

TOWSON UNIVERSITY
INTRAMURAL SPORTS
2009-2010 INDOOR ULTIMATE FRISBEE RULES

INDOOR ULTIMATE FRISBEE IS A CONTACT SPORT, AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

ALL RULE CHANGES ARE HIGHLIGHTED IN GRAY.

THE GAME WILL BE PLAYED ACCORDING TO THE FOLLOWING RULES:

STARTING THE GAME:

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid Towson University identification card to the field area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** The Intramural Program Assistant will keep score for each game.
4. **TEAMS:** Six (6) players constitute a team; a team may play with no less than four (4) players.
5. **GAME EQUIPMENT:** Towson University will provide a frisbee. Teams must wear matching jersey colors or check out jerseys from the Intramural Program Assistant. No jewelry may be worn.
6. **COIN TOSS:** Prior to each game, a coin toss will be conducted. The winner of the coin toss may decide whether they want to receive in the first half or the second half. The other team decides which direction they want to go.

PLAYING THE GAME:

7. **GAME TIME:** Games consist of two (2) 20-minute halves. The clock will only stop for team or official time outs.
8. **TIE GAMES:** If a game is tied a three minute overtime will be played. If the game is still tied after three minutes, a sudden-death playoff will occur. A new coin toss will be conducted for the overtime period. If the second overtime is needed, the team who lost the overtime coin toss has the option
9. **TIME OUTS:** Each team is granted one (1) time out each half. Time outs are one (1) minute in length. If a team does not use its time out in the first half, it does not carry over to the second half. A time out may only be called when a team has possession of the disc.
10. **SUBSTITUTIONS:** Substitutions may be made during any dead ball period (after a score, during a time out, between halves, or to replace an injured player).
11. **THROW OFF:** A throw off occurs to begin each half. After a score, teams change directions and the team who scored throws off to begin the next live ball sequence. All teams must throw off from their end zone. During the throw off, all players on the throwing team must stay behind the goal line until the disc is released. All players on the receiving team must stand with one (1) foot on their goal line until the disc is released.

12. **THROW OFF OUT OF BOUNDS:** If the throw off goes out of bounds, the receiving team may take the disc at the point where it went out of bounds, take the disc at mid-court, or demand another throw off.
13. **THROWER:** When an offensive player receives the disc, he/she must establish a pivot foot. The pivot foot may not change until the disc is released.
14. **RECEIVER:** To successfully receive the disc, a player must catch the disc with contact point (foot, knee, etc.) in bounds. After receiving the disc, that player must stop and then becomes the thrower. Bobbling the disc to gain possession is legal.
15. **MARKER:** Only one player may mark (defend) the thrower. The marker may not straddle the thrower's pivot foot, and must maintain the distance of three (3) feet from the thrower at all times. The marker must slowly count aloud to seven (7). If the marker reaches the seven (7) count and the thrower has not yet released the disc, possession changes.
16. **CHANGE OF POSSESSION:** Change of possession occurs when disc is dropped, intercepted, or thrown out of bounds.
17. **FOULS:** Contact is not legal. The offended player must call the foul. The offended team then puts the disc in play at the point where the foul occurred. If a foul occurs in the end zone, the offended team puts the disc in play three (3) yards from the end zone.

SPORTSMANSHIP

18. **UNSPORTSMANLIKE CONDUCT:** Any unsportsmanlike conduct including, but not limited to, argument with officials by any player, coach, manager, or spectator, flagrant fouling, fighting etc. will result in expulsion of that individual an/or team from further participation in that schedule game. Officials/supervisors have the authority to impose penalties from teams behaving in an unsportsmanlike manner.
19. **UNSPORTSMANLIKE CONDUCT FOUL LIMIT:** If two (2) players from the same team are ejected from a game, that game will be ended and that team will receive a loss and a 0 sportsmanship rating, regardless of the score and the time remaining.
20. **BENCH CONDUCT:** All substitutes, coaches, and spectators, must adhere to Intramural Sports and Burdick Field rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
21. **DRUG, ALCOHOL & TABACCO POLICY:** Teams and fans are permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Violators may be removed from facilities with possible forfeiture of the game, at the discretion of the Supervisor.
22. **INTRAMURAL POLICIES:** Team captains are responsible for making sure that all members of their team are aware of all Intramural Sports policies and rules. Captains are responsible for their team's sportsmanship, and may be held accountable for the action of individuals on their team.

CO-RECREATION

All of the above rules apply with the following exceptions:

23. **TEAMS:** Three (3) men and three (3) women constitute a team. A team may start a game with as few as four (4) players. If fewer than six (6) players are available, the male/female ration may be 3:2, 2:3, or 2:2.