



NU Intramural Sports

Ultimate Frisbee Rules

GENERAL RULES:

1. **All players must present their valid Northeastern University Photo ID to play.** No exceptions! Current, valid NU photo identification must be present in order to participate. Participation will be denied to anyone without their current, valid NU photo identification card.
2. **Jewelry is not allowed to be worn by any participant during an Intramural event.** Any and all dangerous equipment must be removed prior to participation. Jewelry cannot be taped or covered with a band-aid.
3. **GAME TIME IS FORFEIT TIME!** The minimum number of players must have their Husky Cards turned in, be present on the field and in uniform for a team not to forfeit. The team manager must be responsible for collecting their team's IDs and registering their uniform numbers with the IM staff.
4. **3 Unsportsmanlike Penalties** will result in a team disqualification regardless of the score. 2 Personal Unsportsmanlike Penalties will result in the player leaving the game. Only a team's designated Captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.
5. The supervisor on duty reserves the right to remove any player from competition who has violated any NU Intramural Policy or Rule and/or endangered any player or IM staff member. Ejected players must leave the facility. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports. Supervisors also have the authority to end a game.
6. Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is our number one priority. Any action(s) that is deemed dangerous and/or reckless by the game's official or the Intramural Sport Supervisor will result in either an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural managers and players should consider this rule their warning not to play in a dangerous or reckless manner.

THE GAME AND FIELD:

1. All games will be played in the Cabot Cage. Players must wear athletic clothing and tennis shoes or rubber soled one-piece athletic shoes. Turf shoes and cleats are not allowed. **Any footwear deemed unsafe by the sport supervisor will not be permitted.** The judgement of the sports supervisor is final, and may not be protested.
2. **Number of Players:** A team will consist of 5 players each. A minimum of 4 players is required to prevent a forfeit.
3. Substitutions: Substitutes must remain in the designated area during play, behind the curtain. Substitutions may be made after each point.
4. Players must wear matching colored, numbered jerseys.
5. Intramural Sports will provide the disc(s) to be used during play. Teams may not substitute discs of their own.
6. Coin Toss: Before the start of the game a referee will toss a coin in the presence of opposing captains, after first designating which captain shall call the fall of the coin. The captain winning the toss shall choose which team will receive the disc to begin play. The other captain shall decide which ends the teams will begin play on.
7. Scoring: A team scores one point by completing a pass into the opponents' end zone.
8. **Game Length:** The game is played to 15 points with a 40 minute running clock. Half-time will occur at the first stoppage after 20 minutes.

THE COURSE OF PLAY:

1. Play is initiated with both teams lining up on the front of their respective endzone line. The defense throws the disc to the offense. Players may not leave their respective endzones until the disc is released.
2. The disc may be advanced in any direction by completing a pass to a teammate. If a pass is not completed (e.g. out-of-bounds, drop, block, interception) possession reverts to the opposing team (turnover).
3. Players may not run with the disc.
4. The person in possession of the disc has five seconds to throw it. If five seconds is reached, the offense turns over the disc. If the defensive team switches defenders, the count must revert to `1.' A defensive player must be within 5 feet of the throw to initiate a stall count.
5. A player's pivot foot is established with the first touching of the ground. Moving the pivot foot is a travel, causing a turnover.
6. Only one defensive player may guard a thrower at any time. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
7. Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered travelling.
8. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
9. A player cannot score by running with the disc into the endzone after gaining possession of the disc. His/her first point of contact must be completely in the endzone. A player who runs the disc into the endzone must take it to the closest point outside of the endzone and continue play from there.
10. Handoffs and catching your own throw are not allowed.
11. Teams switch attacking ends after each point scored.

OUT-OF-BOUNDS

1. Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds
2. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. Should the momentum of the player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play from that point.
3. If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.
4. If a throw-off lands out of bounds the receiving team will put the disc into play at the nearest point on the playing field where the disc went out-of-bounds.

FOULS

1. When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
2. Picks and screens are prohibited.