

Intramural Ultimate Frisbee Rules

Ultimate is a fast-moving, competitive, non-contact sport played by a seven person team. The sport has a great amount of freedom and informality implicit in the rules. It is assumed that no Ultimate players will intentionally violate the rules; thus there are no harsh penalties for inadvertent infractions, but rather a method of resuming play in a manner which simulates what would most likely have occurred had there been no infraction. In Ultimate, an intentional foul would be considered cheating and a gross offense against the spirit of competition. The integrity of Ultimate depends on each player's responsibility to uphold the spirit of the game.

OBJECTIVES AND GUIDELINES FOR IM ULTIMATE

- The objective of Ultimate is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.
- All players are subject to Intramural eligibility rules which are available in the IM office. Teams shall consist of seven players (four males and three females or vice versa for the coed division). Teams may start play with five players, but at no time may the number of players be less than five.
- In the Men's Division, one Condor is allowed per team. In the Coed Division, one Condor and one lady Condor is allowed per team.
- Only three men's/ women's Club A players are allowed per men's/ women's team.

EQUIPMENT

- The disc recommended for play is 175 G, however teams may use any disc that is agreed upon by both teams.
- Players will most likely want to wear cleats while playing Ultimate, no metal cleats are allowed. The supervisor's may approve or disapprove all cleats.

PLAYING FIELD

- Playing field for Ultimate is 70 yards long and 40 yards wide. The end zones are 40 yards wide and 25 yards deep. The fields will be marked with cones.
- If a pass is completed outside the lateral boundaries, it is considered incomplete and the defensive team gains possession of the disc.
- To be considered in bounds the player's first point of contact must be completely in bounds. The line itself is out of bounds.

- Should the disc land outside of the boundary line, it is returned to play on the playing field at the point where it went out of bounds. The player throwing the disc in-bounds Must have their pivot foot On the line.

OFFICIALS

- There will be no officials for IM Ultimate. The two teams must play on the honors system.
- Each team will provide one person to keep score. The field supervisor will keep the time for the game and will indicate the beginning and ending of the period with the sound of the horn.

TIME

- The games will consist of one 50-minute period.
- Half-time will last for five minutes. If both teams agree before the game, play may continue during half-time period.
- The clock starts at the throw-off of the game and will continue running for the next 20 minutes.
- When the final buzzer sounds the game is over, unless it occurs in the middle of a point or a tie in which the point is played out. There will be no throw-offs after the final buzzer.

The Pull

- Play begins with the pull. The manager will flip a disc to determine which team will throw or receive, or choice of goal. Teams will alternate pulls at the beginning of each period.
- All players must be on or behind their goal line until the disc is released. The team that is pulling can change positions on the line but the receiving team must stay in their relative positions. A player on the goal line throws the disc towards the other team on the opposing goal line. As soon as the disc is released all players may cross the goal lines.
- No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.
- A member of the receiving team may catch the disc or allow it to fall to the ground.
 - If the member of the receiving team successfully catches the pull, that player has possession at that point.
 - If the receiving team touches the disc while it is still in the air, and fails to catch it, the team that pulled gains possession of the disc.
 - If the disc is allowed to fall untouched to the ground, the receiving team has possession where it falls. If the disc starts to roll any member of either team may hit the disc down to stop it from rolling further back.
- If the disk floats out of bounds before hitting the ground the receiving team gains possession of the disc in the middle of the field even to where the disc went out of bounds, or 15 yards from the goal line they are defending.
- Each time a goal is scored, the teams switch direction of their attack and the team that scored pulls on the signal of the receiving team.

ENDZONES

- Any time a team gains possession in the end zone which they are defending the player immediately chooses to resume play where the disc is stopped by picking up the disc and establishing a pivot foot, or by walking the disc up to the goal line before they pass the disc.

PLAY

- The team in possession of the disc must attempt to move the disc into the position so that they may score a goal. There are no scrimmage lines or offside in Ultimate. The disc may be passed in any direction: forward, backward, and to the sides.
- Players may propel the disc in any way they wish. The disc may never be handed from player to player. In order for the disc to from one player, it must at some time be in the air.
- No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration.
- Only one player may guard the player in possession of the disc.
 - The disc may not be wrenched from the grasp of an opposing player or knocked out of their hand.
 - If a disc is dropped by the thrower without the interference by a defender, a turnover results.
- If a disc is simultaneously caught offence retains possession.
- The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out of bounds. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction.
 - After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped.
 - Any member of the team gaining possession of the disc may throw it.
- Players may catch their own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is allowed, but tipping to oneself is not.
- The disc may fly out-of-bounds and return to the playing fields, but the defense may attempt to knock the disc down when the disc is out of bounds.
- The player with the disc has 10seconds to throw it, this time is kept by the defender marking them and must count allowed.

FOULS

- Fouls are results of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "foul" loudly and immediately after the foul has occurred.
- Any physical contact during the throw is a foul on the defender. The thrower may not push the defending player. Defenders must be at least one disc length from the opponent.
- Contact occurring during the follow through (after tge release of the disc) is not sufficient grounds for a foul, but should be avoided when possible.
- If the pass is completed, the foul is automatically declined and the play proceeds without stopping.

- Players must play the disc, not the opponent, that is, they may not position:
 - In playing the disc, players must respect the established position of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul.
 - Violent impact with legitimately positioned opponent constitutes harmful endangerment and is a foul.
- A stalling violation occurs when the player guarding the thrower calls counts to 10 and the thrower has still not released the throw. If a marker counts too fast the thrower may call a “fast count” and the play stops and is resumed with two second subtracted from the current count. If the player has to call the fast count right after the previous one, it becomes a foul and goes back to 0.
- On a disputed foul the count comes in at the time the foul was called unless over 6 seconds then the disc come in starting at count 6. an uncontested foul the count restarts at 0.

CALLING A FOUL

- The player who is fouled calls out “foul”.
 - If the thrower is fouled by the defender the disc comes back to the thrower unless the throw is completed, in which case play continues uninterrupted.
 - If the receiver is fouled by the defender then the foul is called. If the defensive player disputes or contests a call, it goes back to the thrower. The receiver maintains possession of the disc if a foul is uncontested.
- If there is ever a failure to come to an agreement over any call , the disc reverts back to the thrower after a check.
- If offsetting catching fouls are called by the offensive and the defensive players on the same play, the disk reverts back to the thrower after the check.
- Any time the marker’s count is interrupted by the call of a foul, violation, pick, or time out, the count is resumed as follows:
 - If the call is against the defense, the count is reset at zero.
 - If the call is against the offense, the count continues from the point at which it is stopped, except the thrower is given a minimum of five seconds.
- Play continues, “when both teams are ready”. This implies that the defensive team will hold the disc until the offensive team is ready and then hands the disc to the thrower, thus restarting the game.
- The offensive team must remain stationary when a foul is called and stays in that place restarting the game.
- If a foul occurs in the end zone, possession is called in and at the goal line.

SCORING

- A goal is scored when an offensive player completes a pass to a teammate in the end zone.
- In order for the receiver to be considered in the end zone after having gained possession of the disc, his/her first point of contact with the ground must be completely in the end zone.

- A player cannot score by running into the end zone with the disc. Should the receiver's momentum carry him/her into the end zone after gaining possession, they must carry the disc to the closest point on the goal line and put the disc into play from there.
- The team that scores receives one point.
- In the case of a tie at the end of the 40 minute game time, the games will be played out until a point is scored.

SUBSTITUTIONS

- Subs can be put in if an injury is called to replace the injured player, or after a point is made.