



Malaysia Midwest Games

Sports Rules

Ultimate Frisbee

1. Forfeiture

- 1.1. Players are expected to be present at the field 10 minutes before their match starts; failure to do so may result in a forfeit from the competition.
- 1.2. Should a team be issued **two** technical fouls in one game, the game shall be forfeited to the opposing team.

2. Category

- 2.1. There will be one category for Ultimate Frisbee
 - 2.1.1. Open

3. Teams Logistics

- 3.1. Ultimate Frisbee will be held in Mitchell Field.
- 3.2. A flying disc will be provided for each court.
- 3.3. Teams will consist of 7 players on the field
- 3.4. 5 players are needed to start and/or continue a game.

4. Equipment

- 4.1. Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, a disc will be checked out from the Intramural Sports Supervisor and used for play.
- 4.2. Metal cleats are not allowed
- 4.3. Casts are illegal.
- 4.4. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.

5. Length of game

- 5.1. The game is played to 15 points with a 45 minute running time limit which will be timed from a central clock. There will be a warning when there are 5 minutes remaining in regulation.
- 5.2. Half-time will occur when one team reaches 8 points or when 22 minutes of regulation have been played, whichever happens first.
- 5.3. Half-time will be 5 minutes long.
- 5.4. Time lost to injuries cannot and will not be made up.
- 5.5. At the end of regulation time, the point-in-progress shall be completed if there is a differential of one point between the two teams. If at the completion of that point there is a tie, another point shall be played with the team just scoring throwing off to the team scored upon.

6. Substitutions

- 6.1. Substitutions may be made after each point.

7. Play

- 7.1. Object of the game is to score goals. A goal is scored each time the offense completes a pass in the defense's endzone. Each goal counts as 1. After each

score play is initiated as described in the next rule (5-b). Each time a goal is scored, the teams switch directions of their attack.

- 7.2. A coin flip will determine who will receive in the first half. The opposing team receives in the second half. 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.
- 7.3. 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).
- 7.4. Players may not run with the disc.
- 7.5. The person in possession of the disc has ten seconds to throw it. The defender guarding the thrower counts out the stall mark. If ten 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.
- 7.6. A player's pivot foot is established with the first touching of the ground. Moving the pivot foot is a travel, causing a turnover.
- 7.7. 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.
- 7.8. Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered travelling.
- 7.9. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- 7.10. 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.
- 7.11. Handoffs and catching your own throw are not allowed.

8. Out-of-bounds

- 8.1. Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds.
- 8.2. 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.
- 8.3. If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.

8.4. 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.

9. Fouls

9.1. Players are responsible for their own foul and line calls. If a dispute cannot be resolved, a coin flip will determine the call

9.2. 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.

9.3. Picks and screens are prohibited.

