



ULTIMATE FRISBEE

All players must show their Blugold ID Card before every game to participate.

A. PLAYER ATTIRE

- a. All players must wear athletic attire.
- b. Teams must all wear the same color jersey. Pennies will be provided on a limited basis. All teams will be required to bring one alternate color in case both teams show up wearing the same color. Skins will not be allowed.
- c. **Jewelry is not allowed. All jewelry must be removed before playing – no exceptions.**
- d. The use of dangerous equipment is prohibited.
- e. Players may wear soft, pliable basketball or wrestling knee pads on the leg, knee and/or ankle.
- f. Players may wear pliable and non-rigid sunglasses.
- g. Shoes must be always worn. Cleated shoes must have rubber or polyurethane cleats. Metal cleats are **NOT** allowed. Player will be removed until equipment has been changed. The player must sit out one (1) play.

B. THE GAME

- a. The game shall be played between two teams of seven (7) players. Maximum of fourteen (14) on the roster.
- b. Must have five (5) players to start game.
- c. Each team shall designate a captain. The captain will act as the spokesperson for the team and help make necessary decisions. Only the captain should talk to officials

C. CLOCK

- a. A game shall consist of two (2) 20-minute halves, with a 5-minute intermission in between halves. Each half will have a continuous clock, for the first 15 minutes of each half.
- b. The only time the clock will stop in the first 15 minutes of each half is for injury and timeout. In the last 5 minutes of each half the referee will inform both teams that there is 5 minutes remaining the in half or game and that the clock has stopped. The clock will stop on:
 - i. Disc is thrown out of bounds
 - ii. For every goal
 - iii. For timeouts, injuries, and fouls

D. OVERTIME- *Playoffs Only*

- a. If a game ends in a tie, there will be an overtime lasting five (5) minutes.
- b. If there is no winner at the end of this period, the time will be broken by a sudden death overtime period.
- c. Each team is permitted one (1) timeout during overtime.

E. TIMEOUTS

- a. Each team is allowed one (1) 1-minute timeouts per half. Any timeouts not used during the first half do NOT carry over into the second half. The clock will stop on all timeouts.
- b. The team must be in possession of the disc to call a timeout during play.

F. SUBSTITUTIONS

- a. Substitutions can be made only after a goal before the ensuring throw-off, to replace an injured player, or after periods of play.

G. SCORING

- i. A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone
- ii. Each goal is worth one (1) point.

H. MERCY RULE

- a. The game shall end if one team is ahead by eight (8) goals or more at halftime or anytime thereafter.
- I. **PLAYER CONDUCT**
 - a. Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
 - b. Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.
 - c. A team will be made ineligible for the playoffs if their sportsmanship score is less than a 4
- J. **POSESSION**
 - a. The winner of the pre-game toss shall have the first choice of the following options: A) offense or defense or B) which goal to defend.
- K. **TEAM BOX**
 - a. Only players and one (1) coach may be in the box behind the net (team bench).
 - b. All other fans and spectators must remain in the spectator viewing areas designated by the Competitive Sports staff.
 - i. Any player, coach, or fan that interferes with the play of the game is subject to a technical foul or removal from the playing area.
- L. **DEFINITION OF PLAYING TERMS**
 - a. Throw-Off:
 - i. Play begins with the throw-off. The captains of the two teams will flip a coin to determine which team will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the disc is released by the throwing team. The receiving team must stand on their own goal line without changing relative position.
 - b. A player on the goal line throws the disc towards the opposing team. As soon as the disc is released, all players may cross the goal lines.
 - i. No player on the throwing team may touch the disc in the air or before it is touched by a member of the receiving team.
 - c. The receiving team may catch the disc or allow it to fall to the ground untouched. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the team which threw-off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.
 - d. The disc must land within the boundaries of the playing field on the throw-off. If it does not, the receiving team has the option to take the disc where it went out of bounds or to have the disc re-thrown. Each time a goal is scored, the teams switch the direction of their attack, and the team which scored throws-off the disc on the signal of the receiving team.
 - e. Game Play and Movement of the Disc:
 - i. The team which has possession of the disc must attempt to move the disc into position to score a goal. A player may propel a disc in any way he/she wishes.
 - ii. **The disc may never be handed from player to player.** In order for the disc to move from one player to another it must at some time be in the air.
 - f. No player may run, walk, or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop motion, play stops and the player returns to the point where he gained possession and play resumes when both teams are ready.
 - g. The player in possession may pivot on one foot, as in basketball. The thrower may not change his/her pivot foot at any time.
 - i. **Only one player may guard the person in possession of the disc.** The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand.
 - h. The defensive team gains possession of the disc whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. A rolling or sliding disc may be stopped by any player but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it. A player may catch his own throw if the disc has been touched by another player during its flight. Bobbling to gain control is permitted but tipping to oneself is not allowed.

- i. End zones:
 - i. Anytime a team gains possession in the end zone which they are defending, the player may choose to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line if he or she approaches it perpendicularly. The player may not pass the disc as he/she approaches the goal line. If a team gains possession in the end zone which it is attacking, the disc is carried perpendicularly to the goal line and play resumes immediately from the goal line.
- j. Fouls:
 - i. is also called when any physical contact occurs because of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, kicking, submarining, etc.
 - ii. The player who is fouled calls "foul," play stops, and the player gains possession of the disc at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.
- k. A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts aloud ten (10) seconds. If the disc has not been released at the end of the count, it is turned over to the defense at that point. The person guarding the thrower must be at arms-length distance, but the thrower cannot pivot into the defender.

CO-REC ULTIMATE

A. PLAYERS

- a. A regulation team consists of 7 players. A team may play with a minimum of 5 players. The possible combinations are 4M/3F, 4F/3M, 3M/3F, 3M/2F, 3F/2M
- b. If a female receives the disc to score a goal, it is worth two (2), and if a male receives the disc to score a goal it is only worth one (1).

B. MERCY RULE

- a. The mercy rule is 10 goals at halftime or anytime during the second half.

The Department of Recreation and Sports Operations
Competitive Sports

Email: compsports@uwec.edu