  o If the receiving team allows the throw-off to fall to the ground and the disc initially lands in bounds the receiving team will put the disc into play from where the disc comes to rest.
  o If the throw-off goes out of bounds the receiving team may:
    ▪ Request a re-throw
    ▪ Elect to put the disc in play at the spot where the disc crossed the side line
  o If the throw-off goes out of the back of the end zone the receiving team will put the disc in play at the middle of the field on the 10–yard line.

• **Regular Play**
  o Thrower: Offensive player in possession of the disc.
  o Marker: Defensive player guarding the thrower.
  o Receiver: Any offensive player not in possession of the disc, these players may be anywhere on the field.
  o The disc may only be advanced by passing. The disc may be passed in any direction by any player. Any time a pass is not complete, possession reverts to the opposing team at the spot the disc comes to rest.
  o Establishing a Pivot Foot:
    ▪ The receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot. If the pivot foot is moved prior to the thrower releasing the disc it is a travel. The thrower may pivot in and out of bounds provided that some part of the pivot foot contacts the playing field.
    ▪ If the receiver is running as he/she catches the disc, they may throw a pass before the third ground contact after catching the disc without coming to a complete stop. However, a change in direction or increase in speed while in possession of the disc is a traveling violation.
  o Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself in order to advance the disc is considered traveling.
  o If a simultaneous catch occurs, by an offensive and defensive player, the offensive player retains possession.
  o If there is ever a question about a completed pass or a player being out of bounds the player(s) with the best perspective will rule on the play.
• The thrower may pivot in any direction. However, after the marker has established a legal guarding position, the thrower may not pivot into the marker. If the thrower drops the disc without defensive interference it is considered an incomplete pass.

• The thrower may only be guarded by one (1) marker. NO DOUBLE TEAMING!

• The marker may take a position such that one disc’s diameter remains between the upper bodies of the two players. The marker may not straddle the thrower’s pivot foot or position his/hers arms in such a manner as to restrict the thrower from pivoting.

• **Stalling**
  
  • Once the marker establishes a set guarding position relative to the thrower, he/she may initiate the stalling count.
  
  • To initiate the stalling count the marker must call “stalling” or “counting” and count in one (1) second intervals from one (1) to ten (10) loudly enough for the thrower to hear. If the disc is not released by the first utterance of the word ten (10), a turnover and a check result.
  
  • If the defense switches markers and the new marker wishes to initiate a stalling count, he/she must start again from one (1).
  
  • If the marker counts too fast, the thrower may call “fast count.”
    
    ▪ The first “fast count” call is a warning. The marker must subtract two (2) from the stall count and continue.
    
    ▪ If “fast count” is called again within the same ten (10) seconds, play is stopped and resumed with a check and a new stall count. The Continuation Rule applies to fast counts.

  • If an offensive player moving into the throwing position “stands over the disc” (within three meters) without putting the disc into play, the marker may issue a delay of game warning. If the disc is not picked up, the marker may initiate a stall count. The marker has to be within three (3) meters also.

  • In the event of a stall, the once marker, now offensive player, does not have to take the disc after the check. The once thrower, now marker, checks the disc to the new thrower; if he/she does not want the disc, the marker “checks” the disc by placing it on the ground and calling “in play”.
    
    ▪ NOTE: The stall count will always restart at zero (0) after all stops in play, unless specifically stated different in these rules.

  • If the disc is on the ground, whether in or out of bounds, any member of the team becoming offense may take possession and put the disc in play. Once an offensive player picks up the disc that player is required to put the disc into play.

• **The Check**

  • The player in possession of the disc whenever play stops retains possession.
  
  • Players must stop as soon as possible after play has been halted and remain in their respective locations until play is restarted.
  
  • The marker restarts play by touching the disc in the possession of the thrower. If the thrower attempts to put the disc into play without a check the disc will come back to the thrower and the play starts again, with a check.

• **Out of Bounds**

  • Perimeter lines themselves are out of bounds.

  • The disc or player is out of bounds when it contacts anything out of bounds. When a player is in the air their position is determined by where they last contacted the ground.

  • 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.

  • The receivers’ first point of contact with the ground, after gaining possession, must be completely in bounds (one foot) to be considered in bounds.
If a player’s momentum carries them out of bounds after making a catch and landing in bounds, the player is considered in bounds. That player carries the disc to the point where they went out of bounds and puts the disc into play.

To start or restart play after the disc has gone out of bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field. Point nearest where the disc last crossed the perimeter line, and put the disc into play.

If a pass does not come in bounds the opposing team gains possession of the disc where it left the field of play only if the defense did not contact the disc. If the defense contacted the disc, the disc must be put into play at the point on the playing field closest to where the contact occurred.

### 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:
  - Marker’s count reaches ten (10) seconds.
  - Disc is handed from player to player.
  - Thrower intentionally deflects a pass to him/herself off another player.
  - If the thrower catches his/her own pass. However, if the disc is touched by another player during flight it is considered a complete pass and not a turnover.

