Ultimate Rules

The following rules are general guidelines. Official rules are taken from The Ultimate Players Association, with a few minor changes.

1. **PLAYERS:** Teams will consist of seven players (minimum of 3 women for co-rec). The minimum number of players to begin a contest is five (minimum of 2 women for co-rec).

2. **EQUIPMENT:** Intramural Sports will supply a game Frisbee, jerseys and a supervisor. All players must wear shoes without metal cleats or spikes, no 5 toed shoes. A t-shirt must be worn under the game jersey.

3. **THE GAME:** Play begins at the indicated time on the schedule. Forfeiture time is game time. Once a team has the minimum number of players necessary to start, they must begin play.

   Game length will be two 20 minute halves (running clock) with a 3 minute half time period. One, one-minute time out will be permitted per half. A whistle will signal the end of each half. All play must stop at the blowing of the whistle. **TOURNAMENT PLAY:** If the game is tied at the end of regulation play, the game will continue as sudden death; the first team to score wins the game.

4. **THE FIELD:** A rectangular shape with end zones at each end. Field dimensions will be 60 yards by 40 yards, with end zones 20 yards deep.

5. **INITIATE PLAY:** The Game will be started by coin toss. Winner of toss chooses to pull or receive. The remaining team chooses end zones. Each point begins with both teams lining up on the front of their respective end zone lines. The defense throws (“pulls”) the disc to the offense. If the disc is dropped on the pull, the defense will receive possession.

6. **SCORING:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score. Only one foot must be in for a score.

7. **MOVEMENT OF THE DISC:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The defender guarding the thrower (“marker”) counts out the stall count. The stall count will be ten seconds.

8. **CHANGE OF POSSESSION:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

9. **SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during timeouts. Teams may substitute prior to the beginning of each half as long as the opposing team has not signaled readiness. Injured players or players with hazardous or illegal equipment may be replaced. If one team replaces, the other may also replace.

10. **TRAVELING:** After catching a pass a player is allowed only “the fewest number of steps needed to stop.” Forward motion is not allowed as a touchdown.

11. **NON-CONTACT:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

12. **FOULS:** When a player initiates contact on another, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committed the foul disagrees with the foul call, the play is redone.

13. **SELF-REFEREERING:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

14. **SPIRIT OF THE GAME:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.