I. Eligibility
All participants are subject to the eligibility rules which are stated in the Campus Recreation Intramural Handbook.

Make Note: Players may not participate in two or more teams in any division and in the same sport during the Intramural season. Players may however play in a co-re league or in a men’s/women’s league at the same time. IFC is considered a men’s competitive division and therefore will follow the same guidelines as described earlier. Participants who are in violation of this policy shall be banned from the sport and will forfeit that game no matter what the final score is. Managers are responsible for their player’s eligibility. Ignorance is no excuse. You have been warned.

II. The Game, Field, Players, and Equipment
A. Teams consist of seven players, however, teams may start or continue play with six players. A 10 minute grace period will be given to teams who do not meet the minimum number of players. After 10 minutes the game will be called and their opponents will move to the next round. The team with lack of players will drop to the losers bracket or out of the tournament depending on where they are on the bracket.
B. All players must wear shoes but no player may wear shoes with screw-in or metal cleats.
C. First team to 9 goals wins in the first, second and third round. In the finals the team with a 2 point lead or a team reaching 11 will be declared the winner. A 50-minute time limit is also in effect. First team to secure a two-goal lead or have a lead after 5 minutes in overtime at that time wins.
D. Each team is allowed 2 one-minute time-outs per game. Time-outs may only be called after a goal, prior to the ensuing a pull (THROW OFF), or by the thrower in possession of the disc during play. Time outs may also be called due to player injury (injury time outs do not count towards the team. Play will resume after the injured player is removed from the field. (For injury time-out play is restarted with a check back to the thrower in possession at time of injury).
E. Substitutions may only be made:
   1. After a goal is scored and before next pull (THROW OFF).
   2. To replace an injured player (opponents have option to replace the same number).
F. To start the game, the captain of each team flips a disc. One captain calls either "same" or "different" while the discs are in the air. Winner of flip has option to receive or defend the goal.
G. The rolling or sliding disc may be stopped by any player. Possession is gained where the disc stops.
H. Games will be self-officiated but each team should provide one person to keep score.
I. All substitutes, spectators, etc., must remain completely off of the playing field at all times.

III. Spirit of the Game
A. Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the rules, or the basic enjoyment of the game. Protection of these vital elements serves to eliminate adverse conduct from the field of play. Such unsportsmanlike actions as verbal abuse of opponents, aggressive play, intentional fouling, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players and spectators.
B. Should a dispute or confusion arise on the field, it is common practice to stop play, and resume with a check when the matter is resolved.
C. In the case where a novice commits a violation out of ignorance of the rules, it is common practice to stop play and explain the violation.
D. It is the responsibility of both teams to minimize the time taken between each goal and ensuing pull (THROW OFF).
E. It is a violation of the spirit of the game for a defensive player to call for a pass from the thrower.
IV. The Pull (THROW OFF)
   A. Each time a goal is scored, the teams switch direction and the team which scored throws the disc to the other team.
   B. Players on the throwing team may not cross the goal line until the disc is released. Players on the receiving team must line up with one foot on their goal line without changing position until the disc is released.
   C. The thrower and a player on the receiving team need to raise their hand to indicate readiness to play prior to the pull.
   D. As soon as the disc is released all players may move in any direction.
   E. No player on the throwing team may touch the pull in the air before it is touched by a receiving team player.
   F. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
   G. If the receiving team touches, but fails to catch, the disc in the air during a pull it is a turnover.
   H. If the disc falls inbounds untouched, the receiving team gains possession of the disc where it stops. If the disc rolls out of bounds, the receiving team gains possession on the sideline or goal line closest to where the disc went out.
   I. If the pull lands out-of-bounds the receiving team, before touching the disc, makes a choice of:
      a. Putting the disc into play at the point where it crossed the sideline.
      b. Invoking the middle rule. To invoke this rule the member of the receiving team in position to receive the throw-off, extends their hand above their head and calls "middle" before taking possession. The player may then carry the disc to the middle of the field perpendicular to where it went out-of-bounds or to the mark closest to the endzone the receiving team is defending. On a middle rule call the offensive player may use a "self-check", meaning he/she picks up the disc, touches the disc to the ground and yells "Disc in Play".

V. The Check
   A. When play stops, the player who was in possession retains possession.
   B. All players must come to a stop as quickly as possible when play is halted and remain in their respective locations until play is restarted.
   C. The marker restarts play by handing the disc to the thrower.

