

The Defiance College
Intramural Sports
Ultimate Frisbee Rules (7x7)
(Updated: 06/06)

UPA Rules will govern play with the following modifications. (www.upa.org)

The Field - The field size is 70 yards by 35 yards, which includes end zones of 15 yards.

Game Time - Games will begin at the scheduled time. Teams will be given a 10-minute grace period to have the required minimum of players before the game is declared a forfeit. *See the Intramural Sports Policies regarding forfeits and late arrivals.*

Timing - The game will consist of two 20-minute halves (running clock) with 5 minutes between halves.

Time-out - Each team may take a single one-minute time-out per half (the clock will continue to run), except for the last minute of the half. Only the person in possession of the disc may call time out.

Players - A team consists of seven players. There must be at least two players of each gender on the field at all times. Teams must have a minimum of 4 people to start a game.

Sign-in – Players must sign in with the Intramural Sports Student Coordinator on duty.
All players must present their DC ID card to be eligible to play.

NO ID – NO PLAY – NO EXCEPTIONS.

Start Play - The captain of each team will take part in the flip of the disc to determine which team will receive, throw or defend which end zone. The team winning the flip has the first choice, with the remaining choice going to the losing team captain. The decision is automatically alternated at the start of the second half.

Initiate Play - Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ('Pulls') the disc to the offense.

Scoring - Each time the offense completes a pass in the defense's end zone, the offense scores one point. After each score the ends of the field are switched and the scoring team throws off.

Movement of the Disc - 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 seconds to throw the disc. The defender guarding the thrower ('Marker') counts out the stall count.

Change of Possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Substitutions - Players may substitute after a score, half time or at a time out.

Non-contact - No physical contact is allowed between players. Picks and screens (violations) are also prohibited. A foul occurs when contact is made.

Fouls – The player who has been fouled is the only person who can call the foul, and must announce it by calling out, “Foul”. If the offensive player is fouled, possession remains with the offense. If the defensive player is fouled, possession changes after a check. The marker must restart play by touching the disc in possession of the thrower. If the marker declines to mark, the thrower must put the disc on the ground and call “in play.”

Violations - A violation occurs when a player violates a rule (e.g. illegal guarding, traveling, strip, double team). Any player recognizing the violation may call out “Violation”. The disc is brought back to the spot it was when the violation occurred. No change of possession occurs.

Self-Officiating - Players are responsible for their own foul and line calls. If a player disagrees with a foul call, the play is redone. Players resolve their own disputes but if a protest occurs, the protesting team must call a timeout and contact the IM Sports Student Coordinator on duty to resolve the protest. The protest procedures listed in the Intramural Sports Policies must be followed.

Spirit of the Game - Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect among players, adherence to the rules and the basic joy of the game.

Overtime Procedure – Only during tournament play - If a game ends in a tie, there will be a flip of the disc. The overtime period shall be 5 minutes. If at the end of the overtime period the score is still tied, there shall be a re-flip of the disc and the first team that scores wins.

Safety – Any player, who is bleeding or has an open wound, must leave the game until the wound is closed and the bleeding has been stopped. Play will not continue until all the blood has been removed from the playing area.

Intramural Sports Policies – The Intramural Sports Policies govern the policies and procedures of all play.