

California State University, Northridge  
SRC INTRAMURAL SPORTS



***ULTIMATE FRISBEE RULES***

1. **The Field:** A rectangular shape with endzones at each end. The field will be 70 yards long with a 25 yard end zone one each end.
2. **The Game:** A game will consist of two 24-minute halves. In the regular season, there will be no overtime in the event of a tie-game. In the playoffs, if the game is tied at the end of regulation, overtime will be 5 minutes.
3. **Initiate Play:** Each point begins with both teams, consisting of 7 players each lining up on the front of their respective endzone line. The defense throws (“pulls”) the disc to the offense. If the offense catches the pull, they may play the disc from that spot. If the offense touches the pull but does not catch it, a change of possession occurs and the pulling team becomes the offense at the spot where the disc was dropped.
4. **Scoring:** Each time the offense completes a pass in the defense’s endzone, the offense scores a point. The scoring team then “pulls” from the same endzone in which they scored.
5. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc, but may let their momentum carry them to a complete stop without changing direction (in other words, a player may catch the disc and come to a stop after a few steps). Exception: a player’s momentum may not carry them into the endzone for a score. A score must be caught in the endzone.
6. **Throwing the Disc:** The thrower has ten seconds to throw the disc. The defender guarding the thrower counts the ten seconds out loud in a normal rhythm. The defender guarding the thrower must stay one full disc length away from the thrower, and may not touch the thrower or the disc while it is in the thrower’s hand. The thrower may only be guarded by one defender – double-teaming is a foul.
7. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
8. **Spotting the Disc on Change of Possession:**
  - a. On a change of possession in the endzone, the disc may be brought straight forward to the goal line, and play will begin at that spot.
  - b. On a change of possession where the disc flies out of bounds, the disc shall be brought straight back to the sideline at the spot where it crossed the line and played from the sideline.

- c. If the offense lets the pull hit the ground, it will be played from the spot where it comes to rest in play. If the disc sails out of bounds on the pull, it may be brought straight in to the middle of the field and played from that spot.
  - d. If a pull is dropped in the endzone, it should be brought straight out to the goal line and put in play from that spot by the pulling team, which now becomes the offense.
- 9. Substitutions:** Players not in the game may replace players in the game after a score and during an injury time-out.
- 10. No-Contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 11. Fouls:** When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone from the spot of the throw.