**CMSA ULTIMATE FRISBEE OFFICIAL RULES**

***revised 5.28.2024***

**Preface**

CMSA Ultimate Frisbee has adopted a modified version of the USA Ultimate Rules For Intramural Ultimate as its official rules. While thorough, these are not all encompassing to gameplay. We encourage players to embrace the spirit of the game and come to a resolution on disputes quickly based on these provided rules so to not impede gameplay. League Commissioner can provide ruling on any dispute players cannot come to a resolution on to continue play. Additions and amendments will be made to rules as the Commissioner sees fit. It is assumed that no player will intentionally violate the rules; thus, there are no harsh penalties for inadvertent infractions, but rather a method to resume play in a fair way or simulating what most likely would have occurred absent the infraction. In Ultimate, an intentional infraction is considered cheating and an offense against the spirit of sportsmanship. Each player is responsible for upholding the Spirit of the Game and this responsibility should remain paramount.

**I) Introduction**

Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If a pass is incomplete (i.e., hits the ground, is caught out-of-bounds, or is intercepted by a defensive player), a turnover occurs, resulting in an immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul. Ultimate is self-officiated – there are no referees; players are responsible for making their own infraction and boundary (including scoring) calls.

**Spirit of the Game:** Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

**II. Playing Field**

1. The field is a rectangle with an end zone at each end. 110x40 yards, with a playing field length of 70 yards and 20-yard end zones.

**III. Eligibility**

1. This is an open to all league adhering to Chicago Metropolitan Sports Association guidelines of eligibility.

**IV. Equipment**

1. Rubber and molded cleats, turf shoes, or running shoes may be worn. No metal cleats.
2. Players must remove all jewelry that can potentially hurt another player.
3. Teams must wear shirts or jerseys of matching color, or pennies.
4. The standard competition disc is 175 grams. Captains must both agree on an acceptable disc.
5. Field perimeter and endzones marked by cones and/or field lines.

**V. Players**

1. A team consists of seven (7) players.
2. A team may start and play a game with as few as five (5) players.
3. There are no requirements to fielded players in regards to gender or gender matching.

**VI. Playing the Game**

1. **Length of Game:** The game consists of two 20-minute halves plus up to an additional 5-minutes of Final Point Time per half with a 5-minute half time. Time is continuous for each half, except when there is an injury time-out or a team calls time-out.
   1. **Final Point Time (FPT):** Each half will have up to 5 additional minutes after the 20-minute mark for the final point of the half to be scored from either team. Gameplay is not interrupted by moving from the 20-minute mark into FPT – this is a continuation of play. Once either team scores a point in FPT the half ends. This is not an opportunity for both teams to score. Time Keeper will announce when the 20 min mark has passed and that FPT has begun (play is uninterrupted).

A Hard Stop will occur at 25-minutes if neither team scores. Time Keeper will call time at 25-minutes if a point has not been scored by either team. The current offense does not finish their possession – it is an immediate stoppage of play.

Scenarios:

* + - 1. The frisbee is caught in the endzone exactly on the 20 min mark constituting a point. Half ends.
      2. 20 min mark is reached and FPT announcement made while point is in play. Offense continues play and scores on that drive. Half ends.
      3. 20 min mark is reached and FPT announcement made while point is in play. Offense continues play and a defensive turnover occurs. Possession changes for opposing team’s opportunity to score. This continues until only one team scores.
      4. Change of sides after a point score is occurring as the 20 min mark passes. The next point begins (same way as always with a pull) and play continues the same as scenario 3.

