



## SPRING 2024 7v7 Ultimate Frisbee RULES

Updated 12/12/23

*Recent changes will appear in italicized and highlighted text*

### Rule 1: Facility

1. All games will be played on Alpine Field.

### Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. The Semester Sport Pass can be purchased for \$20 per semester or the \$10 Sport Pass per activity (league/event).
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
  - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural

### Rule 3: Team Composition

1. The game shall be played between 2 teams of 7 players each. *Four players are required to start the game and avoid a forfeit. The game may continue with less than 4 players if a team drops below that requirement due to injury. A maximum of 14 participants can be on a roster.*
  - a. The league is "Open" meaning any combination of genders can comprise a team.

### Rule 4: Equipment

1. Standard 10.5" diameter frisbees will be provided by Sport Programs Staff. Teams are permitted to use their own frisbees given they follow size requirements, and both teams agree to use the frisbee.
2. Cleats are limited to studs or projections that do not exceed ½ inch in length and are made with non-abrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
  - a. No metal cleats will be allowed.
3. *Players may wear a stocking cap, bandanas, durags, etc.*
4. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:



- a. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots. EXCEPTION: Face Shield.
- b. Any exposed jewelry (ear rings, nose rings, necklaces, etc.)
- c. Pads or braces worn above the waist. Casts worn above or below the waist.
- d. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least ½" of closed cell, slow recovery rubber or other material of similar thickness and physical properties.

## Rule 5: The Game

### 1. Forfeit Time

- a. *There will be a 10-minute grace period for teams that have not arrived by game time. If after 10 minutes have passed and one or both teams do not have the minimum number of eligible players to start a game, then the game will be forfeited*
  - i. *In the event of a forfeit, the "winning" team shall win by a score of 3 – 0.*

### 2. Scoring and Timing

- a. Teams will play one game to 15 points. Teams must win by 2 points.
  - i. If the game has gone on for 50 minutes with no winner, the game will be called, and the team with the higher score is declared winner.
- b. A goal is scored when an offensive player lands in bounds with any part of both feet in the end zone they are attacking after receiving a pass from a teammate.
  - i. The goal line is not considered part of the end zone.
  - ii. One point is scored per goal.
- c. Once one team scores 8 points, a 3 minute half time will occur.
  - i. Play will resume with the team scoring before half time throwing off to the other team.
  - ii. If for any reason the game must be called before completion, it will be called official if one team is at 8 points or if the time has reached 25 minutes or less left on the clock.
- d. Each team will have 2 timeouts per game and 1 additional timeout per overtime period.
  - i. Time outs can only be called after a score or while the team calling the time out has possession.
- e. In the event of a tie, it will remain as such during the regular season.
  - i. During playoffs, a new game will begin lasting 5 minutes.
  - ii. If the score remains tied, another new 5 minute period will begin with a sudden death format.

### 3. Gameplay

- a. The team which has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he/she wishes.
- b. The disc may never be handed from player to player. In order for the disc to go from one player to another, it must at some time be in the air.
- c. No player may walk, run, or take steps while in possession of the disc.
  - i. The momentum of the receiver, however, must be taken into consideration.

- ii. Should a player take steps obviously not required to stop, a foul is called.
- d. A player in possession of the disc may pivot on one foot.
  - i. The player in possession may not change the pivot foot. If the thrower changes the pivot foot, a foul is called.
- e. 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.
- f. A turnover results if the disc is dropped by the thrower without interference by a defender.
- g. If the disc is simultaneously caught by opposing teams, the offense retains possession.
- h. The defensive team gains possession 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.
  - i. Possession is gained at the point where the disc is stopped.
- i. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not.
- j. Players may only hold the Frisbee for a count of ten. The defender begins counting once they have begun guarding.
  - i. If the defender reaches 10 and the disc has not been released by the player in possession, the defense gains possession of the disc at the spot of the offensive player.

#### **4. Throw-Offs**

- a. Play begins with the throw-off.
- b. The captains of the two teams flip a disc to determine which team will throw or receive, or choice of goal.
- c. All players must be on or behind their own goal line until the disc is released.
- d. As soon as the disc is released, all players may cross the goal lines.
- e. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.
- f. The receiving team may catch the disc or allow it to fall untouched to the ground.
- g. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession on the disc where it stopped.
- h. If the disc goes out-of-bounds, the receiving team makes the immediate decision of:
  - i. having the disc thrown off again;
  - ii. gaining possession at the point the disc went out-of-bounds; or
- i. If the disc goes out of bounds after crossing the goal line, or lands within the goal area, the receiving team may take possession on the goal line.
- j. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

#### **5. End Zones**

- a. If a team gains possession in the end zone which it is attacking, a goal is scored.
- b. Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at a goal line.



