

Princeton University Intramural Sports Ultimate Frisbee Rules



I. EQUIPMENT/UNIFORM/ELIGIBILITY

- A. All players must present their Princeton University I.D. to the IM Supervisor to participate.
- B. 165 gram world class frisbee
- C. Teams should wear different color T-shirts or vests provided by IM Supervisor.
- D. Shoes must be worn at all times. No metal, hard plastic or polyurethane spikes or shoes with detachable cleats are allowed.
- E. No hats with brims, or jewelry are allowed to be worn during play.
- F. All players must play in at least **ONE** regular season game in order to be eligible for playoffs.
- G. Players are only eligible to play for **ONE** team.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- A. 7 Players constitute a team. Teams may begin with 5 players.
- B. Co-Rec Rule - If the team plays with 7 players, the ratio must be 4:3.
- C. Game is two 20-minute halves. Halftime lasts 3 minutes.
- D. **A team that fails to have 5 players within 10 minutes after starting time will forfeit the game.**

III. GENERAL RULES

- A. Object: To pass frisbee over goal line which counts as one point.
- B. Beginning play
 - 1. A coin toss as in football is enacted. Same choices are given: receiving the "pull" or choice of goal to defend.
 - 2. Pull is alternated beginning second half.
 - 3. Both teams line up across the goal line they are to defend, and remain stationary until the "pull".
 - 4. "Pulling" team has one player "pull" ... launch frisbee to other team.
 - 5. Receiving the "pull": Receiving team must either clean (without allowing to touch the ground) catch the pull or allow it to hit the ground and begin passing. If a pull is dropped when attempting to catch it, it is a turnover. No "muff" rule is in effect.
 - 6. If on the pull the frisbee goes out of bounds, the receiving team has the option of:
 - a. Taking it on the sideline
 - b. Running the frisbee in the middle of the field, yelling "middle" and beginning play from that spot.

IV. OFFENSIVE PLAY

- A. Like pivoting in basketball, offensive players in possession of the ball cannot take a step, nor control the disc for more than 12 seconds.
- B. Players may pass (not hand off) in any style he/she desires.
- C. Pass may be in any direction.
- D. Catching:
 - 1. All receptions must be clean. If a pass hits the ground it is a turnover.
 - 2. First supporting point to hit the ground must be in bounds.
- E. Offensive Penalties
 - 1. Traveling consists of taking more than one full step after receiving the Frisbee.
 - 2. Excessive, obvious or intentional picks or screens are illegal.

V. DEFENSIVE PLAY

- A. Defenders are allowed to knock down or intercept a pass in any manner (spiking, catching, and kicking frisbee) possible, but must not interfere with offensive player.
- B. Playing person with Frisbee:
 - a. Double team thrower is illegal (all other double teaming is allowed)
 - b. Must give offensive player an arm's length to throw. (5 yards)
 - c. Zone defense is legal.

VI. DEFENSIVE PENALTIES:

- A. Foul - contact with passer as he/she attempts to pass
- B. Interference - obstructing receiver without the intent of defending frisbee.

VII. PLAY AFTER SCORE:

- A. Pull occurs after each score.
- B. Scoring team will then defend that goal.

VIII. ADMINISTERING PENALTIES

- A. Defensive fouls: Offensive player who is fouled makes call.
 - 1. If a pass is completed anyway, play continues.
 - 2. Play stops - Action returns to point of foul after both teams are ready and defender hands frisbee to initial offensive player.
- B. Offensive fouls:
 - 1. Defender announces foul and turnover occurs.
 - 2. Fouling team checks frisbee as above.

IX. SUBSTITUTIONS

- A. Substitutions can be made only:
 - 1. After a goal and before the ensuing throw off.
 - 2. To replace an injured player.
 - 3. At the half, before overtime, or during a time-out.

X. TIME-OUTS/OVERTIME

- A. Each team is allowed one time-out per game and one per overtime.
- B. Overtime (only during Playoffs) lasts 2 ½ minutes. Coin flip determines which team will throw off.