

ULTIMATE

Regulations published in the Texas A&M Rec Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. USA Ultimate Rules will be in effect with the following interpretations and exceptions or anything not specified in our rules.

1. PLAYERS & EQUIPMENT

- a. Each participant must present a valid Texas A&M Student or a Rec Membership ID card in order to be eligible to participate. If a participant has lost his/her ID card, a Lost ID letter may be obtained from the Penberthy Attendant by providing a government-issued picture ID (i.e. driver's license, passport).
- b. Each team shall consist of seven (7) players. Each team must have a minimum of five (5) players in order to begin a game. **A CoRec team shall consist of at least three (3) females playing at all times. Open teams may consist of any combination of males and/or females.**
- c. Discs will be provided for each game.
- d. **Shoes:** Athletic shoes are recommended. Sandals, street shoes, combat boots, five-finger shoes, or hiking boots are not allowed. No player will be allowed to participate in bare feet. **Metal spikes or spikes with metal screws are not allowed!**
- e. **Jewelry:** Participants are NOT permitted to wear any visible jewelry. If participants choose to wear jewelry, it must be completely covered BEFORE arriving at the game site, with a band-aid or athletic tape. The Department of Recreational Sports WILL NOT provide band-aids or athletic tape to cover jewelry items. If covered, jewelry must remain flush with the skin and not be protruding out; this is for the protection of all participants.
- f. **There will be no hats, bandanas, plastic headbands, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.**
- g. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.

2. GAME FORMAT

- a. **Number of Players:** A team must have the minimum number of players to start a game. If there are an insufficient number of players, the team will have ten (10) minutes to get the minimum number of players to show. Play will start as soon as the team has the minimum number of players present. The minimum number of players to start a game is five (5).
- b. **The Field:** A rectangular field with end zones at both ends. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. (See back page for diagram)
- c. **Forfeits:** A forfeit will be declared after the 10 minute wait period. During the ten (10) minute wait period, a team will be penalized for showing up late.
- d. Below are the guidelines for being penalized:

Penalty for being late

<u>Minutes late</u>	<u>Score</u>	<u>Minutes late</u>	<u>Score</u>
Less than 1	1-0	6	3-0
1	2-0	7	4-0
2	2-0	8	4-0
3	2-0	9	4-0
4	3-0	10	5-0
5	3-0		(results in 5-0 Forfeit)

- e. A game is over when either:
 - i. One team scores 11 points
 - ii. One team is winning at the end of the 40-minute time limit. There is no halftime.
- f. **Sudden Death Overtime:** If the score is tied at the end of the 40-minute regulation period, an untimed sudden death period will be played. Initial possession during overtime will be determined by flipping the disc between the team captains. The first team to score a goal during this period will be declared the winner.
- g. **Timeouts:** Each team has two (2) timeouts per game. Timeouts will last two minutes. Timeouts DO carry over into sudden death overtime.
- h. Initial possession will be determined by flipping the disc between the team captains.
- i. Each game is self-officiated. Players are responsible for calling their own fouls. It is up to the players to resolve their own disputes. *If there is a dispute that cannot be resolved on the field, play is stopped and the captains must consult the supervisor on duty. The supervisor will then determine a ruling – this ruling is FINAL.*
- j. **Ultimate is a game of fair play, sportsmanship, honesty, and trust. Please respect the calls made by other players and resolve disputes in a sportsmanlike manner.**

3. **RULES OF THE GAME**

- a. Each point is started with both teams lining up on their respective front end zone line. The team starting off on defense starts the game (or the point) by throwing (“pulling”) the disc down the field to the offense. ***This happens every time a team scores, as well as at the beginning of the game and overtime.**
- b. If the pull initially lands out-of-bounds (“brick”), the offense begins with the disc at the brick mark or at the middle of the field parallel to where the disc went out of play, whichever the offensive team chooses.
- c. **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 or hand off the disc. The person with the disc (“thrower”) has ten (10) seconds to throw the disc. The defender guarding the thrower (“marker”) counts the stall count (i.e. Stall 1, Stall 2, Stall 3...).
- d. **Change of Possession:** If a pass is incomplete, dropped, blocked, or thrown out of bounds, the defense takes possession and becomes the new offense. If the defense intercepts a pass, they immediately become the new offense and begin their possession from the spot of the interception. **If a turnover occurs in the end zone, the new offense may walk the disc to the end zone line to resume play.**
- e. **Out-of-Bounds:** A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything out-of-bounds. The perimeter lines itself are considered out-of-bounds.
 - i. The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out-of-bounds in order to make a play on the disc.

- ii. The thrower may pivot in- and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
- f. For a receiver to be considered in bounds after gaining possession of 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.
 - i. 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 where the player went out-of-bounds and puts the disc into play at that point.
- g. **Scoring:** Each time the offense completes a pass in the defense's end zone, they are awarded one (1) point. After a score, the teams return to their end zone lines and the team that just scored will execute the pull to the other team.
- h. **Substitutions:** Players may only make substitutions after a score, a team timeout, or during an injury timeout.
- i. **Fouls:** When a foul disrupts possession, the play resumes from the point of interruption as if the possession was retained.
- j. **Contact: There is NO physical contact allowed between players!** Picks and screens are prohibited. A foul occurs when someone makes contact with another player or with the disc while it is in someone's possession. **A player may not try to hit a disc out of another player's hand. This is a foul and will result in possession for the opposing team.**

4. **THE INTRAMURAL STAFF AND CODE OF CONDUCT**

- a. **Verbal Conduct:** The use of profane language directed to one's self or another will not be tolerated. Arguing with a staff member or player in an unsportsmanlike manner will not be tolerated. Failure to abide by this rule may result in consequences listed above.
- b. **Ejections:** A player ejected from a match shall not participate in that match again. The supervisor may eject a player from the field area if deemed necessary. If ejected from the field area, the player shall leave within two minutes. Failure to do so will result in that team to forfeit the game. An ejected player is automatically disqualified from ALL intramural contests in all sports until they see the Coordinator for Intramurals.

The Ultimate Playing Field:

