



Ultimate Frisbee Rules & Regulations

Modifications have been made to suit Arkansas Tech University Intramural & Recreational Sports programs.

Rule 1: Eligibility

All participants must provide a current validated Arkansas Tech University ID before participating and must be affiliated with the University as a student and/or faculty/staff. To be considered a “student,” one must be currently enrolled for at least half of full-time requirements, 6 credit hours for undergraduate and 3 credit hours for graduate, in the fall/spring in the semester the sport is offered. Individuals who enroll and then officially drop their courses are no longer considered eligible. Please visit our website at www.atu.edu/intramural or call 479.356.2010 for eligibility clarification.

Rule 2: Format of Play

- Four (4) game round robin league play.
- All teams must meet playoff eligibility requirements to be eligible for playoffs.

Rule 3: Weather Cancellations

All decisions on game cancellations due to weather related issues will be made by 3pm on the day of the scheduled game by the intramural sport staff. Notification will be sent via email through IMLeagues and our Facebook page.

Rule 4: Playoff Requirements

- Must have a minimum of a 3.0 sportsmanship average.
- Must have not forfeited at least one (1) game.
- Must have not defaulted at least two (2) games.

Rule 5: Team Captain Responsibilities

Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.

- Responsible for communicating game time, location, and ID policy to teammates.
- Ensure teammates have a valid Arkansas Tech University ID or photo ID at before game time to check in.
- Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
- Ensure good team sportsmanship among teammates.
- Cooperating with the Intramural Supervisors at the game site concerning any protests, incidents or accidents that may occur as well as with the Intramural Sports staff the day following such occurrences.

Rule 6: Players/Rosters

- Team members must present their ATU ID or photo ID when checking in with the supervisor for every game played.
- Players may play on a Male or Female team.
- MALE: A team roster must consist of a minimum of seven (7) and a maximum of ten (10) male players for the male division.
- FEMALE: A team roster must consist of a minimum of seven (7) and a maximum of ten (10) female players for the female division.
- Games may begin with a minimum of five (5) players.

Rule 7: Defaults/Forfeits

- Forfeit/Default time has been established as game time, teams should report to the scorekeeper 15 minutes prior to their game.
- A default occurs when a team checks in with scorekeeper and only has less than the minimum number of players to play. The losing team will receive 2pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of ten (10).
- A forfeit occurs when no members of the team check in with the scorekeeper. The losing team will receive 0pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of ten (10).

Rule 8: Equipment

- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the team listed as visitor will be required to change. Jerseys may not be tied in a manner that creates any type of knot. Team jerseys must have a number placed on the front or back of the jersey. Jersey numbers shall consist of numbers 0-99; triple digit numbers, symbols, etc. are prohibited.
- **Shoes** - Players must wear shoes, either soft soled soccer/football cleats, tennis, or Astroturf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the IMRS staff and their decisions shall be final.
- **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.
- **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
- **Shorts/Pants** - Shorts/Pants with belt loops and/or pockets are illegal.

Rule 9: Playing Rules

- Players must check in with score keeper 15-minutes before their scheduled game time.
- Games will be two 15-minute halves, running clock.
- Halftime shall be 3-minutes.
- Overtime:
 - Sudden-death procedures
 - Coin Toss will determine who is on offense and defense.
 - First team to score wins.
- Teams must field only seven (7) players on the field.
- Game begins with a coin toss with the score keeper to determine who is offense and defense to begin the game.
 - Team will reverse rolls the second half.
- Field Dimensions:
 - 40 yards wide by 100 yards long
 - 60 yard playing area
 - 10 yard end zones
- Each point begins with both teams lining up on the front of their respective end zone lines.
- The defense throws “pulls” the disc to the offense.
- Each time the offense completes a pass in the defense’s end zone, the offense scores a point.
- Play is initiated after each score.
- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc.
- The person with the disc “thrower” has ten (10) seconds to throw the disc.
 - The defender guarding the thrower “marker” counts out the stall count.
- When a pass is not completed (out-of-bounds, drop, block , interception) the defense immediately takes possession of the disc and becomes the offense.
- Players not in the game may replace players in the game after a score or during an injury time-out.
- No physical contact is allowed between players.
- Picks/Screens are prohibited.
- A foul occurs when contact is made.
 - When a player initiates contact on another player a foul occurs.
- Players are responsible for their own foul and line calls.