

Ultimate Rules

Always catch a disc, even after a foul is called!!! (if not, turnover)

Games will be self officiated w/ a referee overseeing the game to handle disputes

1. A game will be played to 7 points or 30 minutes – whichever comes first. If game is tied after 30 minutes it will continue until someone scores. There are no time-outs allowed unless for injury.
2. 7 players make up a team. A team may however, start with 6 players and if a player gets hurt or ejected they may finish with 5. No game may continue with less than 5 players. Teams will either be all male or coed or all women and will all play each other
3. Subs must report to the official and may only enter the game when play is dead.
4. No shoes with metal cleats (ie. baseball cleats) will be permitted.
5. The game will start with a Pull (kickoff):
 - a. Any pull that is dropped or touched before it hits the ground is a turnover. Any pull that goes out of bounds will be put in play from the middle of field at the 20 yard line. Any pull that lands in the endzone must be taken from that point. no player on throwing team may touch pull before it hits ground
6. Any time a foul or stoppage of play is called, players must stop and remain in their positions until play resumes. The disc must be ground checked before play resumes
7. if you step on the out-of-bounds line, you are considered out of bounds
8. if the defense gains possession of the disc in the endzone they are defending, they may either take the disc where it lies or walk the disc to the front line of the endzone
9. if momentum carries player into the endzone they must walk back to where they caught it and ground check the disc
10. the thrower must establish a pivot foot, and may not drag their back foot, to do so is a travel, and the player must take the disc back and check it
11. the marker (defender) must leave one disc space between himself and the person with the disc
12. The marker can call out stalling then count 1-10. It is a stall as soon as the defense utters the “t” in “ten”. After this, the player yells “stalled”. if a stall is called, and the pass is incomplete, play continues, resulting in a turnover
13. Double team: there may only be one person marking the person with the disc. If there are 2 defensive players within 3 meters of the disc, it is a double team...exception: when another offensive player is within 3 meters also
14. pick: when an offensive player gets in the path of a defensive player
 - a. when this is called, play stops and player who was picked is allowed to catch up
 - b. if the disc is thrown after pick is called, and is dropped it is a turnover
15. Any defensive fouls will result in retained possession and a play restart and any offensive fouls will result in loss of possession.
16. The referee has authority to caution any player of misconduct or unsportsmanlike behavior and if it persists, to eject them from the game.
17. PROTESTS: Only those protests involving player eligibility will be considered by the Intramural Office. They must be submitted in writing prior to 4:00 pm the next day. Questions that arise on the field concerning rule interpretations, officiating procedures, etc... will be decided immediately by the IM Supervisor on duty. If a captain believes the official has erred they should request that the Supervisor be consulted immediately **BEFORE PLAY CONTINUES.**

Terms:

- 1) **force**: the defensive player marking the person with the disc stands on one side of the person, blocking all throws to one half of the field

home force: force the person to throw to the side our stuff is on

away force: force the person to throw to the opposite side

force flick: force the person to throw a flick

force backhand: force the person to throw a backhand

broken/break throw: the person with the disc throws to the side that the person on mark was supposed to be blocking

- 2) **poached**: yell this when you do not have a defender guarding you
- 3) **brick**: when a pull goes out of bounds anywhere inside 20 yards, a brick is called, and the person may take the disc to the middle of the field 20 yards out from the endzone
- 4) **pull**: the throw after a point or to start the game, from one endzone to the other
- 5) **greatest**: a person jumps from in bounds, catches the disc in the air that is going out of bounds, and throws the disc while still in the air back in bounds to another person, who catches it
- 6) **Callahan**: a player catches a disc in their endzone while they are playing defense (occurs shortly after a pull)
- 7) **Best perspective**: when a question arises as to out-of-bounds, the person with the disc may call best perspective, and the person with the best view makes the call
- 8) **Contest**: a player on whom a foul is called may contest the foul if they believe it was not a foul

Check feet: play stops and the person who caught the disc close to the out of bounds line must check to see if they are in, then resume play with ground check