1. **Starting and Restarting Play**
   1. A disc flip will be conducted by the captains of the two teams. The winner chooses to either receive the initial pull, or select the end zone they wish to defend.
   2. The other team is given the remaining choice.
   3. After a point ends, it is recommended that players begin the next point within 90 seconds.
   4. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back in to play by establishing a pivot foot in-bounds.
   5. The second half begins with an automatic reversal of the initial choices.
2. **Scoring**
   1. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
   2. If the score is tied at the end of regulation, the game will be determined a tie.
      1. Playoffs: If the score is tied at the end of regulation an overtime period is played with a sudden death format. To begin an overtime period, teams will start play based on VI.2.A. The overtime sudden-death period will continue until the first team scores.
3. **Time-outs**
   1. Each team has one 3-minute time-out per half.
   2. Time-out may be called only by the player in possession of the disc, except that either team may call time-out between points (after a goal, but before the ensuing pull).
   3. The one designated time-out per half may be used in FPT if not already used in the half.
   4. No time-outs during overtime.
4. **The Pull**
   1. Play starts at the beginning of each half and after each goal with a “pull” -- a player on the pulling team throws the disc toward the opposite goal line to begin play.
   2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
   3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
   4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
   5. After the disc is released, all players may move in any direction.
   6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
   7. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
   8. 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 in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
   9. If the pull lands out-of-bounds the receiving team puts the disc into play in the middle of the field in line with the point on the playing field where it crossed the out-of-bounds line.
      1. If the pull lands out of bounds and crossed the out-of-bounds line through the endzone, the receiving team puts the disc into play from the top of the endzone in the middle of the field.
   10. If the pull lands in the endzone the receiving team puts the disc into play at the front endzone line nearest to where it crossed the endzone line.
   11. If the receiving team drops the pull the receiving team maintains possession and puts the disc into play by the player who attempted the catch where the drop occurred. The disc cannot be advanced forward by swatting, etc.
5. **In and Out-of-Bounds**
   1. The perimeter lines themselves are out-of-bounds.
   2. A disc is out-of-bounds when it first contacts an out-of-bounds area.
   3. A defensive player is never considered out-of-bounds.
   4. Any point of contact with the out-of-bounds constitutes an offensive player as out-of-bounds and they must return inbounds prior to completing a catch.
   5. For a receiver to be considered in-bounds after gaining possession of the disc, only the first point of contact made 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. Subsequent points of contact with the ground do not need to be inbounds.
   6. If a player makes a catch in-bounds and momentum then carries them out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where they went out-of-bounds and puts the disc into play at that point).
   7. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.
6. **Turnovers**
   1. A turnover occurs when:
      1. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
      2. The marker’s count reaches the maximum number (10) before the throw is released.
      3. When a turnover occurs, any member of the team becoming offense may take possession of the disc.
      4. To initiate play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line. Reminder only the pivot foot must remain inbounds.
7. **Substitutions:** May be made by any player/s after a goal and prior to the ensuing pull, before the beginning of a half, or during a team timeout. On an injury timeout or ejection of player only the injured/ejected player/s may be subbed.

**VII. The Thrower**

1. Any member of the offensive team may take possession of the disc.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into them.

**VIII. The Marker**

1. Only one player may guard the thrower at any one time; that player is the “marker.”
2. The marker may not straddle the pivot foot of the thrower.
3. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.
4. The marker cannot position their arms in such a manner as to restrict the thrower from pivoting, or wrapping around or hugging the thrower. The marker cannot bend their body over the thrower.
5. **Stall count:** The period of time within which a thrower must release a throw.
   1. A player in possession of the disc has 10 seconds on the start of markers audible stall count to release a throw.
   2. The marker must be within 10 feet of the person with the disc before beginning the stall count.
   3. The stall count consists of the marker counting to 10 audibly and articulately at one second intervals announcing each second as “Stalling one, Stalling two, Stalling three….”
   4. Fast Count: When the marker counts at intervals of less than one second. Thrower can announce a fast count if they are calling the count faster than one second intervals. When “fast count” is called, the marker must drop down 1 stall count from the last number counted (e.g. if the last count was “stalling six,” when “fast count” is called, the marker starts from “stalling five”). If the marker does not drop their count and/or continues the fast count, the thrower can call “violation.” If a violation is called, the marker starts the stall count over at one.
   5. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8.”
   6. If the defense switches markers, the new marker must restart the count at one.

**IX. The Receiver**

1. After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
2. Exception: If the receiver catches the disc while running, they may throw a pass without coming to a stop, but only so long as they releases the disc before the third ground contact after catching the disc.
3. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

**X. Infractions & Rulings**

When an infraction occurs:

