Coed Ultimate Frisbee Rules

Score Reporting

Paper score sheets must be filled out by both teams. At the end of the game the captains must verify the score, sign the score sheet and return the clipboard to the check-in station. The winning team’s captain must also email the final score to the Grad-Pro IM Coordinator (kellie.finn@yale.edu). To be considered a reported score, captains must send the email within the 48-hour window. Unreported scores may be considered forfeits and teams may be barred from playoff competition.

Weekly Updates

Scores will be posted weekly and sent to all captains. Game cancellations/announcements will also be emailed to all captains.

Game Cancellations & Rescheduling

If a game is cancelled by the coordinator due to weather or field availability, captains will be notified via email. If the season’s time constraints allow, games that were cancelled by the Coordinator will be rescheduled. Games cancelled by the Coordinator will not be recorded as a win or loss for either team. If the games cannot be rescheduled they will be nullified.

Rescheduling:

a. The captain of the team requesting to reschedule must contact the opposing captain and the IM coordinator by Friday at 4 pm prior to the contest weekend.
b. If the opposing team’s captain agrees to reschedule, then the captains and the coordinator will work to find a time that works for both teams.
c. If there are scheduling constraints and a time cannot be found the team requesting the reschedule will take the loss, but no “points against” will be added to their record.
   i. The opposing team will receive a win by default and be awarded the default win points, which will be counted toward their final record. 
   Note: Teams have the option to decline a request to reschedule a contest. If declined, the game will be counted as a default and the appropriate points for and against will be distributed to both teams.
d. If both teams need to reschedule a game, then they can work with the coordinator to find a time and date that works for both teams.
   i. If the captains cannot find a time that works for both teams then the game will be recorded as a double default.
      - Teams will receive no points for or against.

Note: If there are extenuating circumstances, default points may be altered at the discretion of the coordinator.

Tie, Default & Forfeit

1. **Tie** – During the regular season if time ends and the score is tied the game will be recorded as a tie.
   a. **During playoffs:** If the score is tied after regulation time then two, 5-minute overtime periods are played. If the score remains tied after the two overtime periods, then consecutive sudden-life periods, with a maximum of 5 minutes each, are played to break the tie.

2. **Default** – An un-played game that is recorded as a loss rather than a forfeiture. This occurs when the defaulting team’s captain notifies the coordinator and the opposing team’s captain at least 24 hours before the scheduled game time.
   a. The team that is defaulting will receive four “points against” and the opposing team will receive the win with four “points for”.


3. **Forfeit** – An un-played game that is recorded as a forfeit because the team failed to show up for its scheduled game and did not notify the coordinator and the opposing team’s captain at least 24 hours in advance.
   a. The team that is forfeiting will receive four “points against” and the opposing team will receive the win with four “points for”.
   b. **Forfeit consequences:**
      i. 1 Forfeit – The team who is forfeiting will receive four “points against” and the opposing team will receive the win with four “points for”.
      ii. 2 Forfeits – 3 “points for” will be subtracted from the team’s final season record points, in addition to receiving the loss with four “points against”.
      iii. 3 Forfeits – automatically disqualified from playoffs

**Eligibility**

All current graduate and professional students, faculty, and full-time staff are eligible to participate. Spouses and same sex civil union partners are able to participate ONLY if they have a Yale ID. Only players listed on the roster are eligible to play in any intramural game. Any updates to the roster must be submitted on the Friday prior to the game to the coordinator (kellie.finn@yale.edu). Final updates to the roster must be submitted 2 weeks prior to the playoffs. Additional participants can be added only if they meet eligibility requirements. **Eligibility of the players is the responsibility of the team captain.**

- **Playoff Eligibility:** In order to be eligible for playoffs, each participant who is listed on the roster must play in at least one regular season game.

**Protests**

Protests involving eligibility may be made by any captain against any team and must be made during or immediately following a contest. Protests will be addressed by the Coordinator or on-site supervisor. Once notified, the team captain is required to present that player’s valid Yale ID for verification to the on-site supervisor, referee or coordinator. If no ID is available, then the captain must submit a brief statement that includes the name of the person in question and the circumstances of eligibility. If a person is found to be ineligible, all games in which he/she participated are recorded as losses.

All other protests involving misinterpretation of the rules must be made at the time of incident. Play may be stopped and may not continue until the protest is resolved on the spot by the captains with the aid of the governing rules of the game, or if necessary by final decision of the on-site supervisor. **Any team that disputes and refuses to continue play will forfeit the contest.**

**Late Policy**

Teams are expected to be at the fields and ready to begin play at the designated starting time. Teams are permitted a 10-minute grace period. If at the starting time or during the grace period a team has the minimum number of players, then the game must begin immediately.

If a team has fewer than the minimum at the designated starting time, then the start of the game is delayed and the late arriving team is penalized as follows:

1. After 10 and up to 15 minutes after the original starting time, the first 15 minutes of the half are eliminated and the opponent is awarded one goal.
2. After 15 and up to 25 minutes after the original starting time, the first half is eliminated and the opponent is awarded a total of two goals.
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a. At 30 minutes after the original starting time the game is forfeited and a four goal win is awarded to the opponent.

b. If both teams are late in arriving, then only the time is deducted until 30 minutes after the scheduled start at which time the game is declared a double forfeit and both teams receive losses.

