



Ultimate Frisbee Rules

General IMS Policies and Procedures

All participants are required to complete a waiver of liability form each year. All participants in intramural sports activities assume the risk of injury. Rice University, its employees and agents shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the intramural sports activities.

Ultimate rules will be conducted under the UPA rules with the following additions, exception, and clarifications. *If you have any further rules questions, please contact ims@rice.edu.*

Captains are required to read the general IM Policies and Procedures, and inform their team of any changes!

Starting the Game

Seven players constitute a team, however, play may begin with six. If a team has less than 6 players and the other team agrees to play them. The first team with seven players present will have the first choice of the game. Teams will “officiate” their own games, no officials will be provided - Be Fair. All intramural policies and procedures still apply.

Equipment of the Players

Players are permitted to wear rubber cleated shoes (no metal spikes). Players must wear some type of shoe while playing. All teams must supply their own Frisbees. Both teams must agree on the game disc.

Length of Games

The game is played until one team’s number of goals scored first reaches or exceeds nine (9), with a margin of at least two goals. However, if after 45 minutes a winner has not been determined by points, the current scoring attempt will be the last point played.

If the score is tied, the teams play until one additional goal is scored.

Substitutions



Substitutions may be made on points and injury time-outs.

Game Rules

All of these are subject to the Captains' discretion i.e., discussion before the game.

Ultimate stresses sportsmanship and fair play - please remember Rice University has an honor code! Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Initiate 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 dropped pull will be a turnover. Any contact is deemed to be an attempted catch.

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") must have one pivot foot planted. The defender guarding the thrower ("marker") counts out the stall count to 10 seconds. No momentum touchdowns - one foot must be down in bounds for the catch to be complete. A tie disc will go to the offensive team. The disc may fly in and out of bounds.

Change of possession - When a pass is not completed (e.g. out of bounds and not in the air, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. A turnover in the end-zone will be brought out to the goal line. The offensive player, with the disc, must plant a pivot foot on the goal line. A turnover on the side will be brought to the place where the disc left the field of play if the defense has not touched the disc. If the defense has touched the disc, it is brought into play at the nearest point on the sideline.

Defending - A defensive player must be an arm's length plus one disc width away from the offensive player. Only one defensive player may guard an offensive thrower.

Fouls - When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession were retained. If the player committing the foul disagrees with the foul call, the play is redone. At the time of the foul, both the offense and the defense shall freeze. The defensive player will tap the disc to signal that play has resumed after the foul has been resolved.



Self-Refereeing - Players are responsible for their own foul calls. Players resolve their own disputes. The players catching the disc will make the final call.

Please Note: All final decisions to eligibility and game rules will be at the discretion of the Competitive Sports Coordinator.

FURTHER QUESTIONS OR COMMENTS MAY BE DIRECTED TO:

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