The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety. For those rules not detailed, the Intramural Ultimate Frisbee rules will be used.

Additions and revisions are highlighted in grey

I. Roster
   A. **Catcard is required. NO I.D. = NO PLAY! No exceptions!**
   B. Teams play with five players on the court. Three needed to avoid forfeit
   C. **Maximum roster size is 8**
   D. **Restricted players**
      i. Club Players – Teams are only allowed two club players. Check with Assistant Director regarding club sport status and eligibility
      ii. Varsity Athletes - Teams are only allowed two varsity athletes. Check with Assistant Director regarding varsity status and eligibility

II. Attire
   A. Intramural Sports will provide a game disc for each scheduled contest. Teams may opt to play with a different disc if both teams agree
   B. All players must wear athletic attire and shoes. (no sandals, boots, or boat shoes).
   C. Hats or caps with bills and bandanas that are tied with a knot are not permitted
   D. **Jewelry:** No metal, hoops, bars rings or necklaces. Studs and bracelets all must be taped down or taken off. The IM Staff will not provide tape. All equipment and jewelry decisions are at the discretion of the supervisor
   E. Players wearing a cast or splint will not be allowed to play

III. Game Format
   A. A game consists of 25 minute running clock
   B. **Game time is forfeit time**
   C. Each team is allotted one timeout per game and must have possession of the disk and it be a dead disc situation
   D. If the score is tied then, there will be a **5 minute sudden death** overtime to determine the winner.
   E. **Self-Officiating:** Players are responsible for calling their own fouls. It is up to the players to resolve their own disputes. If there is a dispute that cannot be resolved on the field, play is stopped and the captains must consult the supervisor on duty. The supervisor will then determine a **FINAL ruling**
F. **Spirit of the Game**: Ultimate is a game of fair play, sportsmanship, honesty, and trust. Respect calls made by other players and resolve disputes in a sportsmanlike manner.

IV. **Field**
A. Games occur in Reid Upstairs, entire gym space is used (like indoor soccer)
B. Targets are placed from each end wall, allowing a enough space behind the target for play (similar to lacrosse).
C. Each target is encircled by a 9 feet (2.74 m) crease designated by small cones and/or tape on the floor.
D. **Crease**: Neither offensive nor defensive players are allowed to be in the crease during game play. Even one foot is not permitted. Players may not cut through the crease, jump across the crease, or dive into the crease in an attempt to score or block a scoring attempt.
E. If an offensive player dives into the crease in an attempt to score, the result is an automatic turnover. If a defensive player enters the crease in an attempt to block a scoring attempt, the result is a automatic score.

V. **Initiating Play**
A. Each point begins with both teams lining-up (horizontally) at either end of the gymnasium- behind their respective target. Teams should “hold their line.” The game begins when the defense throws ("pulls") the disc to the offense.

VI. **Scoring**
A. Scores are worth one point
B. Each time an offensive player throws the disc into the opposing team’s target, a score is recorded. The disc must be in the basket or supported by the chains (on top does not count). Play is initiated after each score with a new pull by the team that scored.

VII. **Movement of the Disc**
A. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out a 10-second stall count. As in the game of Ultimate, the defender must allow the thrower room to throw (about a disc width away). Throwers must establish a pivot foot (similar to basketball) or the result is a “travel.” The result of a travel or stall is a turnover.

VIII. **Change of Possession**
A. When a pass is not completed or a shot on goal is unsuccessful, the defense immediately takes possession of the disc and becomes the offense. A player may enter the crease to retrieve an errant shot on goal that came to rest in the crease.

IX. **Substitutions**
A. Substitutes must stay outside of the court.
B. Eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the disc becomes live. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field at the sideline nearest their team area prior to disc being put into play.

C. Substitutions may only be made:
   i. After a team has scored and before the ensuing throw-off.
   ii. To replace an injured player.
   iii. At half-time.

X. **Non-Contact**
   A. No physical contact is allowed between players. **Picks and screens are also prohibited** (unlike basketball). A foul occurs when contact is made.

XI. **Fouls**
   A. When a player initiates contact on another player a foul occurs. When a foul disrupts possession or a shot attempt, play resumes as if the possession was retained (the disc goes back to the offensive player) and the 10-second stall count starts over.

*(Revised 10/13)*