NOTE: The information on these pages is considered fundamentally essential for the conduct of the intramural ultimate games. Any items or instances not covered in this form should be referred to the Ultimate Players Association or Rice University's Intramural Program.

LEAGUES

Open-any combination of males or females my participate
Co-Rec-at least 2 females on the playing surface at all times

ULTIMATE DETAILS

Each team should field 7 players on each point, but 6 is allowed to avoid a forfeit. Players may only play on one team per league, otherwise they will subject both teams to forfeit all games if found violating this rule. The regulation field size is 70 by 40 yards, with the track (Fauver) as end zones.

EQUIPMENT

Players are advised to wear tennis shoes or turf shoes (no cleats please). The plastic flying disc will be supplied, but if both teams agree, the game may be played with one offered by a player.

TIME

Although Ultimate is usually played to points, not time, due to our always present time limits on usage of the fields and other games, we must limit games to two 15 minute halves, with a 5 minute break. Play shall be non-stop, except for after a score. Each team receives one time-out per half. (1 minute time outs)

Unlimited substitutions may be made between points. Overtime will occur only in the play-offs, and will be 5 minutes.

THE GAME (RULES):

- The game is basically self-officiated, so fair play and sportsmanship are stressed. It is a non-contact sport. Competitive play is encouraged!
- Players advance the disc through a series of passes in any direction, but players who catch the disc may not run with the disc. The “thrower” must have one pivot foot planted, and the defender, or “marker,” counts to 10 for the stall count. Once ten seconds has passed and the offensive player has not thrown the disc, the other team gains possession at that spot. The disc may fly in and out of bounds.
- Change of possession also occurs when a pass is not completed (out of bounds and not in the air, dropped, blocked, interception), and the defense immediately gains possession of the disc.
- To initiate play, the teams line up on the front of their respective end-zones, and the defense throws the disc to the offense.
- Defensive players may guard the offense, but only one at a time.
- There is not contact, as said before, and when a foul or violation occurs, the play resumes as if possession were retained. Fouls and violations include picks, screens, traveling and can be identified by the participants. Disputed calls are redone.
- Scores are one point.

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