

BIRMINGHAM-SOUTHERN COLLEGE
PHYSICAL FITNESS & RECREATION

INTRAMURAL ULTIMATE RULES

THE GAME

1. The field will be 60 yards x 40 yards with end zones being 20-yards deep.
2. Games will be two (2) 20-minute halves with a 5-minute half time. The clock will only stop for time-outs or an injury.
3. Three (3) 30-second time-outs will be allotted each team for the game. In the case of an overtime period, each team will receive an additional time-out to use during the OT.
4. Each team will play with seven (7) players. A team may play with as few as five (5) players to start the game.
5. Athletic shoes must be worn at all times. Shoes with plastic/rubber molded cleats are allowed. Shoes with metal cleats/spikes will not be allowed.
6. The team captains will meet prior to the start of the game for the coin flip that will decide opening possession for each half. In the event of an overtime period, another coin flip will take place to determine opening possession for the OT.
7. Each point begins with both teams lining up on their respective goal lines. The defense throws ("pulls") the disc to the offense.
8. The "pulling" team must remain inside the end zone until the disc is released, but may move anywhere within end zone.
9. When the receiving team touches the disc during flight of the pull, whether in or out of bounds, the receiving team gains possession of the disc at that point.
10. A pull that lands in bounds (including the end-zone) must be played from wherever it lands. If a pull goes out of bounds on the sideline, it is brought into the center of the field closest to where it went out of bounds. If it goes out of the back of the end-zone, it is brought to the front of the end zone and play starts from there.
11. If a team gains possession in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.
12. Each time the offense completes a pass in the defense's end zone, the offense scores a point and a new point begins.
13. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point of the goal line and put the disc into play from there.
14. The disc may be advanced in any direction by completing a pass to a teammate. After catching a pass, the receiver is allowed the fewest number of steps required to come to a stop and establish a pivot foot. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop. The person with the disc ("thrower") has ten seconds to throw the disc.
15. The defender guarding the thrower ("marker") counts out the stall count at one second intervals. An arm's length must be kept between the thrower and defender.
16. No physical contact is allowed between players. Picks and screens are also prohibited.
17. 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.
18. Players are responsible for their own foul and line calls. Players must try and resolve their own disputes. In the event that a dispute cannot be resolved, the Observer will make the call and that call shall stand with no appeals.
19. Double-teaming is not allowed. 1st offense for double-teaming drops the stall count back 2 seconds. The 2nd offense backs the stall count to zero (0).
20. One foot must be in bounds for a catch to be legally made. Momentum can carry a receiver out of bounds, however he or she must then return to the field where they left and play continues.

21. 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.
22. Players not in the game may replace players in the game after a score and during an injury timeout.
23. 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.
24. MERCY RULE: If a team gains a seven (7) point lead over their opponent at any time in the second half, the game will be ruled as complete.
25. Overtime: A three (3) minute overtime period will follow a regulation game that has ended in a tie. A "sudden death" format will be followed with the first team to score winning the game. One additional timeout will be awarded to both teams for the overtime period.
26. Jerseys – Members of each team shall wear similarly-colored shirts or jerseys.

SAFETY, SAFETY, SAFETY

- o No jewelry will be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercing.
- o No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
- o No alcohol or tobacco products may be used by the participants prior to or during the game.