

7 v 7 Ultimate Frisbee League - Rules

Each player must present a valid Mason G Card before each contest to be eligible to participate.

No ID...No Play...No Exceptions!

Game time is forfeit time.

Officials who are in absolute control of the game will do the officiating. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. Only players and coaches (maximum of two) are permitted in the playing area. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

I. INTRODUCTION Ultimate Frisbee is a non-contact sport played by two seven-player teams. The object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.

II. TEAM COMPOSITION

1. Players can compete on only one team, regardless of league classification. A team's roster may include a maximum of 16 players and a minimum of 7.
2. Each team will play with 7 players on the field. Teams must have 5 players to start a game and avoid a forfeit.

CO-REC Modifications: Teams participating in co-rec leagues MUST have a minimum of 2 females on the field at all times.

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

III. EQUIPMENT & FIELD SIZE

1. All players must wear shoes. Tennis shoes and soft-soled shoes are legal. No metal cleats are not permitted. Boots and sandals are also prohibited. Any player caught wearing metal spikes will be ejected from the game.
2. Frisbees will be provided by the Intramural Sports staff at the game site.
3. The field size will be 70 yards long by 33 yards wide. The field of play will consist of two 20-yard end-zones and 60 yards of playing space.

IV. GAME TIME & LENGTH

1. Game time is forfeit time. A team needs at least 5 eligible players, signed in at game time to avoid forfeit.

2. Each game will consist of two 20-minute halves of running time with a 3-minute halftime period.

3. There will be no overtime played during the regular season. Playoff games tied at the end of regulation will result in a 3-minute overtime period.

4. 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.

A. Time-outs will be a maximum of 2 minutes in length.

B. Time-outs may be called by any team member on the playing field following a goal.

C. While the disk is in play, only the player in possession of the disk may call time-out.

D. In the event of an injury, an injury time-out will be called. The injury time-out is not charged to either team.

E. When play resumes after a time-out has been taken during play, the player who had possession puts the disc into play. If the player calling the time-out leaves the field due to injury, the player replacing him/her puts the disc into play. The disc is put into play at the location where the disc was when the time-out was called. Play is resumed through the use of a check.

5. (Mercy Rule) 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.

V. THROW-OFFS (PULLS)

1. Prior to the game, the two team captains will meet to "flip" the disc. The winner of the toss will have the following options:

A. To receive the "throw-off" (pull).

B. To select which goal to defend.

2. The loser of the toss will have the same options to start the second half. Another "flip" will be held prior to the overtime period.

3. Each half begins with a throw-off. Prior to the throw-off, player on each team must take a position within their own endzone. Players are free to move anywhere within their endzone, but may not cross the goal line until the disc is released.

4. Each team raises a hand to signal readiness; then the disc is thrown.

5. After the disc has been thrown off, the receiving team takes possession where the disc comes to rest.

A. 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.

B. 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.

C. If the disc flies into the end zone and is either caught thereby the defense or lands there, the player

who gains possession (either by catch or picking up the disc) must either establish a pivot foot and throw from that point OR immediately run straight forward to the goal line and begin play from there OR begin play from the middle of the field at the goal line.

D. If the disc flies out of bounds, through the end zone, the receiving team shall carry the disc to the goal line from the point the disc flew out of bounds OR begin play from the middle of the field at the goal line.

VI. OFFENSE

1. Definitions:

- A. Thrower: Offensive player in possession of the disc.
- B. Marker: Defensive player that is guarding the thrower.
- C. Receiver: Any offensive player not in possession of the disc.

2. 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.

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

A. The Principle of Verticality: All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur the player restricting the vertical area is responsible.

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.

4. 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.

5. 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.

6. 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 their own throw, unless tipped by a member of the opposing team.

7. 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.

8. 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.

VII. DEFENSE

1. Only one marker is permitted to guard the thrower. The marker can be no closer than 18 inches to the thrower.
2. 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.
3. Should the thrower recognize a double-team situation, he/she first calls "double-team" as a warning. If the defensive team continues to double-team, the thrower calls double-team again, and it is a violation.
4. 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.

VIII. SCORING

1. 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.
2. 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.
3. 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.
4. Each goal is worth one (1) point.
5. The scoring team stays and throws off from this end zone to begin the next point.

IX. TURNOVERS

1. An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.
2. Out of bounds: 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.
3. The following actions result in a loss of possession and a check:
 - A. If the marker's count reaches the maximum number;
 - B. If the disc is handed from player to player;
 - C. If the thrower intentionally deflects a pass to him/herself off another player;
 - D. If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

4. When possession changes in an end zone,

A. If you gain possession in the end zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there.

B. If you gain possession in the end zone you are attacking, you must walk the disc perpendicularly back to the goal line. Play continues, no "check" is required.

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

A. If the count is too fast, thrower says "too fast", and the marker must immediately go back 2 in the count.

X. FOULS

1. It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided. Contact fouls include picking, blocking, and shoving for position.

2. A foul can only be called by the player who was fouled. It must be called immediately after the occurrence.

A. All players must freeze.

B. Stall count goes to zero.

C. Play resumes after disc is checked.

3. All fouls result in a re-throw, after a "check" of the disc, EXCEPT:

A. If a fouled pass is completed, the foul is automatically declined; Play continues. Call "Play on".

B. On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.

C. On defensive fouls the "stall" goes back to zero. On offensive fouls or travels, it stays the same or goes back to six, whichever is lower.

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

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

XI. INCLEMENT WEATHER

1. Mason Recreation reserves the right to postpone or reschedule a contest if circumstances warrant such action. Regular season games cancelled by rain are generally not rescheduled. Contests postponed due to other reasons may or may not be rescheduled at the discretion of the Intramural Sports staff.

In the event of inclement weather, the Intramural Sports staff will not make a decision regarding the playing of games until after 5:00 pm. For information on cancellations, call the IM Rain Hotline at 703-993-GMU1 (4681) A. If inclement weather occurs after the closing of the Intramural office, decisions regarding the continuing of the games will be made on the field by the IM supervisors. If you have a question regarding whether a game will be played, call the IM Rain Hotline before leaving for your game.

B. When games are cancelled due to the weather, the fields will not be available for practice to avoid costly damage to the fields.

XII. SPORTSMANSHIP

1. 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 with 4 as an excellent rating. Teams must average a 2.5 during the regular season to qualify for the playoffs.

2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.

3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. In addition, he/she will have to meet with the Assistant Director of Intramural Sports during office hours (Monday through Friday, 9:00 a.m. to 5:00 p.m.) before he/she is eligible to participate again. The individual must schedule an appointment; drop-ins will not be accepted for cases involving ejected players.

4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game. 3 unsportsmanlike conduct penalties by the same team will result in forfeiture of the game.

5. Intramural Sports does not recognize the use of coaches. Only the team captain may speak to the umpires regarding administrative matters (protests, ejections, disqualifications, etc.).

6. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game. Teams will not be able to sign the score sheet until all trash has been picked up.

7. Umpires and supervisors are college students employed by Mason Recreation to provide a service to the participants of George Mason Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur and to answer questions that participants may have regarding the intramural program. The supervisors can be identified by the green Mason Recreation polo shirt or jacket they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.

8. Additional information regarding sportsmanship may be obtained from the Intramural Sports office or on the Intramural website, imsports.gmu.edu.