



Frisbockey - Rules

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07/13/2009

The Field

1. The dimensions of the field shall be 100' x 75' (length, width).
2. The goal shall be 6' x 4' (width, height), set in the center of both ends of the field.
3. The crease shall be a rectangle extending 1' beyond each end of the goals and extending 3' into the playing field, for a size of 8' x 3' (length, width).
4. All lines and field markers shall be represented with cones.

The Equipment

1. The official game disc will be a 175-gram disc intended for Ultimate Frisbee use.
 - a. Game discs will be provided by the Frisbockey committee.
 - b. Teams intending to use their own disc will need to have them inspected and permitted by both the referee and the opposing team members.
2. Footwear will need to meet the following requirements:
 - a. **No cleats or spikes (rubber, metal, or removable).**
 - b. No open-toed or steel-toed footwear.
 - c. No footwear lacking a back heel.
3. Players will be asked to remove nonessential equipment from their pockets, belts, etc. (i.e. – keys, phones, pens/pencils).
4. Uniforms are encouraged but not required to play.

Teams/Rosters

1. Each team roster shall meet the following requirements:
 - a. **Team rosters shall consist of at least 6 players.**
 - b. **There will be no limit of on-campus players per roster.**
 - c. **There will be a limit of 4 off-campus players per roster.**
 - d. All players shall be students at Michigan Tech.
 - e. **No player may be on more than 2 teams**
2. Each team shall check-in between 4 and 12 players before the game.
 - a. Each team shall have between 4 and 6 players on the field at any time.
 - b. **Additional players may be checked-in at half-time or during any time-out.**
 - c. **Players that have been checked-in cannot be switched for new players.**
3. After registration has ended, no roster additions, removals, or swaps will be permitted.
 - a. Exceptions will be given by the Frisbockey committee in extenuating circumstances.

Game Play

1. Starting the Game
 - a. The two team captains will meet with the referee in center field, at which point the referee shall give the home captain the call on a standard disc toss.
 - b. The winner of the toss shall pick either which team will take starting possession of the disc, or which side they will start on. The loser of the toss shall choose the other.

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- c. After field position and starting position is determined, teams will then line up at their respective end lines of the field.
 - d. The defensive team shall then “huck” the disk to the offensive team. In the event of a huck that lands out-of-bounds before contacting the ground in-bounds, the offensive team may take possession at half-field.
 - e. If the huck makes contact in-bounds before landing out-of-bounds, the disc may be brought to the point of first contact with the ground. Game play will start from that location.
2. Passing & Intercepting
- a. The offense may pass the disc in any direction by throwing it to a teammate. Handoffs are not permitted, but “lobs” or “pitches” are.
 - b. The defense may intercept the disc while it is being passed, but may not “strip” the disc from nor make contact with a player in possession of the disc.
 - c. A disc will be considered “dead” once it makes contact with the ground, or with a player who is out-of-bounds and has made contact with the ground out-of-bounds.
 - d. A “dead” player, or one who is out-of-bounds and has made contact with the out-of-bounds ground, or a player not currently in game, cannot interfere with the disc.
 - e. An incomplete pass or dead disc will result in a turnover.
 - i. In the case of the disc hitting the ground in-bounds, game play will resume at the point of the disc’s first contact with the ground, with the exception of the huck.
 - ii. In the case of the disc hitting the ground out-of-bounds, game play will resume at the sideline, closest to the point of the disc’s first contact.
3. Scoring & Points
- a. Each time any player throws the disc into a team’s goal, the opposing team will receive one (1) point. There is no limit to the number of points in a game.
 - b. After each goal, the teams shall line up at their respective ends of the field, and the team that received the last point shall huck the disc.
 - c. A player does not need a pivot foot in order to score a goal.
 - d. The following restrictions exist for passing before making a goal:
 - i. Any incomplete pass of a disc or out-of-bounds disc will need to be passed to a teammate before a goal can be made.
 - ii. Any intercepted pass or receiving a huck does not need to be passed to a teammate before a goal can be made.
 - e. A huck of the disc cannot result in a goal.
4. Halves & Overtime
- a. The game is divided into two 15-minute halves with a 5-minute half-time in-between.
 - b. At half-time, teams will switch ends of the field and starting possession of the disc.
 - c. In the event of a tie, another 5-minute break will be given, and then an overtime period will continue for up to 5 minutes. The next team to receive a point will be the winner. In the case of overtime lasting all 5 minutes, the game will be recorded as a tie.
 - d. In the case of extenuating circumstances or injury which would delay the game, game time will be paused until normal game play can be resumed.
 - i. An injured player must substitute out, until able to go back into play.
5. Substitutions

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- a. Substitutions may take place at any time during game play or a pause of game play.
 - b. Neither player involved in the substitution may interfere with game play.
 - c. The players involved in the substitution shall make some kind of contact (high-five, shake, etc.) during the substitution.
6. Time-Outs
- a. Each team is permitted one (1) time-out per half and one (1) time-out in overtime. Each time-out may last no more than one (1) minute and game time will be paused.
 - b. During play, only a player who has established a pivot foot and who has possession of the disc may call a time-out.