# Campus Recreation

UNIVERSITY OF COLORADO COLORADO SPRINGS

- i. A player may carry the disc up to the goal line, provided that he/she approaches it perpendicularly.
- ii. The player may not pass the disc during the approach to the goal line.

## 6. Substitutions

- a. Players not in the game may replace players in the game after a score and during an injury timeout.
- b. Substitutions are not permitted on the fly.

## 7. Fouls

- a. *All games will be "self-officiated" with oversight from a Sport Programs Staff Member.*
- b. A throwing foul is called only by the player fouled.
- c. Any physical contact during the throw is a foul against the defender.
  - i. Including:
    1. Pushing, holding, grabbing, arm/leg extension, etc.
  - ii. If the pass is completed, the foul is automatically declined and play proceeds without stopping.
- d. The thrower may not push the player defending.
  - i. Contact that occurs during the follow-through is not sufficient grounds for a foul.
- e. Players must play the disc, not the opponent. They may not position themselves or move for the purpose of impeding other players. To do so is a foul.
  - i. Both players have a right to their space on the field and the disc.
  - ii. In playing the disc, players must respect the established positions of others.
  - iii. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul.
  - iv. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul.
- f. Double Teaming is not allowed on any individual with the Frisbee.
- g. For any foul, the player who is fouled calls "foul", play stops, and the player gains possession at the point of the infraction.
  - i. For a momentum or pivoting foul, play stops, a check of the disc occurs, but possession is retained by the thrower.
  - ii. Should a foul occur in the end zone, possession is gained at the goal line.
  - iii. Play continues when both teams are ready.

## Rule 6: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. In the regular season, captains may view their sportsmanship score online and questions about scores should be directed to the sport's league coordinator. **To be eligible for the playoffs, a team must have a minimum average sportsmanship rating of 2.5.** During playoffs, a score of at least 2.5 will guarantee advancement for the winning team. A winning team with a sportsmanship rating less than 2.5 must contact

Contact us at [imsports@uccs.edu](mailto:imsports@uccs.edu)

and meet with the Coordinator of Intramural Sports no later than the day of the next contest to determine if the team should advance. Teams playing multiple games on the same night must meet with the Intramural Sports Supervisor prior to their next contest if a rating below four is received. The breakdown of sportsmanship ratings are as follows:

- a. 5 points:
  - i. Team displays excellent sportsmanship while treating opponent with respect. Players always demonstrate excellent sportsmanship. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Captain calmly converses with officials about rules/calls. Team maintains an attitude of complete cooperation with staff. Players always display self-control.
- b. 4 points:
  - i. Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without gesture or argument. Team is mostly cooperative with game Officials and Opponents. Team Captain is able to control his/her players. Team Captain is the only participant discussing rules with the officials.
- c. 3 Points:
  - i. Participants display disagreement/frustration with decisions of staff/officials. Questioning of judgment/rules interpretation not presented in a respectful manner. There are minor incidents of unsportsmanlike behavior towards opponents, spectators, or staff. Examples include, but are not limited to, trash talk, cursing in any manner, publicly questioning an official's abilities, mocking the skill level of an opponent. Team defaults a game. Participants other than the captain dispute rules with officials.
- d. 2 Points:
  - i. Team repeatedly questions judgment/officiating abilities. Participants are openly arguing calls with officials on multiple incidents. Unsportsmanlike call-in volleyball; flag football; yellow card in soccer; technical foul in basketball; team/player warning in softball.
- e. 1 Point:
  - i. Team receives multiple unsportsmanlike calls and/or technical fouls (not on the same participant). Team receives any ejection other than ejection prior to or during the contest. Official or supervisor has to suspend play to talk to a team or participant.
- f. 0 Points:
  - i. Fighting or contest ended due to extenuating conduct circumstances: Includes threatening an employee. If involved in a fight your team could be removed from the league for the remainder of the season. Sportsmanship ratings are affected by a team's participants and spectators conduct before, during and after a contest.