

## Department of Recreational Sports | Intramural Sports 2022-23

### 7v7 Ultimate Frisbee Information Sheet

#### 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 they round 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.
- c. For CoRec games, only half of the players actively participating for a team may identify as the same gender. For example:
  - i. 7 players → gender max 4
  - ii. 6 players → gender max 3
  - iii. 5 players → gender max 3
  - iv. 4 players → gender max 2
- d. Only two Sport Club or Registered Student Organization team members may be on a team roster in their sport or allied sport.**
- e. There must be **at least 4 players** present in order to begin a game, but it may continue if injuries, ejections, or other problems force them below 4 players.
- f. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
  - i. If a team (or teams) doesn't have the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit.
  - ii. If one team is present at the start of the grace period (scheduled game time), that team has the option to start up by the mercy rule (4 goals) when their opponent arrives during the grace period. However, the present team may also elect to decline the penalty and start the game with a score of 0-0.
- g. Substitutions may be made after a score or to start an overtime period.
- h. 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
- i. **All games will be played to 9 goals.**
  - i. Halftime will be called after 20-minutes. The current point will be finished before play is stopped.
  - ii. Halftime will last 5-minutes.
  - iii. "Hard cap" will be called after a second 20-minute half if a team has not already reached 9 goals. When hard cap is called, the current point will be finished and will serve as the last point of the game.
- j. There are no timeouts.
- k. During regular season play, all games ending in a tie will remain a tie.
- l. 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.
4. 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.
5. 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.
6. Mercy Rule
- a. If a team is up by 4 goals or more with 2 minutes remaining, the game shall end.