



Ultimate Frisbee Rules

Disclaimer- Please see the General Intramural Rules for rules pertaining to eligibility, divisional competition, entry procedure, ID's, forfeits, game times, weather, clothing, co-rec rules, playoffs, team captain's responsibilities, unsportsmanlike conduct, protests, alcohol, and injuries. Rules not covered here are understood to be NFHS rules.

TIME

1. Games shall consist of two 15 minute halves.
2. Time is continuous.
3. Both teams are allowed 2 timeouts of 1 minute each per game.

OVERTIME

1. Overtime is sudden death.
2. A coin flip will determine who throws off to start the overtime period.

PLAYERS

1. A legal team is 8 players. A team must have a minimum of 6 players to begin a game.
2. Substitutions may occur by either team at any stoppage of play. The substitute shall not enter the field of play until the player being replaced has left, and then only after having received a signal from the referee.

PLAY

1. A coin flip will determine who will throw off to start the game.
2. The throw off occurs with both teams behind their 15 yard lines.
3. A player receives 3 steps for momentum and 10 seconds to throw the Frisbee.
4. Defenders must give 3 feet around an offensive player in possession and the Frisbee cannot be hit out of a players hands.
5. The Frisbee must be thrown across the goal line.
6. If you fail to catch the Frisbee, drop it, hold it longer than 10 seconds, or take more than 3 steps, you must drop the Frisbee at that point and your opponents take possession.
7. This is a non-contact sport. Penalties include holding, pushing, tripping, and blocking.
8. Players are responsible for calling their own fouls. There will be no officials and one scorekeeper.