Captain’s Responsibilities

1. Submit all registration materials by the registration deadline.
2. Attend the scheduled captains meeting. If the captain cannot attend, a representative may be sent to the meeting instead.
3. Distribute important IM information and schedules to teammates.
4. Communicate with the coordinator and other captains about any scheduling requests in a timely manner.
5. Accountable for team’s sportsmanship
   a. Captains should set an example for teammates by playing within the IM guidelines and exhibiting a high level of sportsmanship.
   b. Captains should address player conduct situations involving their team before the on-site supervisor must intervene.
6. Be knowledgeable of all game and eligibility rules and requirements.
7. Ensure that all teammates meet the eligibility requirements.
8. Inform teammates of any scheduling changes and IM updates.

The Game

Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul.

- **Ultimate is self-officiated** – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls. *Captains will be responsible for keeping time.*
- **Spirit of the Game:** Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

**Time:** Each game is scheduled for two 20-minute periods of running time with a 5-minute half time. A game is considered official after 20 minutes of play. If a game is stopped due to inclement weather and the game is in 19th minute that score will be counted.

The Team

Each team consists of seven players and unlimited substitutes who must meet eligibility requirements. Teams must maintain fielding positions with a maximum of five players of one gender. The team may not substitute a man in a woman’s place. A team may begin a game with a minimum of four players, with at least 1 player of each gender present to avoid forfeiture.
Substitutions:

- May be made after a goal and prior to the ensuing pull, before the beginning of a half, or to replace an injured or ejected player.
- Substitutions may also be made during a timeout.

Rules and Definitions

The Thrower

1. Any member of the offensive team may take possession of the disc.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

The Marker

- Only one player may guard the thrower at any one time; that player is the “marker.”
- The marker may not straddle the pivot foot of the thrower.
- There must be at least one disc’s diameter between the bodies of the thrower and the marker at all times.
- The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- Stall count: The period of time within which a thrower must release a throw.
  - A player in possession of the disc has 10 seconds to release a throw.
  - The marker must be within 10 feet of the person with the disc before beginning the stall count.
  - The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stalling one, two, three . . . ”).
  - If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 5.”
  - If the defense switches markers, the new marker must restart the count at one.

The Receiver

- After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
- Exception: If the receiver catches the disc while running, s/he may throw a pass without coming to a stop, but only so long as s/he releases the disc before the third ground contact after catching the disc.
- If offensive and defensive players catch the disc simultaneously, the offense retains possession.

Foul and Violations

A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:

- The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
- A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that s/he did not commit the infraction.
- After a call, play stops and players remain stationary until the parties involved have resolved the call.
- If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. E.g., 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc
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- If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
- If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position s/he occupied when the disputed infraction allegedly occurred.
- Infractions include:
  1. **Foul**: Contact between opposing players.
  2. **Fast count**: When the marker counts at intervals of less than one second.
  3. **Double-team**: When more than one defensive player is guarding the thrower within 10 feet.
  4. **Disc space**: If the marker touches or is less than one-disc diameter away from the thrower.
  5. **Travel**: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
  6. **Strip**: When a defensive player knocks the disc out of a thrower’s hands.
  7. **Pick**: Obstructing the movement of a player on the opposing team.

**Positioning**

- Each player is entitled to occupy any position on the field not occupied by another player.
- **Picks**: 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.
- When the disc is in the air, players must play the disc, not the opponent.
- Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

**Out of Bounds**

Any area on or outside the perimeter lines is out-of-bounds. A disc is out-of-bounds when it contacts the ground, an object or a player out-of-bounds. If a player makes a legal catch and momentum carries him/her out-of-bounds, then play is resumed from the point where the player exited the field. A thrower may pivot in and out of bounds providing that part of the pivot foot contacts the playing field.

**Goal**

A goal is scored when an offensive player completes a pass to a teammate in the opponent’s end zone. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.

- **Throw off**: A throw off starts the game or restarts play after a score. Both the throwing and receiving team must be positioned on their respective goal lines. The thrower tosses the disc downfield toward the receiving team. If the disc is:
  1. caught by the receivers it must be put in play from that spot
  2. touched but not caught by the receivers it is put in play by the throwers where it stops
  3. untouched, uncaught and in-bounds it is put in play by the receivers where it stops
  4. thrown out-of-bounds the receivers may request a re-throw or start play from the spot where the disc went out-of-bounds.

**Etiquette**

- If a foul is committed and not called, the player who commits the foul should inform the infringed player of the foul.
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- If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.
- If offsetting fouls are called on the same play, the disc reverts back to the thrower after a check.
- If the call is against the defense, the count is reset at zero (0).
- If the call is against the offensive, the count continues from the point at which it was stopped, except the thrower must be given a minimum of five (5) seconds. In the case where a novice player commits a violation, it is common practice to stop play and explain the violation.