

# Ultimate Rules

## ***Mission Statement:***

***Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.***

## **Rule 1: Eligibility**

1. All participants are subject to the Eligibility guidelines, which are listed in the current Intramural Sports Participant Handbook.
2. Participation is limited to currently enrolled U of A fee paying students and U of A Faculty/Staff that have a current Department of Campus Recreation membership.
3. All players must sign in with the Supervisor at site prior to game time with a current Catcard.
4. No ID, no play, no exceptions.
5. **If your team forfeits, \$30 will be charged to the Bursur's account of the captain.**

## **Rule 2: General**

1. Ultimate is a noncontact sport played by two 7 player teams. However, teams may start and continue play with 5 players. There is a maximum of 20 players per team.
2. CoRec teams may not have more than 4 males on the field at any time.
3. The first team to eleven points wins (win by 2, with a maximum of 15).
4. The game will not exceed 55 minutes. If the score is tied at the 50 minute mark, then sudden death will occur. The first team to score will be declared the winner.

## **Rule 3: Clarifying Statements**

1. There are no scrimmage lines or off sides (except on throw offs).
2. The rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
3. No defensive player may ever pick up the disc.

## **Rule 4: Equipment**

1. Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, the current disc provided by the Supervisor will be used.
2. Individuals may wear any soft protective clothing as long as it does not endanger the safety of any other player.
3. All players must wear shoes, but no player may wear shoes with screw in or metal cleats.

## **Rule 5: Time Outs**

1. Each team is allowed 2 one minute time outs per game.
2. During play, only the person with possession of the disc may call time out.
3. It is a turnover if a player calls a time out when his/her team has no time outs remaining.

### **Rule 6: Substitutions**

1. Substitutions may only be made after a goal is scored and before the next throw off.

### **Rule 7: Throw Offs**

1. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.
2. Positioning prior to throw off:
  - a. The players on the throwing team are free to move anywhere in their defensive end zone, but cannot cross the goal line until the disc is released.
  - b. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
3. The throw off may be made only after the thrower and a player on the receiving team raise a hand to signal the team's readiness to play.
4. No player on the throwing team may touch the throw off in the air before a member of the receiving team touches it.
5. If the receiving team allows the throw off to fall untouched, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops. If the disc goes out of bounds after first touching in bounds, the receiving team gains possession at the point the disc first went out of bounds.
6. If a throw off lands out of bounds, the receiving team, before touching the disc, makes a choice of:
  - a. Putting the disc into play at the nearest point on the playing field proper to where the disc crossed the perimeter line, or request a re-throw.
  - b. Invoking the middle/brick rule. If the throw off lands outside the field of play, the receiving team may choose to put the disc in play halfway between the two sidelines either at the point on the playing field closest to where the disc went out of bounds or at a point 10 yards up field from the goal line which they are defending.

### **Rule 8: Scoring**

1. A goal is scored (1 point) when an offensive player completes a pass to a teammate in the end zone, which his/her team is attacking.
2. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.
3. A player must be completely in the end zone and acknowledge that he/she has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.

### **Rule 9: Out of Bounds**

1. For a receiver to be considered in bounds after receiving the disc, the first point of contact with the ground must be completely in bounds. If any portion of the first point of contact is out of bounds, the player is considered out of bounds.
2. Should the momentum of a player carry him/her out of bounds after making a catch and landing in bounds, the player is considered in bounds. The player carries the disc to the point on the playing field where the disc went out of bounds and put the disc into play at that point.
3. The thrower may pivot in and out of bounds, provided that part of the pivot contacts the playing field.

### **Rule 10: End Zones**

1. If a team gains possession in the end zone which it is defending, the player taking possession must make the immediate decision to either:
  - a. Put the disc in play from that spot, or
  - b. Carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession may not throw a pass from the approach.
2. If a team gains possession in the end zone which it is attacking, 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.