Positions

1. The Thrower
 - a. The thrower is the single offensive player in possession of the disc.
 - b. The thrower is the only player required to have established a pivot foot.
 - i. Moving the pivot foot while in possession of the disc will result in a turnover.
 - ii. Establishing a pivot foot out-of-bounds will also result in a turnover.
 - iii. **In the event that the thrower falls onto a point below their waist, that becomes their new pivot point and they may not stand up.**
 - c. The thrower may pivot in any direction, but may not force a foul by pivoting into a marker that has established their defensive position.
 - d. The thrower may throw the disc in any direction, but may not endanger the marker nor any other player in doing so.
 - e. Both the marker and the thrower are responsible for maintaining at least one disc's diameter between their upper bodies at all times.
2. The Marker
 - a. The marker is the single defensive player guarding the thrower.
 - b. **The marker is the only player expected to establish a defensive position.**
 - c. **Only one defensive player may guard the thrower at any time. Any other player that has established a defensive position relatively close (as determined by the referee) to either the thrower or the marker will be called for double-teaming.**
 - d. The marker may not straddle the pivot foot of the thrower, nor may they place their foot so that the thrower is straddling their foot.
 - e. Both the marker and the thrower are responsible for maintaining at least one disc's diameter between their upper bodies at all times.
 - f. The marker may "stall" the thrower by counting out "Stall 1, Stall 2 ..."
 - i. Stalls shall be called at about one stall per second, by the referee's discretion.
 - ii. **Any player that is intentionally slow to pick up the disc after a turnover will be called for a delay of game.**
 - iii. Once the thrower has established their pivot foot, the stall count may start.
 - iv. Once the thrower has released the disc, the stall count will end.
 - v. **In the event that the marker finishes "5", there will be a turnover.**
3. The Receiver
 - a. The receiver is any player involved in receiving a pass from the thrower.
 - b. The receiver will be given a reasonable number of steps (to be determined by the referee) to establish a pivot foot, at which point they become the thrower.

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- i. Taking these steps out-of-bounds will result in a turnover.
 - ii. Establishing a pivot foot out-of-bounds will also result in a turnover.
 - iii. **In the event that the thrower falls onto a point below their waist, that becomes their new pivot point and they may not stand up.**
- c. In the case of an offensive and defensive player receiving the disc simultaneously, the offense retains possession.

Violations

1. A violation is any break in the rules involving the structure of the game, teams, etc. (but not contact between players or the potential for player injury).
2. A violation may be called by any player recognizing that one has occurred. The player shall immediately call "Violation!" or the exact name of the violation out loud and the referee shall enforce or reject the call.
3. Common violations are as follows:
 - a. Player Violation – having over six (6) or under four (4) players from a team on the field; game play will pause and the offending team shall add or remove players as necessary
 - b. Roster Violation – having a player who is not on the team roster, has not checked in, or has not signed their waiver; warning, then offending team forfeits the game
 - c. Handoff – handing off a Frisbee to another player; this results in a turnover
 - d. Travel – a player in possession of the Frisbee moving their pivot foot after it has been established; this results in a turnover
 - e. Crease Violation - a player interferes with game play from inside the crease or when the disc is in the crease.
 - i. In the case of an offensive player, it will result in no point given and a turnover.
 - ii. In the case of a defensive player, it will result in a free throw from half-field, by the fouled player, in addition to any point given.

Fouls

1. A foul is any intentional or incidental contact between players that interferes with normal game play or has the potential for player injury.
2. A foul may only be called by the player impacted by the foul or a referee. The player shall immediately call out the name of the foul out loud, and the referee shall enforce or reject the call.
3. Common fouls are as follows:
 - a. Strip Foul – stripping the disc from the player in possession; this results in a reset (marker is required to clear away from the thrower and then play resumes)
 - b. Contact Foul – excessive or intentional contact that interferes with regular game play or the safety of another player
 - i. In the case of it being the offending player's fault, this will result in a turnover
 - ii. In the case of it being the defending player's fault, this will result in a reset
 - iii. In the case of it being undecided, play continues as normal
 - c. Obstruction Foul – obstructing the field of vision of the thrower; this will result in a reset
 - d. Straddling Foul – straddling the pivot foot of the thrower or placing a foot so that the thrower is straddling it, thus obstructing their movement; this will result in a reset
 - e. Pick Foul – intentional obstruction of the movement of an opposing player; game play will stop and resume once the offending player has repositioned themselves

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4. Dangerous or reckless conduct on the field will result in a foul, called by the referee.
5. Players will receive a warning for each foul, up to two (2) per game. A third foul will result in their being ejected from the game and referred to the Frisbockey committee.

Referees

1. The referee's call is final.
 - a. In the case of a dispute over the rules, the referee will hold the final interpretation.
 - b. In the case of a dispute over a violation or foul called, the referee will make the final call.
2. Referees may eject a player for the duration of a game; ejections for the duration of the season will be handled by the Frisbockey committee.
3. Violations
 - a. Stall count
 - i. The referee will call "Stall" or blow the whistle to signify a Stall, when "Stall 5" is clearly heard.
 - ii. If a stall count is deemed too fast by the referee, the player will be warned to slow the count.
 - iii. If a player calls "Stall 5" on a fast stall count, the stall does not count as a turnover.
 - b. Double team
 - i. A double team must be called by the team in possession of the disc.
 - ii. The referee shall determine if more than one player have established a defensive position near the Thrower.
 - c. Delay of game
 - i. Any player that intentionally picks up the disc on a turnover, or intentionally causes the pickup of the disc to take significant amount of time, as determined by the referee.
 - d. Goal calls and conflicts
 - i. The referee has final say on whether a goal is valid or not.
 - ii. If there was a crease violation, it must be called in order for it to have bearing on the call of the goal.

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