

Ultimate Frisbee

Team Formation Rules

1. For Men (11 members): 8 on-field, 3 substitutes.
2. For Women (7 members): 5 on-field, 2 substitutes.
3. Max. No. of Inter IIT players allowed per team = 4.
4. Max. No. of Inter IIT players allowed on field = 4.
5. A team must contain players from a total of 4 batches.
6. Each player has to play for a minimum of 2 minutes per game.
7. Inter-IIT players who have represented the institute in Table Tennis, Chess and Swimming will not be subjected to inter-IIT constraint.

Game Rules

Starting the Game:

1. A coin toss decides which team starts the game in the offense (in possession of the disc) and the defense (not in possession of the disc).
2. Players from both teams must take their positions on the D-lines of their respective goals.
3. At the start of the game, the defense takes possession of the Frisbee.
4. The defense throws the Frisbee disc to the offense and the game starts.
5. When the defense score, the defense becomes the offense team and sides switch.

Passing:

1. On the first throw of the game or on a throw after any goal scored, a defense player cannot possess the Frisbee disc on first flight. Even if the Frisbee disc touches the ground, the offense gets the first possession.
2. The Frisbee can be passed in any direction.
3. If the Frisbee disc goes beyond the borders on the field, it is considered an outside and the possession switches.
4. If a player drops the Frisbee disc, possession switches.
5. A defense player has to maintain a minimum distance equivalent to an arm's length from the offense player in possession of the Frisbee disc. If the defense player fails to do so, it will be considered a foul.

6. An offense player is not allowed to run from the position where he/she caught the Frisbee disc and is still in possession of the Frisbee disc. If the offense player does so, it will be considered a foul.
7. An Offense player has only 10 seconds to throw the disc. If the offense player fails to do so, possession will be exchanged
8. If a defending player taps the disc while it is in flight, the possession switches, and the defense becomes the offense and vice-versa.
9. If a defending player taps the disc while it is in the hands of an offense player, it is counted as a foul.
10. If a defending player during the defense, doesn't clearly counts 10 seconds then the offense player can hold the frisbee even longer than 10 seconds without committing a foul.
11. In case of any of the foul mentioned above, the possession switches immediately to the opposite team.
12. If a player commits 3 fouls, he/she is out of the game for the entire 30 minutes.

Scoring:

1. There are two lines: The Goal-line and the Free-throw-line.
2. Once inside the D-line, the Frisbee has to be caught (not tapped) outside the Goal-line (for boys) and it has to be at least tapped (can be caught too) outside the Goal-line (for girls). This is considered a goal.
3. For every goal scored, the team gets 1 point.
4. After every goal is scored, teams take respective positions on their D-lines.

Physical Contact:

1. No intentional physical contact is allowed between the players (referee's decision will be final in this regard, no arguments allowed). If so, it will be counted as a foul and a penalty will be awarded to the opposition wherein they can take a shot from the Free-throw-line at the nearest goal post. The game resumes irrespective of whether a goal is scored or not and the possession remains with the opposition.

Substitutions:

1. The total game time is 30 minutes with 2 halves of 12 minutes each and a gap of 6 minutes between the two halves.
2. Substitutes may replace players on field either after a goal is scored or during an injury timeout or in the second half.

Event Coordinators

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