Department of Recreational Sports | Intramural Sports
2019-20 Ultimate Frisbee Information Sheet

Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall, or consulting our Participant Policy and Procedure Manual.

Key Dates (tentative and subject to change)

- Regular Season Starts: Friday, March 27th
- Regular Season Ends: Sunday, April 19th
- Playoff Brackets Posted: Wednesday, April 22nd
- Playoffs Begin: Friday, April 24th
- Champ Night: Sunday, May 3rd

Rules of the Game

1. The Game
   a. The object is to throw the disc from one team member to another traveling the length of the field and obtaining the disc in your opponent’s end zone.
      i. The disc may not touch the ground. A disc that touches the ground either by a missed catch or an opponent knocking it away will result in loss of possession and the defensive team will then be entitled to the disc.
      ii. When a disc hits the ground and rolls, the new offensive team may play the disc from where it rolls to or pick it up while it is rolling and play it from that spot.
      iii. The defensive team may attempt to catch or knock down a disc as long as no contact is made with the opponent.
   b. A game shall consist of 7 players. In CoRec, a team shall have 3 of one sex and 4 of the other.
   c. A game must begin with 4 players, but it may continue if injuries, ejections, or other problems force them below 4 players. In Corec, a team must begin with 3 of one sex and 3 of the other.
   d. Substitutions may be made after a score or to start an overtime period.
   e. A coin toss will determine who starts the game with the disc. The winner of the coin toss shall choose:
      i. To receive the disc
      ii. To defend a side
   f. All games will consist of two 20-minute halves and a 5-minute halftime.
   g. There are no timeouts.
   h. During regular season play, all games ending in a tie will remain a tie.
   i. Games will be self-officiated by the players but a supervisor will be present to settle any issues that arise.

2. Scoring
   a. One point is awarded for each score in all leagues.
   b. To be considered a score, the receiving player’s first point of ground contact must be completely in the end zone.
      i. Possession must be maintained throughout all ground contact for a score to be awarded.

3. Pulls
a. A game will begin with a pull taken by the team determined from the coin toss. The pull is taken from the pulling team’s end zone.
b. A pull consists of one player on the pulling team throwing the disc to the opposing team.
c. After a score, play will resume with a pull by the scoring team from their end zone.
d. Players on the pulling team must stay within their end zone until the disc is released; players on the receiving team must stand with one foot on their own goal line, without changing position relative to one another until the disc is released.
e. No player on the pulling team may touch the disc in the air until it has been touched by a member of the receiving team.
f. If a receiving player touches the disc then drops it, this results in a turn-over and possession goes to the other team.

3. Fouls
a. Any foul that happens to the thrower will result in a delayed foul penalty. If the throwing team loses possession, the foul will be assessed from the spot of the foul. If the play is successful, no foul will be called.
b. If the receiver is fouled, the play will result in possession for the team that was fouled, at the spot of the foul.
c. The thrower shall have 10 seconds to release the disc. The defender will conduct an audible 10-second count. The audible count must start at one (i.e., 1…stall…2…stall…3, and so on).
d. Defenders are responsible for contact made by the person throwing the disc. A defender must give a minimum amount of space equivalent to the disc’s circumference to the thrower.
e. Defenders cannot inhibit the movement of the offensive player. No screens or illegal contact will be allowed.
f. Double-teaming the thrower is not allowed.

4. Overtime Procedure (Playoffs Only)
a. A tie score at the end of regulation time during playoffs shall result in a 3-minute running clock overtime period with possession determined by a coin toss.
b. There are no time-outs in overtime.
c. If the score is still tied after the 3-minute overtime period a sudden death period shall be played.

5. Mercy Rule
a. If a team is up by 3 scores or more with 2 minutes remaining, the game shall end.