

TOP TEN THINGS TO KNOW ABOUT INTRAMURAL ULTIMATE

1. A regulation team consists of 7 players. Coed teams must play 3 females on the field at all times.
2. No jewelry may be worn on the field. If it's a new piercing, or one that's difficult to remove, it must be covered. If it's a religious Jewelry item or special event wristband, it must still also be covered. It is the player's responsibility to come prepared with a means to cover these items.
3. If a team is not present and ready to play by the scheduled game time (checked in, minimum number of players on the field), the opposing team shall start with possession of the disc. If a team is not present and ready to play by 5 minutes after the scheduled game time, the opposing team will be awarded one (1) point.
4. Pool play games will be played first to 15 points with a hard cap at 55 minutes.
5. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.
6. Each time the offense completes a pass in the defense's end zone, the offense scores a point. After each score, play will be initiated with the scoring team pulling.
7. Players may not run with the disc. A receiver's momentum can carry them a maximum of three steps. The person with the disc ("thrower") has ten seconds to throw the disc.
8. 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. Offense will start play by tapping the disc in play.
9. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
10. When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.

INTRAMURAL ULTIMATE PLAYING RULES

General Information

- 1) **The team captain and all players are responsible for all information contained in the Playing Rules, Intramural Eligibility, Policies, and Guidelines webpage, and Ultimate Event webpage.**
- 2) **Participants must have a valid photo ID with them at all times.**
- 3) Prior to game time, players should be signed in with a valid photo ID, warmed up, and ready to play.
- 4) Each team shall designate a team captain(s). The captain is required to sign the scorecard at the end of each game verifying the final score, and all participating players have been checked in.

Field

- 1) The rectangular shaped field will be 70 yards by 40 yards, with end zones 25 yards deep.

Players

- 1) **All players are required to bring a valid photo ID to all Intramural Ultimate games.**
- 2) A regulation team consists of 7 players. Coed teams must play 3 females on the field at all times.
- 3) The minimum required to play is 5, and each team has a maximum roster limit of 20.
 - a) If injuries reduce a team to 4 players or less, the game may continue with staff approval.
 - b) A team reduced to 4 players or less via player ejections will automatically forfeit.

Equipment and Uniforms

- 1) All players must wear athletic shoes. No sandals, boots, or bare feet are permitted.
- 2) Players must wear athletic apparel with **no exposed metal**.
- 3) Baseball style hats, bandannas, sunglasses or other headwear with knots or dangerous materials are not permitted.
 - a) **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the Intramural Sports Assistant Director may approve a covering or wrap which is not abrasive, hard, or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play. Hard items, including, but not limited to beads, barrettes, and bobby pins are prohibited. Participants must receive approval for headwear from the Intramural Sports Assistant Director **prior** to participating.
- 4) **NO** casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal, hard plastic, or metal hinges are required to cover it with padding or foam at least ¼ inch thick.
- 5) Players **may NOT** wear any exposed jewelry of any type.
 - a) **Medical Alert and Religious Medals** – Medical-alert and religious medals are not considered jewelry. Religious medals must be taped and worn under the uniform. Medical-alert medals must be taped and may be visible. The wearing of a religious medal must be approved by the Intramural Sports Assistant Director prior to participating in any contest. (A cross would not be considered a religious medal for the purposes of this rule)
 - b) **Special Event Wristbands** – If participating in a special event, which requires a participant to wear a wristband (ex. OU or ACL wristbands), it is the PLAYER'S responsibility to provide an acceptable method to cover the wristband. Acceptable methods are limited **ONLY** to the following: Sweat bands or athletic tape, which will **NOT** be provided by RecSports.
- 6) All equipment is subject to the approval of the Intramural Sports Staff on duty.

No Show

- 1) If a team is not present and ready to play by **the scheduled game time** (checked in, minimum number of players on the field), the opposing team shall start with possession of the disc.
- 2) If a team is not present and ready to play by **5 minutes** after the scheduled game time, the opposing team will be awarded one (1) point.
- 3) If a team is not present and ready to play by **10 minutes** after the scheduled game time, the game will be **declared a no show, 5-0, victory to the team ready to play.**

Initiate Play

- 1) Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.

Scoring

- 1) Each time the offense completes a pass in the defense's end zone, the offense scores a point.
- 2) After each score, play will be initiated with the scoring team pulling.
- 3) Pool play games will be played first to 15 points with a hard cap at 55 minutes.
- 4) Elimination games will be played first to 15 points with a hard cap at 90 minutes.

Movement of the Disc

- 1) The disc may be advanced in any direction by completing a pass to a teammate. To complete a pass, a receiver must have at least one foot land in-bounds and must stop the rotation of the disc.
- 2) Players may not run with the disc. A receiver's momentum can carry them a maximum of three steps.
- 3) The person with the disc ("thrower") has ten seconds to throw the disc.
- 4) The defender guarding the thrower ("marker") counts out the stall count.
 - a) The ten-second stall count will begin when the defender is within three feet of the thrower.
 - b) The defense can only have one player marking the thrower.

Change of Possession

- 1) 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. Offense will start play by tapping the disc in play.

Substitutions

- 1) Players not in the game may replace players in the game after a score and during an injury timeout.

Non-contact

- 1) No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 2) Players may not punch, strike, strip, steal or attempt to steal the disc from a player in possession.

Fouls

- 1) When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Self-Officiating

- 1) Players are responsible for their own foul and line calls. Players resolve their own disputes.
 - a) To help solve disputes, players should explain the foul they believe occurred.
 - b) Players can either agree (no contest) or disagree (contest).
- 2) During a stoppage of play (i.e. foul call), players on both sides must remain stationary.
- 3) An Intramural Staff member will be on duty to assist players with dispute resolution.

Spirit of the Game

- 1) Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.