1. The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
2. A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that they did not commit the infraction.
3. After a call, play stops and all players remain stationary until the parties involved have resolved the call.
4. If a call is not disputed, play resumes in accordance to the rulings below, or if the infraction is not listed below then in a way simulating what most likely would have occurred without the infraction.
5. If a call is disputed and the players cannot come to a resolution, the play is redone with all players returning to the position they occupied when the disputed infraction allegedly occurred and play restarting from beginning of the play in which the infraction allegedly occurred.
6. Captains can act as mitigators with contested calls made by players if needed. Captains cannot contest a call they are not involved with unless it is flagrant or very dangerous. Encourage and coach players to self-officiate. Move quickly to decide on ruling and continue play.
7. **Infraction Rulings:**
   1. **Contact Foul**: Contact between opposing players. Called by either offensive or defensive players.
      1. Thrower is fouled while throwing and the pass is incomplete
         1. No contest: thrower gets the disc back, stall count resets to 1
         2. Contest: thrower gets the disc back, stall count resets to count reached prior to the infraction
      2. Receiver is fouled on a reception attempt and the pass is incomplete
         1. No contest: receiver gets the disc at the point that the foul occurred
         2. Contest: thrower gets the disc back, stall count resets to count reached prior to the infraction
      3. Any offensive player fouls, affecting the play
         1. No contest: possession changes at the thrower
         2. Contest: thrower gets the disc back, stall count resets to count reached prior to the infraction
   2. **Fast count**: When the marker counts at intervals of less than one second. Marker must drop down 1 stall count from the last number counted (e.g. if the last count was “stalling six,” when “fast count” is called, the marker starts from “stalling five”). If the marker does not drop their count and/or continues the fast count, the thrower can call “violation.” See the “violation” section below.
   3. **Double-team**: More than one defensive player is guarding the thrower within 10 feet and the additional player/s are not covering an offensive player within that area. Additional players move out of space.
   4. **Disc space**: Marker touches or is less than one disc diameter away from the thrower. Marker moves back to create disc space.
   5. **Travel**: Thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released. Thrower returns to the point where they caught the disc and puts the disc back into play.
   6. **Strip**: Defensive player knocks the disc out of a players hands.
      1. On thrower:
         1. No contest: thrower gets the disc back, stall count resets to 1
         2. Contest: thrower gets the disc back, stall count resets to count reached prior to the infraction
      2. On receiver:
         1. No contest: receiver gets the disc at the point that the foul occurred
         2. Contest: thrower gets the disc back, stall count resets to count reached prior to the infraction
   7. **Pick or Screen**: Obstructing the movement of a player on the opposing team.
      1. If the play is not affected, the fouled player recovers any distance lost and the play stands.
      2. If play is affected, the disc reverts to the thrower.
   8. **Violation:** Any violation of a rule that does not involve physical contact. “Violation” is typically called after an initial call of a specific non-contact infraction (X.7.B-X.7.G)

If a stall count is interrupted by a call, the thrower and marker are responsible for agreeing on the correct count before the check. The count reached is the last number fully uttered by the marker before the call. The count is resumed with the word “stalling” followed by the number listed below:

**General Rules**

|  |  |
| --- | --- |
| 1. Uncontested foul or violation | 1 |
| 2. Contested foul or violation | Count reached prior to the infraction |
|  |  |

**XI. Positioning**

1. Each player is entitled to occupy any position on the field not occupied by another player.
2. Picks: 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.
3. When the disc is in the air, players must play the disc, not the opponent.
4. Each player has the right to the space immediately above them. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

**XII. Forfeits**

1. 5 mins after game time is forfeit time. All teams must be ready to play at game time in order to not receive a forfeit. The Commissioner’s watch is the official game time on the field. A team may have as few as 5 players to start.
2. If neither team is able to field a team, a double forfeit will be declared.

**XIII. Player Conduct**

Acts of unsportsmanlike conduct, including unnecessary roughness, arguing with anyone, fighting, abusive language directed towards anyone, flagrant disruption of game, repetitive or intentional infractions will result in a:

1. **Warning**: For first mild offense of unsportsmanlike conduct.
2. **Ejection**: For aggressive or intentional unsportsmanlike conduct or following the issuance of a warning for a particular individual.
3. **Commissioner maintains all rights to eject players without warning.**

**XIV. Playoff Ranking**

1. **Point Differentials:** In the event of a multi-way final season tie the ranking will be decided based on the point differentials between the teams in the tie only. Their point differential against teams not in the tie will not be counted. If this results in a tie or some other anomaly, then a disc flip will be the deciding factor. A team’s point differential will be calculated by the sum of total points scored less total points allowed with teams in the tie.