University of Northern Iowa Intramural

Arena Ultimate Frisbee Rules

Credit goes to Western Carolina University for establishing the following rules. Some rules have been altered to suit the needs of University of Northern Iowa. All standard Intramural Rules apply.

Teams

- The game shall be played with 7 players per teams on the court. Four players are required to avoid a forfeit. THERE IS NO GRACE PERIOD. For Co-Rec games, a team must have a minimum of 3 women on the court at all times.

Equipment

- Discs will be provided.
- Only athletic non-marking shoes are allowed to be worn in the WRC S Courts. No cleats of any kind are allowed.
- Athletic clothing is recommended. No clothing with exposed metal is allowed.
- All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.
- Hats/caps with bills and bandanas that are tied in a knot are not allowed.

Court

- Games occur in the WRC S Courts; entire gym space is used (like indoor soccer). There is no out of bounds unless it goes through net or gets stuck in net.
- Targets are placed 10 yards from each end wall, allowing an enough space behind the target for play (similar to lacrosse).
- Each target is encircled by a 9 feet crease designated by small cones and/or tape on the floor.
- Crease: Neither offensive nor defensive players are allowed to be in the crease during gameplay. Even one foot is not permitted. Players may not cut through the crease, jump across the crease, or dive into the crease in an attempt to score or block a scoring attempt.
- If an offensive player dives into the crease in an attempt to score, the result is an automatic turnover. If a defensive player enters the crease in an attempt to block a scoring attempt and makes contact with the disc, the result is an automatic 2 points. The defense will gain possession after a pull.
- If a defensive player enters the crease any other time other than making contact with a scoring attempt, the offense will be awarded 1 point and will retain possession of the disc a mid-court.

Timing

- A game consists of two (2) 12-minute halves. Halftime will be 3 minutes.
- Game time is forfeit time. No grace period.
• Each team is allotted one timeout per game and must have possession of the disc and it be a
dead disc situation.
• If the score is tied then, there will be a 5 minute sudden death overtime to determine the
winner. If still tied after sudden death, penalty shootout will occur. Each team will get 3
attempts from 3 different players. If still tied, each team will alternate 1 shot each until one
team takes the lead. Each team will be allowed an equal amount of attempts.

Scoring

• Each goal is worth one point.
• Each time an offensive player throws the disc into the opposing team’s target, a score is
recorded. Play is initiated after each score with a new throw-off by the team that scored.

Gameplay

• Each point begins with both teams lining---up (horizontally) at either end of the gymnasium---
behind their respective target. Teams should “hold their line.” The game begins when the
defense throws ("pulls") the disc to the offense.
• The disc may be advanced in any direction by completing a pass to a teammate. Players may not
run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The
defender guarding the thrower ("marker") counts out a 10---second stall count. As in the game
of Ultimate, the defender must allow the thrower room to thro
w (about a disc width away).
Throwers must establish a pivot foot (similar to basketball) or the result is a “travel.” The result
of a travel or stall is a turnover.
• When a pass is not completed (hits the ground or stays in net) or a shot on goal is unsuccessful,
the defense immediately takes possession of the disc and becomes the offense. A player may
enter the crease to retrieve an errant shot on goal that came to rest in the crease.

Substitutions

• Substitutes must stay outside of the court.
• Eligible substitutes may replace players provided the substitution is completed by having the
replaced players off the field before the disc becomes live. An incoming substitute must enter
the field directly from his/her team area. A replaced player must leave the field at the sideline
nearest their team area prior to disc being put into play.
• Substitutions may only be made:
  o After a team has scored and before the ensuing pull
  o To replace an injured player.
  o At halftime