VI. Out-of-Bounds
   A. Boundary lines are out-of-bounds.
   B. The disc may fly outside the boundary line and return to the playing field and defensive players may go out-of-bounds to make a play on the disc.
   C. For a receiver to be considered in-bounds, the first point of contact with the ground must be completely in-bounds.
   D. If after a legal catch a player’s momentum takes them out-of-bounds, that player puts the disc into play at the point on the sideline where they went out.
   E. On a turnover that results from an out-of-bounds pass, the team gaining possession puts the disc into play at the point on the sideline where the disc went out-of-bounds.
   F. The thrower may pivot in and out of bounds provided some part of the pivot foot contacts the playing field.

VII. End Zones
   A. If a team gains possession in the end zone which it is defending:
      1. The player taking possession must make an immediate decision to either put the disc into play from that spot or carry it to the closest point on the goal line and put it into play from there. (The player may not throw a pass during the approach to the goal line).
      2. To fake or pause after gaining possession commits the player to put the disc into play at that point.
   B. If as a result of a pass from a teammate, a player receives the disc in the end zone which they are defending, that player does not have a choice of advancing the disc to the goal line.
   C. If a team gains possession by way of a turnover other than an interception in the end zone which it is attacking, no goal is scored and the player taking possession must carry the disc directly to the
closest point on the goal line and put the disc into play from there. If the disc is intercepted in the end zone, a goal is scored.

VIII. Scoring
A. In order for a receiver to be considered in the end zone after gaining possession of the disc their first point of contact with the ground must be completely in the end zone.
B. A player can not score by running into the end zone with the disc. Should a receiver’s momentum carry them into the end zone, they must carry the disc back to the closet point on the goal line and put in into play from there.
C. A player must be completely in the end zone and acknowledge that they have scored. If that player plays the disc unknowingly into a turnover then no goal is awarded.

IX. Turnovers
A. An incomplete, intercepted, or out-of-bounds pass results in a loss of possession.
B. The following actions result in a loss of possession and a check:
   1. If the marker's count reaches ten.
   2. If the disc is handed-off.
   3. If the thrower intentionally deflects a pass to him/herself off another player.
   4. If the thrower catches their own throw, however, if the disc is touched by another player during its flight it is considered a completed pass.

X. The Thrower (Offense)
A. If the disc is on the ground any member of the team gaining possession may pick up the disk. Once an offensive player has picked up the disc, that player is required to put the disc into play.
B. The Thrower must establish a pivot foot and may not change that pivot foot until the disc is released.
C. The Thrower has the right to pivot in any direction, however, once the maker has established a legal defensive position the thrower may not pivot into them.
D. If the disc is dropped by the thrower without defensive interference it is considered an incomplete pass.

XI. The Marker (Defense)
A. Only one defensive player may guard the thrower at any one time. That player is the marker.
B. The marker may not straddle the pivot foot of the thrower.
C. There must be at least an arm’s length 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.
D. The marker may not position their arms in such a manner as to restrict the thrower from pivoting.
E. Stalling:
   1. Once a marker has established a guarding stance within arm’s length of the thrower, they may initiate the count.
   2. The count consists of the marker calling "stalling" and counting at one-second intervals from one one thousand, two one thousand, three one thousand and so forth to ten.
   3. If the thrower has not released the disc at the first utterance of the word "ten one thousand“ it's a turnover and a check result.
   4. If the defense decides to switch markers they must start the stall count over again.

XII. The Receiver
A. Unintentional bobbling to gain control of the disc is permitted, but purposeful controlled, bobbling to oneself is considered traveling.
B. The receiver gains possession by demonstrating sustained contact with a non-spinning disc.
C. First ground contact determines possession. The ground can cause an incomplete pass resulting in a turnover.
D. If the disc is caught simultaneously by opposing players, the offense retains possession.
E. After catching a pass the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
F. If the receiver is running while making the catch, the receiver may throw a pass before the third ground contact after the catching the disc without coming to a complete stop.
G. If it is unclear whether a legal catch was made, the players with the best perspective make the call.

H. If a receiver jumps and makes a catch but is contacted by a defensive player before landing and is thus caused to land out-of-bounds instead of inbounds, the receiver must either call a foul on the defensive player (retaining possession at the spot of the foul) or declare themselves out-of-bounds.

