



BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY ULTIMATE FRISBEE RULES

Section 1 – Policies and Procedures

Intramural Policies and Procedures

Eligibility, protests, forfeits and concedes, conduct, appeal, and attire are covered in details in the BCIT Intramural Policies and Procedures.

Section 2: Authority

The *Programs and Intramurals Coordinator* and or *Official* has the maximum authority to ensure that the given game runs in an appropriate and “proper” manner. This implies that they may deal with any form of unsportsmanlike conduct in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.

All players must have their BCIT Student Card with them before playing. They must also be on the roster. People not on the roster will not play. People can be added to the roster ahead of playoffs, but must have played with their team at least two times to be eligible.

Section 3: Game Play

All games will be played on the field behind BCIT Recreation

Games will be played in rain or sunshine. They will only be cancelled if lightning is present or if one of the teams has defaulted with sufficient notice (at least 48 hours). If games are cancelled, the team captains will be notified by email.

of players: 7 vs. 7 (minimum of 5 players to play a game and one female)

Length of game: The game will begin and end when notified by the Recreation Attendant in charge of the game. If the team does not show up (or have enough players) by 10 minutes into their scheduled time slot, they default the game and will be removed from the league. Teams will then have to pay a \$25 fee to re-enter the league. Games are 40 minutes with no break in between. If the game does not start on time, the game will be shortened. All games **MUST END** on time so the next game can start on time.

The game will be either played to 12 points or until the 40 minutes. Whichever one comes first is what will be played.

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Start of the game: Done by flipping a disc. Whoever wins gets to decide whether they want to receive or throw the disc. The other team chooses from which side to start. The game begins with both teams on each end zones, with one team throwing the disc to the other team.

Substitutions: Substitution of players may be done after a point is scored, not on the fly.

Scoring: a point is received for a team when the offence completes a pass in the defense's end zone. After a point is received, the teams will switch end zones, line up again, and the team who received the point will throw the disc to the other team.

Moving the disc: the disc can be thrown in any direction. Players are not allowed to run with the disc. The person in possession of the disc has ten seconds to throw the disc (the defensive guard covering the person in possession of the disc counts 10 stalls). Disc is a turnover at the "t" of ten. Players can only move with the disc when they are in the process of catching it. As soon as they catch it (and catch their balance) they must not move with the disc.

Change of possession: when a pass is not completed (out of bounds, dropped, blocked, intercepted) the defense takes possession of the disc and becomes the offence. When the disc is thrown out of bounds, it becomes the other team's possession.

Contact: Ultimate is a non-physical contact sport. If contact takes place, a foul will be given if called.

Fouls: When a player receives a foul, the other team receives possession of the disc. If the player continues to receive fouls, they will sit out for the rest of the game (at the discretion of the Recreation Scorekeeper and/or Programs and Intramurals Coordinator)

Self – refereeing: Players are responsible for their own foul and line calls. They also resolve their own disputes.

Section 4: Forfeits

Forfeit: If a team contacts the Programs and Intramurals Coordinator 48 hours before their scheduled game to let them know they are unable to attend the game, the forfeiting team will receive a loss, but will not have to pay the re-entry fee.

Section 5: Foot-Blocks

No Foot-blocks: If you are being closely guarded, the opponent cannot use his/her foot to block the Frisbee.

Section 6: Boundaries

First Foot Contact: In the act of catching the frisbee before going out of bounds, the catcher must have at least one foot in bounds before any part of his/her body crosses over the out-of-bounds line.

Have FUN! And remember the Spirit of the game!

If there are any questions about the above rules, please email the Programs and Intramurals Coordinator at ilahay@bcit.ca.