



## INTRAMURAL SPORTS ULTIMATE FRISBEE RULES

**ELIGIBILITY:** All players must be current students, current UCSC faculty/staff or wellness card holders. Teams must sign the signup sheet/waiver prior to their first game. Players can not play on more than one team once playoffs begin and must sign the roster/waiver of the team being played on. Participants may not have names on multiple roster/waivers once playoffs begin. Those rosters become locked at the end of the regular season. To be eligible for the playoffs, a player must attend a minimum of two regular season games, even if they cannot play due to injury or illness.

**FORFEITS:** The IM Program has the authority to remove a team after they record two forfeits during any given season. Teams that are removed from the league due amassing two or more forfeits are not eligible for a refund of their Team Fee in whole or part.

**THE FIELD:** The field is a rectangular shape with end zones at each end. A regulation field is 60 yards long by 40 yards wide, with end zones 20 yards deep. Please remember that you must wear shoes while participating.

**GENDER PROPER:** While the Intramural Ultimate league is considered to be an open league, not a coed league, we do want to have teams have women guarding women as much as possible. This is only suggested and will not be enforced, but reference 'Spirit of the Game' as the guiding principle of Ultimate.

**INITIATE PLAY:** Play begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

**SCORING:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score. Games are played to 13. This means the final score can be 13-12. Games are soft capped at 6:10, meaning add 2 points to the leading score and play to that total (if the game is 8-6 at the soft cap, the game is now played to 10. Games are hard capped at 6:20 meaning you finish the point you are playing. If that point results in a tie game, the next point wins the game. If the game is not tied at the end of that point, that is the final goal. Please report scores to the Intramural League Coordinator once the game has concluded.

**MOVEMENT OF THE DISC:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

**CHANGE OF POSSESSION:** 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.

**SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during an injury timeout.

**NON-CONTACT:** No excessive physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

**FOULS:** 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:** Players are responsible for their own foul and line calls. Players resolve their own disputes. Calls on the Field: If a pick is called, play stops and resets. If a player catches the disc in the end-zone, it is only a goal if they acknowledge it is a goal. Have the player look at their feet to see if they are in the end-zone or not. This also goes for sideline catches. Any contested calls results in the disc going back to the thrower and replaying the game from that point forward.

**SPIRIT OF THE GAME:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.