

## 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:
  - A player may be ejected at any time by an official, scorekeeper, or supervisor.
  - If ejected, 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 Competitive Sports Coordinator. If a player is ejected from a game, that player must meet with the Competitive Sports Coordinator before being allowed to participate in further games. It is the player's responsibility to schedule the meeting with the Competitive Sports Coordinator. The meeting must take place in the Coordinator'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 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

## Gameplay

- Teams will flip a disc at the beginning of each game. The team that wins the flip can choose offense, defense, or defer their choice to the second half (like football).
- Each point begins with both teams lining up horizontally at either end of the court on their respective goal line
- 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 goes out of bounds), the opposing team can immediately take possession of the disc and becomes the offense.
- Court
  - Games occur in the Omni Gym; the brown lines on the floor will be used for gameplay
  - There are two end zones at each end of the court
  - The lines are considered out of bounds.
- Scoring
  - A team scores by passing the disc to a teammate in the end zone.
  - Players cannot walk in the end zone with the disc to score. If momentum carries a player into the end zone after catching the disc, that player must tap the disc in on the goal line vertical to where they entered the end zone.
- 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 field
  - Eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the disc becomes live.
  - A replaced player must leave the field at the sideline nearest their team area prior to disc being put into play.
- Fouls
  - Players are not allowed to displace their opponents in an effort to block or intercept the disc
  - If a foul occurs, the player who was fouled gains possession of the disc where they would have caught the disc
    - Exception: If a foul occurs in the end zone, then the player taps the disc in on the goal line
  - Players are not allowed to touch the thrower prior to the disc being thrown.
    - If a defender makes contact with the thrower, the stall count starts over at zero.

## Officiating

- Similar to Ultimate, Arena Ultimate is a self-officiated sport.
- Players will call their own fouls, penalties, and rules violations.

- Any discrepancies with the rules is deemed “contested.” The disc is sent back to the previous thrower, and the play is redone.