

-Texas A&M University-
DEPARTMENT OF RECREATIONAL SPORTS
INTRAMURAL SPORTS

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. PARTICIPATION

- a. Proper identification must be presented to check in. Proper identification is a government-issued photo ID.
- b. **Roster:** Each player's name must appear on the roster before he/she enters a game.
- c. Any player **disqualified** from a contest will be removed from that game and can still play in next contest.
- d. Any player **ejected** from a game is automatically suspended from all intramural activities pending a meeting with the appropriate intramural staff member.
- e. Intramural staff retain the authority to require an ejected player to leave the facility. Any player instructed to leave must do so immediately.
- f. **Protest Procedure:** Judgment calls may not be protested. If a team wants to protest a rule interpretation, the protest must be made immediately at the time of the questionable incident. Notify the official. The clock will stop while a protest is being filed.
- g. **Eligibility:** The eligibility of all players is the responsibility of team captains and the individual players. Refer to the intramural handbook for details.
- h. **Blood Rule:** Players who sustain an injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.
- i. **Jewelry:** Participants are not permitted to wear any jewelry.
- j. **Medical Alert Bracelets** – Permitted, must be taped flush with the skin and may be visible.
- k. **Casts/splints:** Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick.
- l. **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the intramural supervisor 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 that it is highly unlikely to come off during play. This stipulation applies only to religious headwear to cover the head and does not apply to any necklaces/rings/ earrings/ bracelets or any other form of jewelry.
- m. Elastic headbands and hair control devices without metal, hard plastic, or bandanas without knots are permitted. Hard items, including, but not limited to, beads, barrettes and bobby pins are prohibited. Other head decorations or headwear are not allowed.
- n. **Equipment:** If a team has its own jerseys with numbers, the numbers must be whole numbers, no more than 2 digits, and the jerseys must be of the SAME/SIMILAR color. If the team does not have the same or similar color, **ALL** team members **MUST** wear jerseys provided by the Department of Recreational Sports. A shirt (must have the sleeves attached) must be worn under the jerseys provided by the Department of Recreational Sports, or the player will not be allowed

- to play.
- o. If eyeglasses are worn each player is responsible for the safety of own glasses.
 - p. Slippery substances of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
 - q. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas with a knot are not permitted.
 - r. Footwear: Indoors – all players must wear athletic shoes with non-marking court soles. Hard soled shoes of any kind will not be permitted. Outdoors – all players must wear athletic shoes. Metal cleats, spikes, or toe cleats will not be permitted. Five finger shoes are not considered athletic shoes.
 - s. Pants – Participants are encouraged to wear athletic style shorts or pants.
 - t. All equipment decisions made by the intramural staff or Rec Sports medic on duty shall be final.

2. THE GAME

- a. **Number of Players:** Each team shall consist of seven (7) players. Each team must have a minimum of five (5) players in order to begin a game.
- b. **The Field of Play:** 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. **Ultimate Equipment:** Discs will be provided for each game.
- d. **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.

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)	

3. TIMING

- a. There is no halftime.
- b. **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.
 - i. Initial possession during overtime will be determined by flipping the disc between the team captains.
 - ii. The first team to score a goal during this period will be declared the winner.
- c. **Timeouts:** Each team has two (2) timeouts per game. Timeouts will last two (2) minutes. Timeouts DO carry over into sudden death overtime.
- d. **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.**

4. RULES OF THE GAME

- a. 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.*
- b. A game is over when either:
 - i. One team scores eleven (11) points
 - ii. One team is winning at the end of the 40-minute time limit.
- c. 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.**
- d. 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.
- e. **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...).
- f. **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.**
- g. **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.
- h. 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.
- i. **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.
- j. **Substitutions:** Players may only make substitutions after a score, a team timeout, or during an injury timeout.

- k. **Fouls:** When a foul disrupts possession, the play resumes from the point of interruption as if the possession was retained.
- l. **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.**

5. **COED MODIFICATIONS**

- a. A Coed team shall consist of at least three (3) of each gender playing at all times
- b. Open teams may consist of any combination of males and/or females.

6. **THE FIELD OF PLAY**