XIII. Fouls
A. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled by calling "foul" immediately after it has occurred.
B. The player initiating contact is guilty of a foul.
C. Throwing fouls.
   1. A throwing foul is called when there is contact between the thrower and marker.
   2. Contact during the follow through after the disc is released is not a foul but should be avoided.
   3. When a foul is committed by the thrower or the marker, play stops and possession reverts back to the thrower after a check if the thrower is fouled and the pass is incomplete, or the marker is fouled and the pass is complete.
   4. If the thrower is fouled and the pass is complete, or if the marker is fouled and the pass is incomplete, play continues without interruption.
D. Catching fouls.
   1. A catching foul is called when there is contact between opposing players in the process of attempting a catch or interception.
   2. If a player contacts an opponent before the disc arrives and interferes with their opportunity to play the disc, that player has committed a foul.
   3. If a player’s attempt to make a play on the disc causes significant impact with a legitimately positioned opponent, before or after the disc arrives, that player has committed a foul.
   4. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
   5. If a catching foul occurs and is uncontested, the player fouled gains possession at the spot of-the-foul. If the call is contested, the disc goes back to the thrower.
E. On a foul by the defense, the stall count goes back to the zero unless contested then back to where stopped or five if over five (i.e., starts with stalling six.)
F. On a foul by the offense, the stall count continue where stopped.

XIV. Violations
A. A violation occurs when a player violates the rules in a manner which does not result in physical contact.
B. A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.
C. Fast count.
   1. If the marker counts too fast, the thrower may call "fast count."
   2. The first "fast count" call is a warning, with the marker reducing his stall count by one.
   3. If the marker is called for counting to fast within the last two seconds, play stop and is resumed with the count at 8 (i.e. stalling nine)
   4. If the marker is called for fast count again within the same 10 seconds, play stops, the stall count is at 0, and play is resumed after a check.
D. Traveling
   1. The thrower must keep all or part of the pivot foot in contact with the ground. Should the thrower lose contact with that spot, it is traveling.
   2. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
   3. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact, that receiver has traveled.
   4. On a travel there is a check (with the stall count remaining the same) unless because of continuation there is a turnover.
E. Strip.
   1. No defensive player may touch the disc while it is in the hands of the thrower. If a defensive player does so causing the thrower to drop the disc, the thrower calls "strip".
   2. The thrower then picks up the disc and play continues unhalted from the point where the thrower regains possession.
3. If uncontested the stall count goes back to 0. If contested, the count resumes where stopped or back to five if the disc is stripped after the count has reached five.

F. Double team
1. Only one marker is permitted to guard the thrower.
2. No other defensive player may establish position within an arm’s distance of the thrower unless guarding another offensive player in that area.
3. If the thrower is being double teamed, they should call "double team". The first call is a warning, the defensive player must move back, and the marker must subtract one from the stall count.
4. If the defense is called for double teaming a second time within the same 10 second count, play stops and the count returns to zero.

G. Pick
1. No player may establish a position or move in such a manner so as to obstruct the movement of any player, to do so is a "pick".
2. In the event of a pick, the obstructed player must immediately call "pick" loudly. Play stops and is resumed after a check with the stall count resumed where stopped or five if over five (i.e., stalling six).

XV. Positioning
A. It is the responsibility of all players to avoid contact in every way possible.
B. Every player (excluding the thrower) is entitled to occupy any position on the field not already occupied, provided they do not initiate contact when taking the position.
C. When the disc is in the air, players must play the disc, not the opponent.
D. All players have the right to the space directly above them. Thus a player cannot prevent an opponent from making an attempt on a pass by placing arms above the opponent. Should contact occur the player restricting the vertical space is guilty of a foul.
E. A player who has jumped is entitled to land at the same spot without hindrance by opponents. A player may also land at any spot which was not occupied at the time of take off.

XVI. Clarifying Statements on Fouls and Violations
A. Whenever an infringement of the rules occur, play is stopped and the disc is put into play at the point of last possession before play was stopped. (Except as stated in turnover, strip and catching fouls).
B. Play-on rule.
   1. If a foul or violation is called while the disc is in the air, the play is always completed.
   2. If the team which made the call gains possession as a result of that pass, play continues unhalted.
   3. It is the responsibility of the player who made the call to call out "play on" to indicate that this rule has been involved.
C. If there is ever a failure to come to an agreement over any call; the disc reverts back to the thrower after a check.
D. If off setting catching fouls are called on the same play, the disc reverts back to the thrower after a check.
E. No set of rules can replace player respect for good play and good sportsmanship.

Revised 11/07