

The Complete FSU IM Ultimate Frisbee Rulebook is Available Online at fsu.campusrec.com/im

No Pets, No Alcohol, & No Tobacco are permitted at the Main Campus Fields. Violators will be ejected.

PLAYER ELIGIBILITY & TEAM COMPOSITION

Players **MUST** be valid, fee-paying FSU students, faculty or full-time staff. FAMU and TCC students are **NOT** eligible for FSU IM sports and events. Each player **MUST** show his/her current, valid FSUCard prior to each game in order to participate.

Each team will have 6 players on the field. Teams must have 4 players to start a game. Players are added to the team's roster when presenting their FSUCards prior to any game (before championship day). Team rosters are unlimited in size.

Substitutions can only be made in between points (following a goal and before the throw-off) or during a time-out. There are no substitutions while the disc is in play.

EQUIPMENT

Visible jewelry of any kind (earrings, studs, etc) is strictly prohibited and may not be worn during the game. Taping of jewelry is not permitted. Jewelry must be removed or the player will not be permitted to play. Casts or any items deemed dangerous by the IM staff may not be worn during the game. A player is subject to ejection for failure to comply after first warning.

All players must wear shoes. No metal cleats or shoes with detachable cleats are allowed. Boots and sandals are also prohibited. Any player caught wearing metal cleats or metal spikes will be ejected from the game.

Frisbees will be provided by the Intramural Sports staff at the game site. The field size will be 80 yards long by 30 yards wide. The field of play will consist of two 10-yard endzones and 60 yards of playing space.

GAME LENGTH

Game time is forfeit time. Each game will consist of two 15-minute halves of running time with a 3-minute halftime period. In all games tied at the end of regulation, a 3-minute overtime period will be played.

Each team receives one time-out per half. Unused time-outs do **NOT** carry over to the next period. There are **NO** time-outs in overtime. Time-outs may be called by any team member on the playing field following a goal. While the disc is in play, only the player in possession of the disc may call time-out.

If a team leads by 10 points or more at anytime during the final 5 minutes of the second half, the game shall be called.

THROW OFF (PULL)

At the start of each half and after any score, a throw-off (pull) will occur. Prior to the throw-off, all players on each team must take a position within their own endzone. Players are free to move, but may not cross the goal line until the disc is released. Each team raises a hand to signal readiness; then the disc is thrown.

After the disc has been thrown off, the receiving team takes possession where the disc comes to rest. The receiving team may try to catch the disc before it lands on the ground, but if they drop it, it is considered a turnover and the throwing team gains possession. If the disc flies out of bounds before reaching the end zone, the receiving team takes possession at the point where the disc flew out of bounds **OR** take possession in the middle of the field at the point the disc flew out of bounds.

GENERAL GAME PLAY

The offensive player in possession of the disc is called the thrower. The defensive player guarding the thrower is known as the marker. Any offensive player not in possession of the disc is called a receiver. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.

The disc may only be advanced by passing. The disc may be passed in any direction by any player.

A player who has jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of take-off and the direct path between the take-off and landing spot was not already occupied. The player's first contact with the ground after catching the disc determines whether he/she is in or out. The line is out. The first point of contact must be all the way in, this includes the endzone.

A player may never run with the disc. Upon catching the disc a player must stop as soon as possible and establish a pivot foot. Any further movement is considered traveling and can be called by anyone on the field. This causes the disc to be returned to the thrower at the point of the infraction and a disc check takes place.

In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), possession of the disc is turned over to the defensive team. A player may not catch his/her own throw, unless tipped by a member of the opposing team.

Only one marker is permitted to guard the thrower. The marker can be no closer than 18 inches to the thrower. No other defensive player may establish a position within 3 yards (9 feet) of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.

A thrower is allowed 10 seconds to throw the disc, but the stall count cannot begin until the thrower is marked. The marker shall begin a verbal 10-second count (1 to 10). If the disc is not thrown before the 10-second "stall" count is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.

No defensive player may touch (strip) the disc while in the hands of the thrower (excluding the check). In the case of a strip, the stall count ceases until the thrower has regained possession, at which point the count resumes. Play does not stop.

No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick." In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check. When the disc is in the air, players must play the disc, not the opponent.

SCORING

A goal is scored when an offensive player receives the disc in the defender's end zone. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone. A player must be completely in the end zone AND acknowledge that he/she has scored a goal. If that player plays the disc unknowingly into a turn over, then no goal is awarded.

A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there.

Following a goal, the scoring team stays and throws off from this end zone to begin the next point.

TURNOVERS

An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.

When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back, walk it to the closest spot on the end line. Player in-bounding disc must have pivot foot on the line. A check is not required.

The following actions result in a loss of possession and a check: If the marker's count reaches the maximum number, if the disc is handed from player to player, if the thrower intentionally deflects a pass to him/herself off another player, if the thrower catches his/her own throw. If the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

To check the disc, the thrower holds the disc and the marker counts down "2, 1, disc in", then taps the disc.

FOULS

It is the responsibility of all players to avoid contact in any way possible. Contact fouls include picking, blocking, and shoving for position.

A foul can only be called by the player who was fouled. It must be called immediately after the occurrence. All players must freeze; the stall count goes to zero; and play resumes after disc is checked.

All fouls result in a re-throw, after a check, except for when on a fouled pass, the disc is caught by the receiver; on uncontested catching fouls, the receiver takes the disc as if caught and play continues after a check.

If a receiver is fouled in the end zone, it is treated like a catch, but he or she must walk the disc to the end zone line and start play from there. It is not an automatic goal. The disc must be checked in before play can begin.

The defense can contest the call, at which point the disc goes back to the thrower.

Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 0 to 4. Teams must maintain a 3.0 average to continue participating in the league or tournament. Misconduct of players or team spectators may result in ejection and/or forfeiture of the game.