



## BUF INTRAMURAL ULTIMATE FRISBEE

### I. Set-Up

- A The field is a rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones of 25 yards deep.
- B Before the game, captains will meet up to flip the disc (heads or tails to determine possession).
- C A regulation game has seven players per team.

### II. General Rules Play

- A Each point begins with both teams lining up on the front of their respective endzone zone line until the disc has been thrown
- B If the disc lands out-of-bounds then the other team will either take it from where the disc went out on the sideline or bring the disc to the front of its own endzone.
- C Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score. The first team to score 15 points and ahead by at least two points will be declared the winner (20-point cap).
- D A team has possession of the disc until it is defended, caught by the other team, thrown out of bounds, turned by a foul, or hits the ground. A player cannot run with the disc. They can only take up to two (2) steps to slow down if running while catching the disc. The player with the frisbee may pivot.
- E 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.
- F When a pass is not completed (i.e. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense from the previous possession spot.
- G Players not in the game may replace players in the game after a score and during an injury timeout.



- H A point can only be made by making a catch in the opposing end zone. Two feet must land in bounds for the point to count. If a player jumps up to make a catch, and lands with one foot in and one foot out of bounds, they are “straddling” the line, and the point will not count.
- If this happens between the end zone and out-of-bounds, then the disc will be considered out and it will result in a turnover. When/if a straddle happens between the end zone and playing field, the offensive team will keep possession, but the receiving player will have to take a step out of the end zone and resume play.
- I After every point the team that was scored on will have to walk to the other end zone and wait for the next Pull. Both teams switch sides every point. The time between points is 90 seconds long. This is a good time to rest, take a sub, or discuss plays before the next point starts.

### III. Fouls

- A No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- B When a player initiates contact with another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- C If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.
- D The Principle of Verticality: All players have the right to enter the air space immediately above their torso to make a play on a thrown disc. If non-incidental contact occurs in the airspace immediately above a player before the outcome of the play is determined (i.e. before possession is gained or an incomplete pass is affected), it is a foul on the player entering the vertical space of the other player.
- E Force-out Foul: If an airborne player catches the disc and is contacted by an opposing player before landing, and that contact causes the player to land out-of-bounds instead of in-bounds, or out of the end zone instead of in the end zone, it is a foul on the opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul results in an in-bounds player landing



outside the end zone being attacked when they would have landed in the end zone without the foul, a goal is awarded.

- F Players are responsible for their own fouls and line calls. Players resolve their own disputes.
- G Treat others how you expect to be treated.
- H Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

#### IV. Dress Code

- A Each team member should wear appropriate shirt color (light or dark) for each game.
- B All players must abide by BUF dress code to play.

- V. The Intramural Coordinator will record the score at the end of the game and report the score to the Wellness Center office.