Introduction: Ultimate is a non-contact disc sport played by two teams of seven players. The objective is to be the team that scores the most goals. A goal is scored when a player catches the disc in the end zone that their team is attacking. Ultimate is a self-officiated sport, it relies on the players to make all calls.

1. **EQUIPMENT**
   - Closed toe shoes must be worn. Rubber and molded cleats are permitted.
   - Metal cleats are not permitted.
   - Players are not allowed to wear headphones or jewelry of any kind.
   - Teams must wear shirts or pennies of matching color.
   - The Intramural Activities staff will provide a disc unless both teams agree on a different one.
   - Participants must wear athletic attire.

2. **TEAMS**
   - Teams are made up of a maximum of seven players.
   - A team may start the game with five players.
   - If a team has more than seven players they may substitute under the following circumstances: After a goal is scored or if a player is injured.

3. **TIMING**
   - The game consists of two 20-minute halves with a 3-minute halftime.
   - The clock will only stop for a timeout or injury.
   - Each team gets two timeout per half.
   - A team may only call timeout if they are in possession of the disc. (Unless it is in-between goals).

4. **OVERTIME**
   - There will be no overtime during regular season games.
   - If a playoff game ends in a tie sudden death overtime period (3 minutes) will be played.

5. **PULL**
   - Play starts at the beginning of each half and after each goal with a “pull.” A pull is when a player on the pulling team throws the disc towards the opposite goal line to begin play.
   - Each time a goal is scored the teams switch their direction of attack.
   - All the members of the team that is pulling must remain in their end zone until the disc is released.
   - Once the disc is released players may move in any direction.
● No member of the pulling team may touch the disc in the air until a member of the receiving team has touched it.
● If the receiving team catches the pull in the field of play they must put the disc into play from that spot.
● If the disc lands inbounds, untouched the receiving team will gain possession from that spot.
● If the disc lands out-of-bounds the receiving team gains possession of the disc closest to the point it went out.

6. IN AND OUT-OF-BOUNDS
   ● The perimeter lines are out-of-bounds.
   ● The disc becomes out-of-bounds when it touches the area or an object that are out-of-bounds.
   ● In order to be in-bounds the receiver must have their first point of contact be in-bounds.
   ● If a player makes a catch in-bounds and momentum carries them out they are considered in-bounds.
   ● The thrower may pivot in and out-of-bounds as long as the pivot foot is planted in-bounds.

7. TURNOVERS
   ● Turnovers occur when:
     ● A pass is incomplete (dropped, hits the ground, goes out-of-bounds, blocked or intercepted.)
     ● The marker’s count reaches 10 before the throw has released.
     ● When a turnover occurs any member of the opposite team may take possession of the disc.

8. THE THROWER
   ● Any member of the offensive team may take possession of the disc.
   ● The thrower must establish a pivot foot.
   ● The thrower may pivot into any direction except into the marker.

9. THE MARKER
   ● The marker, or defender, may legally guard the thrower.
   ● Only one marker is allowed at any time.
   ● There must be at least one disc’s diameter between the thrower and marker.
   ● The marker cannot restrict the thrower from pivoting with their hands

10. STALL COUNT
    ● Once a marker is within 10 feet of the thrower they may begin a 10-second stall count.
    ● The marker must count loudly and at one second intervals
    ● If the thrower has not released the disc by the 10 seconds it is a turnover
    ● If this call is disputed the thrower gets it back with 2 seconds to throw
    ● If the defense switches markers the count resets.

11. THE RECEIVER
Once a receiver catches a pass they may only take the fewest amount of steps required to come to a full stop and establish a pivot foot.

EXCEPTION: If the receiver catches the disc while running they may throw a pass without coming to a stop, as long as the disc is released before the third ground contact after gaining possession.

If there is a simultaneous catch the offense retains possession.

12. FOULS/VIOLATIONS

- If a player feels a foul (physical contact) or a violation (infraction of rules) occurs the offending player loudly calls out the offense: e.x. “FOUL” or “TRAVEL”
- If the other player does not agree they can loudly call out “CONTEST”
- When a call is made play is halted until it is resolved
- If the call is not disputed then play resumes in what would have likely occurred had the foul/violation not happened.
- If the call is disputed and the players cannot come to a resolution the play will be redone.

Infractions include: **Foul** (physical contact), **Fast Count** (The marker is counting too quickly), **Double-Team** (More than one defender is guarding a thrower), **Disc Space** (The marker is too close to the thrower), **Travel** (the thrower fails to establish a pivot foot at the appropriate spot or stay in contact with the spot until the throw is released), **Strip** (a defensive player knocks a disc out of the thrower’s hand) and **Pick** (Obstructing the movement of a player on the opposing team).

13. POSITIONING

- Each player is entitled to occupy any position on the field not occupied by another player.
- Picks: No player may obstruct the movement of any player on the opposing team.
- When the disc is in the air players must play the disc, not the opponent.
- If a player jumps they are entitled to land without any obstructions.