Eligibility: All members of the PSU community are eligible to participate. **For indoor activities you must have a valid membership to the SRC. Please refer to the Intramural Sports Handbook prior to filling out the team roster.

League/Divisions: Men’s, Women’s, & Coed.

Facility: Ultimate Frisbee games will take place on the band practice field located at the intersection of Homer and Ford Street.

Scheduling: Double Elimination Tournament. Days of Play: Monday – Thursday. Games will be played 5:00pm-11:00pm

Playoff Format: (See above)

Rainouts: IM Sports will reschedule games cancelled because of inclement weather if time, space, and personnel are available.

Roster Management: Rosters will be limited to 15 spots. This includes any coaches that a team might have. Only 15 pullovers will be provided at each game. Only 15 championship shirts/headbands are available for the champions. The Intramural Office shall be contacted before 2:00pm for roster modifications.

Check-IN: Each participant must have his/her valid PSU ID to check in with the scorekeeper prior to the start of the game. Players who come after the start of the game are still eligible to play after checking in with the scorekeeper. Players will NOT be added to the roster on site after the first game of play.

Minimum Player: Games will consist of six (6) vs. six (6). Teams must have a minimum of four (4) players for the game to begin. If the team does not have the minimum, number of players they will be assessed a forfeit. A forfeit fee of $20 will be charged to the captain/managers student/faculty account, and can be paid at the cashiers office located in Horace-Mann.

- **Coed**: Three females must be on the field at all times (an absent 3rd female cannot be substituted for a 4th male). If a team only has two (2) female players present, that team may only play two (2) male players.

Game Time: Game time is forfeit time. If a team is not checked in, or does not have the minimum number of players present, and ready to play by game time, the Intramural Supervisor will declare the contest a forfeit.

- **Exception**: A team may waive the right to win by forfeit and wait for the opposing team. The game clock will start at the scheduled game time regardless of any situation. If after 10 minutes, the team still does not have the minimum amount of players present the team must accept the
forfeit win. If a team waives the right to win by forfeit and the game begins, that team cannot rescind their decision and take the forfeit.

**Pre-Game Meeting:** Officials will hold a pre-game meeting with both team captains/managers. This meeting will discuss rules of emphasis and game management items. Managers may voice their concerns/protests at this time.

**Post-Game Meeting:** Officials will hold a post-game meeting to have both captains/managers sign the scorecard and review the contest.

**Team Benches/Sidelines:** Team benches are located at the east and west ends of the fields. Teams will be held responsible for everyone on the bench/sideline including spectators.

**Clock Management:** The contest will consist of two (2) 20-minute halves, and a 3-minuet half time, with a running clock. Each team is allowed one (1) 1-minute timeout per-half.

- **Overtime:** Will be sudden death

**Uniform:** Each team MUST have color-coordinated shirts for every player. It is strongly recommended that teams provide their own jerseys. Pullovers will be provided if a team is unable to provide their own uniform.

- No metal cleats allowed. Shoes need to be worn. No individual will be allowed to participate in street clothes. This includes jeans, belts, brimmed hats or other “non-gym” clothing. Players will not be permitted to wear jewelry or anything deemed dangerous to other players.

**Game Rules**

- To start the game, a coin toss will be conducted. The winner will have the choice of; receiving the initial throw-off, or selecting which goal they wish to defend initially.

- The team losing the flip is given the remaining choice.

- The second half begins with an automatic reversal of the first choice of options.

- End of game: if overtime periods are needed, the coin toss is repeated for the OT period.

- Overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.

**Throw-off**

- Play starts at the beginning of each period of play and after each goal with a throw-off.

- Each time a goal is scored, the teams switch the direction of their attack and the team, which scored throws-off.
• Positioning prior to throw-off: (1) the players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released.

• The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

• The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play. The game will begin when at least four players are

• The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.

• As soon as the disc is released, all players may move in any direction.

• No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

• If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.

• If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.

• If the throw-off lands out-of-bounds the receiving team makes a choice of: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.

**Change of possession:**

• Occurs when a pass in not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).

• When play stops the player who was in possession retains possession.

• All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.

• The marker restarts play by handing the disc to the thrower.

**Out-of-bounds**

• The perimeter lines themselves are out-of-bounds.

• A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is 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. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.

• Should the momentum of a 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 at that point.

• To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.

• The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

The Thrower

• The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

• The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.

• If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

• The thrower may throw the disc in anyway he/she wishes.

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 upper 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.

Stalling

• Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.

• The count consists of the marker calling "Counting" and counting at one-second intervals from 1 to 12, loudly enough for the thrower to hear.
• If the thrower has not released the disc at the first utterance of the word twelve (12) a turnover results.

• If the defense decides to switch markers, he/she must start again from one.

The Receiver

• Bobbling to gain control of the disc is permitted.

• After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.

• If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

Fouls

• Fouls are the result of physical contact between opposing players.

• The offending player calls the foul.

• If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

• If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

• Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.

• Fouls and violations result in a change of possession.

Positioning

• Picks:
  
  o 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.

• A pick is considered a violation.

• When the disc is in the air, players must play the disc, not the opponent.

• The principle of verticality: All players have the right to the space in-immediately above them.

• A player who has jumped is entitled to land at the same spot without hindrance by opponents.