### Fouls and Violations

- Fouls – are the result of physical contact between opposing players. Fouls can only be called by the player who has been fouled. “FOUL” must be called immediately after the occurrence.
  - All fouls result in a re-throw, after a check, EXCEPT:
    - If the thrower or receiver is fouled on a pass and the pass is completed, the foul is automatically declined and play continues.
  - Contact occurring during the follow through (after the disc has been released) is not sufficient grounds for a foul, but should still be avoided whenever possible.
  - If the marker is fouled in the act of throwing and the pass is not completed, play will continue without interruption.
  - On uncontested catching fouls, the receiver gains possession of the point of the foul and a check occurs. If an uncontested foul (with the exception of a force-out foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line.

- Forced Out Foul – if an airborne receiver catches the disc, and the defensive player makes contact and forces the receiver out of bounds before having the opportunity to land in–bounds, the receiver must call him/herself out of bounds, or call a force–out foul on the defender. Disc is put into play at this point. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

- Fighting and Intentional Misconduct Fouls
  - Fighting will not be tolerated and those players will be ejected by the field monitor. Play will resume as if the fight did not take place with a check and a new stall count if applicable.
• Players who constantly participate in dangerous or violent play will be ejected from the game by the field monitor. Play will resume as if the incident did not take place with a check and a new stall count if applicable.

  o Violations – occur when a player violates the rules in a manner which does not result in physical contact. A violation may be called by any player, that player must immediately call “violation.”

    ▪ Traveling
      • Thrower moves his/her pivot foot prior to throwing the disc.
      • Receiver on the run, after receiving a pass, releases a pass after the third contact with the ground and before coming to a complete stop.

    ▪ Strip
      • No defensive player may touch the disc while in the hands of the thrower or receiver, excluding the check.
      • The player in possession calls “strip” and puts the disc back into play from that spot, with a new stall count after the player regains possession of the disc.
      • A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone results in a goal.

    ▪ Double Team
      • No other defensive player may establish a position within three meters of the throwers’ pivot foot, unless he/she is guarding another offensive player in that area.
      • If the offensive player recognizes a double team, he/she should call “double team” as a warning, the marker will subtract two (2) from the stall count. If “double team” is called again within the same ten (10) seconds, play stops and is resumed after a check with a new stall count.

  • Positioning
    o It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided.
    o Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any other opposing player, provided that he/she does not cause personal contact in taking such a position.
    o Picks
      ▪ No player may establish a position, or more in such a manner, so as to obstruct the movement of any player on the opposing team.
      ▪ In the event of a pick, the obstructed player calls “pick” loudly, play resumes with a check, unless the Continuation Rule applies.
    o When the disc is in the air, players must play the disc, not the opponent.
    o The Principle of Verticality
      ▪ All players have the right to the space immediately above them.
      ▪ Class = "nested." 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.
      ▪ A player who has jumped is entitled to land at the same spot without hindrance by opponents. He/She may also land at another spot provided the landing spot was not already occupied at the time of take–off and the direct path between the take–off and landing area was not already occupied.

• Continuation Rule
  o Disc In the Air
- If a foul, violation, or pick is called while the disc is in the air, the play is always completed.
- If the team which called the foul, violation, or pick gains possession as a result of that pass, play continues without hesitation. In this situation, players should call “play–on.”
- If the pass is completed, but the defensive effort on the pass was affected by the violation the pass does not count and possession reverts back to the thrower.

Disc Not in the Air
- If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover.
- If a foul, violation, or a pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.

Sportsmanship Policies

This portion of the document is designed to be a summary of the Sportsmanship Policy for Intramural Sports. Please refer to the Intramural Policies and Procedures Manual for a complete version of this policy.

- No Player, Coach, or Team Follower Shall:
  - Use foul or derogatory language, threaten, or verbally abuse any other participant or intramural sports employee before, during, or after the game. This includes trash talk.
  - Participate in a game for which he/she is ineligible.
  - Argue or talk back to the game official.
  - Intentionally strike, push, or trip another person. Fighting is prohibited.
  - Mistreat the facility, equipment, or supplies of Ball State University.

- Warning/Ejection
  - A warning/ejection system will be used to enforce the sportsmanship policy. Individuals will be issued a warning for unsporting behavior. A second penalty will result in an ejection. Ejections may be issued without warnings in specific situations, including all those that involve fighting.
  - Team captains are responsible for the conduct of their players, sidelines and spectators.
  - Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling or committing any other malicious act toward any other person. Fighting is never permitted during intramural sports contests. Participants who fight will be ejected immediately and suspended from all further participation until the outcome of a disciplinary action meeting with the Office of Recreation Services Staff.

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Co-Ed Modifications

- A team shall play with a maximum of eight (8) players with four (4) females and four (4) males. Teams may start with a minimum of six (6) with the ratio of 3:3. If seven (7) players are available, the team ratio must be 4:3.