

# Ultimate Frisbee Rules

Registration: Monday, October 16<sup>th</sup> – Tuesday, October 24<sup>th</sup>.

All teams must be registered by 11:59 PM on Tuesday, October 24<sup>th</sup>.

Cost: \$15 per team

## FORMAT

This is a 7 player single elimination tournament. For the Open division, there are no restrictions on gender for the teams. All games will be played on the Appel Commons Lower Fields and/or Jessup Fields, both located on North Campus. It is a one day tournament scheduled for November 4<sup>th</sup>.

## ELIGIBILITY

An individual may not, under any circumstances, play or register on more than one intramural team in this league regardless of level of play. Participants are subject to the Intramural Sports eligibility rules as stated in the Intramural Handbook (Section VI.: Eligibility). **Teams will be allowed to add new players to their roster throughout the season, including playoffs.** All roster additions will be handled through IMLeagues.com or at the game site. **If a participant does register at the game site, they will need to have created a profile by the time their game is played. Forfeits will result in a \$15 forfeit fee being assessed to the captain's bursar account.**

**VALID CORNELL ID CARDS:** Before anyone can participate, **each player must present their Cornell picture ID when they check in at all events. NO ID = NO Play. There are no exceptions to this rule.**

## GENERAL RULES

1. The Field - A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. Initiate Play - Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring - Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. Game Time – Matches will be limited to 2 15 minute halves with a 5 minute half time, or when a team reaches 15 points.
5. Movement of the Disc - 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 the stall count.
6. Change of Possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
7. Substitutions - Players not in the game may replace players in the game after a score and during an injury timeout
8. Non Contact - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

9. Fouls - When a player initiates contact with another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
10. Self Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes.
11. Spirit of the Game - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

## RISK MANAGEMENT

Cornell Recreational Services assumes no responsibility for injuries received during intramurals, special events, and other recreational activities. Participants have voluntarily decided to participate in this sport or activity and has knowledge of the nature and the extent of the risks. Participants are also aware that there are other risks of injury and illness, that may arise due to participation in this sport or activity and that it is not possible to specifically list every individual risk of injury. It is strongly recommended that all participants have a physical examination prior to participating. Any injuries or accidents occurring during recreational activities should be reported immediately to on-duty personnel. Participants with a health issue and individuals who are on medication are urged to confidentially inform the Director of Intramural Sports of their specific situation.

## ALCOHOL AND DRUG POLICY

Individuals, teams, and spectators who arrive intoxicated, suspected of consumption, or possessing alcohol, tobacco, or other illegal substances will not be permitted to play and will be asked to leave the playing area. The game may be forfeited and the offending individuals immediately suspended. Cornell Recreational Services will not tolerate such behavior and will act in a manner that is prudent, with the safety of all participants the priority. Such individuals will be dealt with harshly, given a minimum of a 365-day suspension and will be subject to University disciplinary procedures.

**Please read the Intramural Handbook. It is a written description of the regulations that govern the Intramural Sports Program. No matter what sport you play, these regulations govern your participation in our programs. It is imperative to the continuity of the program that all participants are aware of and abide by the regulations set forth by Cornell Recreational Services.**

## SPORTSPERSONSHIP STATEMENT

Good sportpersonship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. Cornell Recreational Services reserves the right to suspend or disqualify groups or individuals for unsporting conduct at any time. Unsporting conduct before, during, and/or after a game (event) will not be tolerated.

*If you have any questions please contact us at (607) 255-8063 or email Scott Flickinger, Director of Intramural Sports, at [sf487@cornell.edu](mailto:sf487@cornell.edu)*