



Baylor University

CAMPUS RECREATION

Intramural Sports Rule Book

WHERE CHARACTER MEETS COMPETITION

Ultimate

*The following are general rules. Ultimate games will follow the rules outlined by USA Ultimate.

Team:

- A team is comprised of 8 players. A minimum of 6 must be present at game time to avoid a forfeit.
- Players not in the game can be substituted after a touchdown or during a stoppage of play due to injury.

Uniform/Equipment:

- Opposing teams must wear contrasting colored jerseys with a visible number on at least one side. (Colored pennies will be available). These jerseys must be tucked in at all times.
- Players must wear pants or shorts without belt loops or exposed drawstrings.

Timing:

- Game start time is forfeit time
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 2 points are instantly given to the team who *grants* Grace
- Games consist of two 15-minute halves with a running clock.
- A sudden death overtime period will be used if a game ends in a tie.

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.

During Play:

- Each point 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 eight players per team.
- 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.
- 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.
- 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.

Common Foul:

- When a player initiates excessive contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
- Players are responsible for their own foul and line calls. Players resolve their own disputes.
- Non-contact: No intentional physical contact is allowed between players. A foul occurs when intentional contact is made.

Season Format:

- 2 games of pool play played in the same night
- The winner of each pool will advance to playoffs the following week (single-elimination)
- The games will have a supervisor but will be self-officiated. Any discrepancies or concerns must be addressed with the supervisor prior to leaving the sports complex.