### **Rule 11: Turnovers**

1. An incomplete, intercepted, knocked down, or out of bounds pass results in a loss of possession.
2. The following actions result in a loss of possession and a check:
  - a. If the marker's count reaches the maximum number
  - b. If the disc is handed from player to player
  - c. If the thrower intentionally deflects a pass to him/herself off another player
  - d. If the thrower catches his/her own throw. However, if another player touches the disc during its flight it is considered a complete pass and is not a turnover.

### **Rule 12: The Thrower**

1. If the disc is on the ground, whether in or out of bounds, any member of the team becoming the offense may take possession of the disc. Once an offensive player has picked up the disc, that player is required to put the disc into play.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. If the thrower without defensive interference drops the disc, it is considered an incomplete pass.
4. The thrower may throw the disc any way he/she wishes.

### **Rule 13: The Marker**

1. Only one defensive player may guard the thrower at any one time, that player is the marker.
2. The marker may not straddle (i.e. place his/her foot on either side of) the pivot foot of the thrower.
3. 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.
4. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
5. Stalling:
  - a. A defensive player within 3 meters of the pivot foot of the thrower may initiate a stall count. If an offensive player moving into the throwing position stands over the disc (i.e. within three meters) without putting the disc in play, the marker may issue a delay of game warning. If the disc is not picked up, the marker may initiate a stall count.
  - b. The count consists of the marker calling stalling or counting and counting at one second intervals from one to ten, loudly enough for the thrower to hear.
  - c. If the thrower has not released the disc at the first utterance of the word "ten", a turnover and a check result.
  - d. If the defense decides to switch markers and if the new marker decides to initiate a stalling count, he/she must start counting again from one.

- e. In the event of a stall, the once marker, now offensive player, does not have to take the disc after the check. The once thrower, now marker, checks the disc to the new thrower; if he/she does not want the disc, the marker checks the disc by placing it on the ground and calling in play.
  - f. The thrower may contest a stall call if he/she feels that he/she had released the disc before the first utterance of the word "ten".
6. In the event of a contested stall, if the pass is completed, play stops, and possession reverts back to the thrower. After a check the marker starts the stall count at eight.
  7. In the event of a contested stall if the pass is incomplete, it is a turnover, and play continues without interruption.

#### **Rule 14: The Receiver**

1. The receiver is any offensive player either in the act of catching the disc, or not in possession of the disc.
2. Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself (i.e., tipping, delaying, guiding, or brushing) in order to advance the disc is considered traveling and is not allowed.
3. The receiver gains possession by demonstrating sustained contact with a non spinning disc.
4. 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.
5. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.
6. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
7. If a pass arrives in such a manner that it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), the player(s) with the best perspective makes the call (usually the receiver).
8. If it is ever unclear whether a receiver was in or out of bounds at the point of making a catch, the player(s) with the best perspective makes the call.
9. Force out foul: If an airborne receiver catches the disc and is contacted by a defensive player before landing and that contact caused the receiver to land out of bounds instead of landing in bounds, the receiver must either call him/herself out of bounds, or call a force out foul on the defensive player. If this foul occurs in the end zone and it is uncontested, a goal is awarded.
10. First ground contact determines possession. The ground can cause an incomplete pass, resulting in a turnover.

#### **Rule 15: Fouls**

1. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "foul" loudly immediately after the foul has occurred.
2. The player initiating contact is guilty of a foul.
3. Throwing fouls:
  - a. A throwing foul may be called when there is contact between the thrower and the marker.
  - b. Contact occurring during the follow through (after the disc has been released) is not sufficient grounds for a foul, but it should still be avoided whenever possible.
  - c. When a thrower or a marker commits a foul, play stops and possession reverts back to the thrower after a check.
  - d. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

- e. If the marker is fouled in the act of throwing, and the pass is not completed, play continues.
4. Catching Fouls
  - a. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
5. If a player contacts an opponent before the disc arrives and thereby interferes with that opponents attempt to make a play on the disc, that player has committed a foul.
6. If a player's attempt to make a play on the disc causes significant impact with a legitimately stationary opponent, before or after the disc arrives, it is considered harmful endangerment and is a foul.
7. Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
8. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul (with the exception of a force out foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

