**Arena Ultimate Frisbee**

*Credit goes to Western Carolina University for establishing the following rules. Some rules have been altered to suit the needs of Georgia State University.*

**General Rules**
- All teams must show up and be checked in by their designated game time.
- There is no grace period for Arena Ultimate Frisbee.
- Players must show their Panther Card or a government issued photo ID to the Intramural Sports staff to sign-in for each game. Players without a valid form of ID will not be allowed to play.
- Sportsmanship:
  - Two technical fouls will result in expulsion from the game.
  - A player may be ejected at any time by an official, scorekeeper, or supervisor.
  - If kicked out of a game the player automatically must sit out at least the next scheduled game. The player and team are also subject to further suspension/discipline depending on the judgment of the Intramural Director. If a player is ejected from a game, that player must meet with the Intramural Director before being allowed to participate in further games. It is the player’s responsibility to schedule the meeting with the Intramural Director. The meeting must take place in the Director’s office the next day at the earliest.
  - After each game, both teams will be given a SPORTSMANSHIP RATING by the officials, scorekeepers, and supervisors. (See the "Player Conduct & Sportsmanship" section on the Policies page for more information)

**Teams**
- The game shall be played with 5 players per teams on the court.
- Three players are required to avoid a forfeit.

**Equipment**
- Discs and baskets will be provided.
- Only athletic non-marking shoes are allowed to be worn in the Omni Gym. 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.

**Timing**
- Games will consist of two 12-minute halves.
- Halftime will be 3 minutes.
- Each team is allotted one timeout per game, and must have possession of the disc in order to call a timeout.
- There is no mercy rule.
- Overtime:
  - There will be a 5-minute “golden goal” overtime period
  - The first team to score wins
  - If the game is still tied, a shootout will occur from 10 yards away from the basket.
  - Each team will receive the same number of attempts in the shootout.
Gameplay

- Each point begins with both teams lining up horizontally at either end of the gymnasium behind the baskets.
- The game, and each point, will begin when the defense throws the disc to the offense. This is called the “pull.”
- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc.
- Throwers must establish a pivot foot (similar to basketball) or the result is a “travel.” When a player travels, they must move back to where they were prior to the travel.
- The defender guarding the thrower counts out a 10 second stall count when within 10 feet of the thrower. (Counting is started by saying the word “stall” and can be done by saying “Stall 1, Stall 2,” etc. or counting at a second’s pace).
- The thrower has until the “t” sound in “ten” to release the disc or a “stall” can be called. The result of a stall is loss of possession.
- The defender must allow the thrower room to throw.
- When a pass is not completed (hits the ground, blocked by a defender, or stays in net) or a shot on goal is unsuccessful, the opposing team can immediately take possession of the disc and becomes the offense.
- Players may use the walls to complete a pass (similar to indoor soccer) as long as the disc does not come to a complete stop, touches the ground, go through the net, or get stuck in the net.
- Court
  - Games occur in the Omni Gym; entire gym space is used (like indoor soccer).
  - 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 game play. 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 players 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 at mid-court.
  - A player may enter the crease to retrieve an errant shot on goal or pass that came to rest in the crease.
- Scoring
  - Scores are worth 2 points if offensive throws disc into the basket or if the defense is in the crease and makes contact with disc during a scoring attempt. If the defense commits a crease penalty any other time, the offense is awarded 1 point and retains possession of the disc at mid-court.
  - Each time an offensive player throws the disc into the opposing team’s target, a score is recorded. The disc must be in the basket or supported by the chains (on top does not count). Play is initiated after each score with a new pull by the team that scored.
- Substitutions
  - Substitutions may only be made:
- After a team has scored and before the ensuing pull
- To replace an injured player.
  - 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.