

# REC

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SAN MARCOS

## CSUSM Campus Rec

*IM Ultimate Frisbee Rules*

### Eligibility:

- All participants must be:
  - A Full-time/Part-time Student at CSUSM during the current semester.
  - Faculty/Staff (Limit 1 per team)
  - A Graduate Student (Limit 1 per team)
- Any player attempting to participate illegally will cause their team to forfeit the game, and player(s) will be suspended.

### Team Roster:

- Each team will consist of a maximum of 14 and 5 players are needed to start and/or continue a game with a maximum of 7 players in the game at a time.
- Rosters may be modified on IMleagues.com until Thursday, October 30th.
  - NOTE: Any additions will need to pay the \$10 registration fee at the REC info desk and any dropped players WILL NOT receive a refund.
- Players must play in at least one regular season game to be eligible for the playoffs.

### Field Dimensions:

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

### Game Regulations:

- Each half is 20 minutes of running time, games will begin promptly and in the case of players being late clock will start on the scheduled time. Half-time will be 5 minutes long.
- A tie after regulation during the regular season will lead to a 5-minute Sudden Death Overtime. If score is still tied, the game will end in a tie.
- Teams are allowed one 1-minute timeout per half.
- Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, a disc will be checked out from the REC Staff and used for play.
- Metal cleats are not allowed.
- Teams must supply their own jerseys or one will be provided from the Intramural Sports Staff. Shirts must be worn underneath the REC jerseys.
- Mercy rule will take effect immediately when there is a 10 goal differential between the two teams.
- No jewelry, no hats with bills, or any other materials deemed unsafe by the officials/staff.

**Play:**

- Object of the game is to score goals. A goal is scored each time the offense completes a pass in the defense's end zone. Each goal counts as 1. Each time a goal is scored, the teams switch directions of their attack.
- A coin flip will determine who will receive in the first half (Frisbee can be used in replace of coin). The opposing team receives in the second half.
- To begin play the ultimate players from each team line up on their end-zones and the defense team pulls (throws) the disc to the other team. Pulls are long throws, and they are thrown in efforts of giving the offensive team poor field position and a chance for the defense to get down the field soon enough to stop advances.
- Players may not leave their respective end zones until the disc is released.
- The disc may be advanced in any direction by completing a pass to a teammate. If a pass is not completed (e.g. out-of-bounds, drop, block, interception) possession reverts to the opposing team (turnover).
- **Stall Count** - The person in possession of the disc has ten seconds to throw it. The defender guarding the thrower counts out the stall mark. If ten seconds is reached, the offense turns over the disc. If the defensive team switches defenders, the count must revert to '1.' A defensive player must be within 5 feet of the throw to initiate a stall count.
- Only one defensive player may guard a thrower at any time. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- Players may not run with the disc. Two steps and then a pass must be made.
- A player's pivot foot is established with the first touching of the ground. Moving the pivot foot is a travel, causing a turnover.
- Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered travelling.
- If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
- A player cannot score by running with the disc into the end zone after gaining possession of the disc. His/her first point of contact must be completely in the end zone. A player who runs the disc into the end zone must take it to the closest point outside of the end zone and continue play from there.
- Handoffs and catching your own throw are not allowed.

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## OUT-OF-BOUNDS:

- Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds.
- For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. Should the momentum of the player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play from that point.
- If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.
- If a throw-off lands out of bounds the receiving team will put the disc into play at the nearest point on the playing field where the disc went out-of-bounds.

## Fouls:

- Ultimate Frisbee is self-officiated, therefore players are responsible for their own foul and line calls. If a dispute cannot be resolved, the **Observer** will determine the call.
- 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.
- A violation occurs when a player violates the rules but does not initiate physical contact. Common violations include traveling with the disc, double teaming, and picking (moving in a manner so as to obstruct the movement of any player on the defensive team).

A participant shall be disqualified for:

- Exhibiting violent conduct
- Taunting
- Subsequent caution
- Committing serious foul play
- A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is not scored.<sup>TM</sup>
- Spitting at an opponent, teammate, or game official
- Using insulting, offensive or abusive language or gesture
- Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official
- **\*\*See Sportsmanship Rating Scale\*\***

**\*\*NOTE: All decisions are made at the discretion of the Referee\*\***

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## Sportsmanship:

Following each game, officials and/or on-site supervisor will evaluate team behavior and award sportsmanship points to all teams. In order to be eligible for playoffs, a team must have an average regular season sportsmanship score of 4. Any team with an average regular season sportsmanship score less than 4 will forfeit their place in the playoffs. During playoffs, a minimum score of 4 will guarantee advancement for the winning team.

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- Respect shown to the game and staff by the participants, coaches, and spectators. Participants speak to their peers and event staff appropriately at all times. Awarded to teams that show up prepared and are unable to play due to their opponents forfeiting.

4

- Participants display disagreement/frustration with decisions of staff/officials in an inappropriate manner. Minor incidents of unsportsmanlike behavior towards opponents, spectators, or staff. Examples include but are not limited to trash talk, cursing, publicly questioning an official's ability, mocking the opponent.

3

- Participants are not cooperative with staff. Captains displayed little to no control over their team. Repeated questioning of officiating abilities. Forfeiting a game.

2

- Multiple unsportsmanlike penalties, the harassment of the officials, staff, or opponents by spectators.

1

- An ejection of any kind.

0

- Fighting or any extenuating conduct as deemed by the officials; this includes threatening an employee. Any player on a team that receives a zero may be suspended indefinitely or subject to probation. Behaviors in violation of CSUSM standards for student conduct will be referred to the Dean of Students' Office.

\*\*Any ejection or score of 2 or below may result in a meeting with the Team Sports Supervisor and a possible suspension or expulsion from the league.