### **Rule 16: Violations**

1. A violation occurs when a player violates the rules in a manner, which does not result in physical contact. This includes illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out of bounds, etc.
2. Any player who recognizes that a violation has occurred may call a violation. The player must immediately call violation or the name of the specific violation loudly.
3. Traveling:
  - a. The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
  - b. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
  - c. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, then that receiver has traveled.
4. Strip:
  - a. No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession retains the disc.
  - b. The player in possession then picks up the disc and play continues unhalting from the point where he/she regained possession.
  - c. If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero.
  - d. A contested strip of the receiver is treated the same as a contested foul: an uncontested strip in the end zone is a goal.
5. Double Team:
  - a. Only one marker is permitted to guard the thrower.
  - b. No other defensive player may establish a position within 3 meters of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.
  - c. Should the thrower recognize a double team situation, he/she should first call double team as a warning. On the first double team call, the marker must subtract 2 from the stall count. If double team is called again within the same 10 seconds, then play stops and is resumed after a check with the count reset to zero.

**Rule 17: Positioning**

1. It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment (a foul) and must be strictly avoided.
2. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that he/she does not cause personal contact in taking such a position.
3. Picks:
  - a. 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 considered a pick.
  - b. In the event of a pick, the obstructed player must immediately call pick loudly. Play stops and is resumed after a check.
4. When the disc is in the air, players must play the disc and not the opponents.
5. The principle of verticality: All players have the right to space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur, the player restricting the vertical area is responsible.
6. A player who has jumped is entitled to land at the same spot without hindrance by opponents. He/she may also land at another spot provided the landing spot was not already occupied at the time of takeoff and that the direct path between the takeoff and landing spot was not already occupied.

**Rule 18: Clarifying Statements on Fouls, Violations and Picks**

1. Cardinal Rule: Whenever an infringement of the rules or a timeout occur, play is halted and the disc is put back into play at the point of the last possession before play was stopped. (Note exceptions under turnovers, strip or catching foul).
2. Play on rule:
  - a. Disc in air:
    - i. If a foul, violation or pick is called while the disc is in the air, the play is always completed.
    - ii. If the team which called the foul, violation, or pick gains possession as a result of that pass (e.g. incomplete pass following a traveling violation or offensive foul), play continues unaltered. In this situation, players should call play on.
    - iii. If the pass is completed, but the defensive effort on the pass was affected by the violations (e.g. picks), the pass does not count and possession reverts back to the thrower.
  - b. Disc not in the air:
    - i. If a foul, violation or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover.
    - ii. If a foul, violation or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.
    - iii. It is the responsibility of the player who made the call, to call out play on to indicate that this rule has been invoked.
    - iv. If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.
    - v. If the offensive and defensive players on the same play call offsetting catching fouls, the disc reverts back to the thrower after a check.



3. Any time the marker's count is interrupted by the call of a foul, violation, pick or timeout, the count is resumed as follows:
- Defensive foul uncontested 0
  - Defensive foul contested same or 5 if over 5
  - Offensive foul same
  - Travel or pick same or 5 if over 5
  - Strip 0
  - Fast count/double team 0
  - First call subtract 2; no check
  - Second call 0
  - Time out same
  - Contested stall 8
4. When play resumes after a timeout, the stall count is continued from where it was when timeout was called. The marker must initiate the count by calling stalling or counting.
5. If the marker counts too fast, the thrower may call fast count.
- a. The first fast count call is a warning. On the first fast count call the marker must subtract 2 from the stall count.
  - b. If the fast count is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to 0.
  - c. The continuation rule applies to fast counts.
  - d. If the fast count occurs in such a manner that the thrower does not have a reasonable opportunity to call fast count before the utterance of the word "ten" the play is treated the same as a contested stall.

**Note**

When a dispute arises concerning a foul, violation, pick, line call or an interpretation of the rules which cannot be resolved by the players involved or their captains, the Supervisor on duty may be called upon to make the call.

**ADDITIONAL INFORMATION ON RULES CAN BE FOUND IN OUR  
CURRENT INTRAMURAL SPORTS PARTICIPANT HANDBOOK.**