

University of Montevallo ULTIMATE FRISBEE RULEBOOK

General Guidelines:

- Teams must be ready to play with seven players at the time scheduled.
- A team is allowed to field a minimum of four players to begin a game.
- Teams are allowed seven players on the field at one time.
- Only players listed on team roster will be eligible to play with that team. The participation of an ineligible player will result in his/her team losing by default.

Clock Management:

- Game is played in two halves, each twenty minutes in length.
- Halftime is five minutes in length.
- If a game is tied after the completion of regulation time, one five-minute overtime will be conducted.
- If at the end of that overtime the score remains tied, the game will end in a tie, except for postseason play.
- The game clock is a running clock and starts in these instances:
 1. An offensive player gains possession of a throw-off.
 2. The marker touches the disc after check.
 3. The thrower puts the disc in play after it has been out of bounds.
- The game clock stops in these instances:
 1. After a goal.
 2. At the end of a period of play.
 3. For time-outs.
 4. For injuries.
 5. For fouls and violations.
 6. When the disc contacts an out-of-bounds area.

Scoring:

- A goal is worth one point.
- Teams play the length of a match.
- A time-out may be called by either team after a goal and before the ensuing accepted throw-off.

Mercy Rule:

- If a team gains an advantage of ten goals in either half, the mercy rule will be invoked and the game will be called.

Substitutions:

- Substitutions can be made only in these instances:
 1. After a goal and before the ensuing accepted throw-off.
 2. Before the beginning of a period of play.
 3. To replace an injured player(s).

VIII. Starting and Restarting Play:

- Before a game starts, each team designates one captain to represent that team in disagreements of arbitration.
- The captains will compete in a best-of-three paper/rock/scissors match. The winner then has their choice of:
 1. Receiving or throwing the initial throw-off; or
 2. Selecting which goal they wish to defend initially.
- The team losing the flip is given the remaining choice
- The second half begins with an automatic reversal of the initial throw-off position.
- If overtime is needed, the initial paper/rock/scissors match will repeat.

Throw-Off:

- Play starts at the beginning of each period of play and after each goal with a throw-off.
- Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.
- There will be a mark on the field designating where the fielding team must be behind and where the receiving team must have at least four players behind before the throw.

Positioning prior to the throw-off:

- The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play and an official's whistle signals begin play.
- The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
- As soon as the disc is released, all players may move in any direction.
- No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.
- If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc in play from the spot. If the throw-off is caught in either end-zone, the player takes possession at that point, and puts the disc in play on the end-zone's front line. If the throw-off is caught out-of-bounds, it is put into play at the spot it was caught, on the sideline.

- 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 threw-off gains possession of the disc.
- If the receiving team allows the throw-off 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 the disc initially lands in-bounds, then goes out-of-bounds, the receiving team gains possession at the point on the playing field proper nearest to where the disc first went out-of-bounds.
- 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 nearest point on the playing field proper to where the disc crossed the perimeter line.
 2. Requesting a re-throw.

Out-of-Bounds:

- A player is out-of-bounds when s/he is contacting an out-of-bounds area. When a player is in the air, his/her in or out-of-bounds is determined by where the ground was last contacted by the player.
- For a receiver to be considered in bounds after gaining possession of the disc, the first point of contact with the ground 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.
- Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where s/he went out-of-bounds and puts the disc in play that point.
- The thrower may pivot in- and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

End-Zones:

- If a team gains possession in the end-zone which it is defending, the player taking possession must make the immediate decision to either:
 1. Put the disc in play from that spot, or
 2. Carry it to the closest point on the goal line and put it in play from there.
- 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.

Scoring:

- A goal is scored when an offensive player completes a pass to a teammate in the end-zone which his/her team is attacking.

- 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.
- 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, the receiver must carry the disc back to the closest point on the goal line and put the disc in play from there.

Turnovers:

- An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
- A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.
- The following actions result in a loss of possession and a check:
 1. If the marker's count reaches the maximum number.
 2. If the disc is handed from player to player.
 3. If the thrower intentionally deflects a pass to him/herself off another player;
 4. If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.
- 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 the marker.
- If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- The thrower may throw the disc in any way s/he wishes.
- The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.
- There must be at least one arm's length between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.
- The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

Stalling:

- A defensive player within ten feet of the pivot foot of the thrower may initiate a stall count. If an offensive player moving into the throwing position "stands over the disc" 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 count consists of the marker counting at one second intervals from one to ten loudly enough for the thrower to hear.
- If the thrower has not released the disc at the first utterance of the word "ten", a turnover results.
- If the defense decides to switch markers; and if the new marker wishes to initiate a stalling count, s/he must start again from "one".
- The thrower may contest a stall call if s/he feels that s/he had released the disc before the first utterance of the word "ten".
- In the event of a contested stall, if the pass is completed, play stops, and possession reverts back to the thrower. After a check, the marker starts the stall count at eight.
- In the event of a contested stall, if the pass is incomplete, it is a turnover, and play continues without interruption.
- 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 players, the offense retains possession.

Fouls:

- Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced immediately after the foul has occurred.
- The player initiating contact is guilty of a foul.

*Throwing Fouls:

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

*Catching Fouls:

- A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
- If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.

- 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, it is considered "harmful endangerment" and is a foul.
- Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
- If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, it is the judgment of the official whether or not a foul occurred and play will continue from the official's choice.
- If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

Violations:

- A violation occurs when a player violates the rules in a manner which does not result in physical contact. (e.g. illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out-of-bounds, etc.)
- A violation may be called by any player who recognizes that a violation has occurred
- The player must immediately call "violation" or the name of the specific violation loudly.

Travelling:

- 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 the receiver obviously takes more steps than are required to stop after catching a pass, that player 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.

Strip:

- No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."
- The player in possession then picks up the disc and play continues from the point where s/he regained possession.
- If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero.
- A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone is a goal.

Double-Team:

- Only one marker is permitted to guard the thrower.
- No other defensive player may establish a position within ten feet of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.

- Should the thrower recognize a double-team situation, s/he first calls "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero.

Fast Count:

- If the marker counts too fast, the thrower may call "fast count." The count must be considered "too fast" in the official's opinion, as well.
- The first "fast count" call is a warning. On the first "fast count" call, the marker must subtract 2 from the stall count. If "fast count" is called again within the same ten seconds, play stops and is resumed after a check with the count reset to zero.

Time-Outs:

- Each team receives one time-out per half. Unused time-outs do NOT carry over to the next period. There are NO time-outs in overtime.
- Time-outs will be a maximum of 2 minutes in length.
- Time-outs may be called by any team member on the playing field following a goal.
- While the disk is in play, only the player in possession of the disk may call time-out.
- When play resumes after a time-out has been taken during play, the player who had possession puts the disc into play.

Postseason Seeding:

- Once the regular season finished, postseason seeding will be made based on those results.
- The top six teams will be selected for postseason play.
- The top two teams will be awarded a first-round bye.
- The third seed will play the sixth seed and then fourth seed will play the fifth seed.
- In the second round (semi-finals), the first seed will play the lowest remaining seed while the second seed will play the highest remaining seed.
- In the event of a tie for playoff positioning, seeding will be set by the following criteria in this order:

- i. Head to Head Match Up (if applicable)
- ii. Sportsmanship Rating
- iii. Point Differential
- iv. Winning Percentage
- v. Coin Flip

Revised September 5, 2011