



UNIVERSITY RECREATION

Ultimate Frisbee Rules

The following is a summary of rules and regulations for Recreational Ultimate Frisbee. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the USA Ultimate rule book. Some alterations may have been made specifically for UWG University Recreation. A complete list of our policies and procedures can be found in the [Recreational Sports Handbook](#). Questions can be directed to the Competitive Sports Office during normal business hours at imsports@westga.edu.

Facility

All Recreational Ultimate Frisbee games are played on Intramural Field 13. Your game schedule on “My Rec Portal” will indicate which field you will be playing on. Should you need assistance locating your field, please ask the on-duty Recreational Sports Supervisor in the red or white polo. Intramural Field 13 is located off Stadium Drive, between the Football Stadium and Softball Stadium. On google maps, typing in “UWG Intramural Fields” will direct you to the fields.

Teams

Open

Teams consist of 7 players with a minimum of 5 required to start the game. A team can have a maximum of 14 players on their roster. There are no gender requirements for open games, all are welcome to participate together!

Equipment

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Recreational Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Pants, shorts, or sweaters with pockets
- Hats or beanies with any hard spots, bills, knots, or balls
- No sandals, boot, metal cleats, or non-athletic shoes (such as crocs)
- Hooded sweatshirts
- Cutoff shirts
- Sunglasses
- Medical braces with any exposed metal

Gameplay

The Field: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

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, and must stop moving as quickly as possible after catching the disc and establish a pivot foot. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. Only one defender may guard the thrower, and must maintain at least a frisbee's-width distance.

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. The line is out of bounds and straddling the line is out of bounds.

Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.

Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

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.

Injury and Blood Rule

University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

Recreational sports staff has the right to withhold a player from play

Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

4 pts- Good Conduct and Sportsmanship: Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Recreational Sports staff.

*Teams who default will receive a 4-sportsmanship rating

3 pts- Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

2 pts- Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

1 pts- Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

0 pts- Very Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

*Teams who no show

*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during a recreational sports game will be removed from the game. Please see the ejection process outlined in the Recreational Sports Handbook to review the process of returning to play.