INTRAMURAL ULTIMATE RULES AND REGULATIONS

All rules will follow that of the "Ultimate Players Association" standard with the following changes and additions.

1. **Number of Players** - A team shall field a max of 7 players with at least 3 members of the opposite gender. Teams may play short if they do not have enough members of the opposite gender. Rosters will max out at 18.

2. **The Game** – Games last 1 hour running time, or the first team to 13. The object of the game is to score goals by passing the Frisbee to a teammate in the end zone.

3. The disc can only be moved by passing. Once a player catches the disc he/she must stop and establish a pivot foot, and then pass. The thrower has 10 seconds to release the Frisbee.

4. There are no scrimmage lines or offside. Therefore, the Frisbee may be passed in any direction.

5. Out of bounds includes the perimeter of the field.

6. The defensive team gains possession of the disc in the following situations:
   1) incomplete pass
   2) interception
   3) the thrower takes longer than 10 seconds to throw the pass
   4) the frisbee is knocked down
   5) the frisbee contacts an out of bounds area
   6) the thrower catches his/her own throw.

7. Plays start at the beginning of each period of play and after each goal with a throw off. The players on the throwing team must stay in their defending end zone until the disc is released. The receiving team must stand with one foot on their goal line without changing position relative to one another.

8. Play is continuous until there is a goal scored (one point). In this case there is a throw off to restart the game.

9. After a goal is scored, the teams switch the direction of their attack. The team that scored throws off.

10. **Spirit of the Game** - Referees are not required to control the game. Players are self-officiating. This sport requires and advocates sportsmanlike behavior and fair play. Un-sportsmanlike conduct and “win-at-all-costs” behavior are contrary to the spirit of the game and must be discouraged by all players.

11. It is not sportsmanlike conduct to call for a pass from the opposition.
12. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team, to do so is a “pick”.

13. Fouls are the result of physical contact between players. Fouls can only be called by the person who was fouled.

14. Violations occur when the rules are violated in a manner that does not cause physical contact. Violations may be called by any player.

15. It is a violation to double-team a player.

16. Travelling is when the pivot foot loses contact with its original spot, or when the receiver takes more steps than necessary.

17. There must be at least one disc’s diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other’s position and not encroach into this area once it is established.

18. You cannot stretch your arms over head of the thrower because it blocks their personal space.

19. The marker may not straddle the pivot foot of the thrower.

20. The marker initiates a count of 10 seconds on the thrower. This prevents the thrower from stalling the game. If the thrower does not release the pass within 10 seconds there is a turn over.

23. Points and Defaults - 2pts. for win; 1pts. for tie; 0pt. for loss
   1. 1st Default: Team will get a warning.
   2. 2nd Default: Team will be ineligible to play in the leagues playoffs.
   3. 3rd Default: Team will be removed from the league.

24. Fair Play - Teams and players are expected to exhibit sportsmanlike conduct throughout every contest. Conduct on and off the floor is guided by Article 2.11 of the Intramurals Handbook. Delay of game, obscene language or gestures, and arguing with officials constitute unacceptable behavior. Players will be punished by technical fouls and/or game ejection. Fighting results in suspension for the entire season and possibly a whole team suspension.

25. Foot blocks may only be used in a game if agreed on prior to the start of play by both captains. If at any point in the game an injury occurs due to the use of a foot block, then they will not be permitted for the rest of that game.