

## Intramural Sports 7-on-7 Ultimate Frisbee Rules

Below are the rules for 7-on-7 Ultimate Frisbee. Where a situation is not expressly covered in these rules, [USA Ultimate rules](#) will apply.

View the [NC State Intramural Sports Sportsmanship Guidelines](#).

View the [NC State Intramural Sports Handbook](#).

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### 1. Eligibility and Roster Information

- Teams will play with 7 players and must have 5 players to start a game.

### 2. Equipment

- Participants cannot wear any jewelry during the game.
- Every participant must wear proper athletic attire, including athletic footwear—no open-toed shoes or metal cleats may be worn.
- Any Frisbee may be used, provided that it has no sharp edges and both teams agree to its use.

### 3. Length of Game and Timing

- Games shall be two 20-minute running clock periods with a two minute halftime in between them.
- There will be no overtime during the regular season.
- During the playoffs, a sudden death tiebreaker will be played. The first team to score will win the game.

## 4. Playing Field

- a. The playing field is 80 yards long and 30 yards wide. Both end zones are 30 yards wide and 10 yards deep.

## 5. Start of the Game

- a. Play begins with the throw-off. The captains flip a coin to determine which team will throw or receive, or choice of goal. The team that received at the start of the game will throw-off at the start of the second half. All players must be on or behind their own goal line when the Frisbee is released.
- b. A player on the goal line throws the Frisbee toward the other team. As soon as the Frisbee is released, all players may cross their goal line.
- c. No player on the throwing team may touch the Frisbee in the air before it is touched by a member of the receiving team.
- d. The receiving team may catch the Frisbee or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. On the initial throw-off, if the receiving team makes contact with the disc and fails to catch it, it becomes the throwing team's disc wherever the disc comes to rest. If the Frisbee is allowed to fall untouched to the ground, the receiving team gains possession where it comes to rest.
- e. If the Initial throw-off goes out of bounds, the receiving team may bring the disc to the center of the field parallel to the point of where the disc crossed the out-of-bounds line. No re-throw will ever occur.

## 6. Game Play

- a. The Frisbee may never be handed from player to player. In order for the Frisbee to go from one player to another, it must at some time be in the air.
- b. No player may walk, run, or take steps while in possession of the Frisbee. Should a player take unnecessary steps, play stops, he or she must return to the point where he or she gained possession.
- c. The player in possession may pivot on one foot and may not change his pivot foot. Only one player may guard the person in possession of the Frisbee and must be a Frisbee's diameter away from the thrower. The Frisbee may not be stripped or knocked from the grasp of an opposing player.
- d. The defensive team gains possession when the offensive team's pass is incomplete, intercepted or goes out-of-bounds.
- e. A Frisbee traveling on the ground may be stopped by any player. After the Frisbee is stopped, no defensive player may touch it. The other team gains possession at the point where the Frisbee is stopped. Any member of that team may throw the Frisbee.
- f. A player may catch his own throw only if the Frisbee has been touched by another player during its flight.

- g. There are not scrimmage lines or off-sides in Ultimate Frisbee. The Frisbee may be passed in any direction.
- h. If a team gains possession in the end zone they are defending, the player in possession of the Frisbee may walk perpendicular to the goal line until one foot is on the goal line, and play will resume immediately.
- i. In order to be considered in-bounds, a player must land with at least one foot completely inside the line. If the Frisbee lands out-of-bounds, it is returned to play at the point where the Frisbee went out. The thrower must have one foot on the line.
- j. If the Frisbee goes out-of-bounds after crossing the goal line, the receiving team gains possession at the nearest corner of the goal line and the sideline.
- k. Each time a goal is scored, the team that was scored on walks to the opposite end zone, and the team that scored throws-off.
- l. The team that is in possession of the disc when time is called at the end of the half or the game has the opportunity to score. When that team scores or turns the disc over, the half or game is over.

## **7. Fouls**

- a. A throwing foul may only be called by the person that was fouled. It is defined as any physical contact between offensive and defensive player that would deter the flight of the Frisbee. Contact that occurs during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined, and play proceeds without stopping.
- b. When a player is fouled, play stops and the fouled player gains possession at the point of the infraction. Should a foul occur in the end zone, possession is regained at the goal line.
- c. A stalling violation occurs when a player guarded by another player holds onto the Frisbee for 10 seconds. If the Frisbee has not been released at the end of the count it is turned over to the defense. Players must count out the 10 seconds aloud, so that other players can hear it, in order to have the stalling violation be applied.
- d. Fouls by the offense will result in loss of possession at the spot of the foul.
- e. Scoring
- f. A goal is scored when an offensive player has at least one foot completely inside the boundaries of the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scores receives one point.

## **8. Substitutions**

- a. Substitutions can be made only after a goal and before the ensuing throw-off, to replace an injured player, or after periods of play.

## **9. Sportsmanship**

- a. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches or spectators can result in an unsportsmanlike penalty, ejection or forfeiture of the game. Team captains will be held responsible for spectator, team and sideline misconduct. Two ejections from any contest will result in an automatic forfeiture.