

**The University of Maine
Campus Recreation
INTRAMURAL SPORTS PROGRAM**

ULTIMATE RULES

To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)

A. TEAMS

1. Teams will consist of 6 on the field.
2. 4 players are needed to start and/or continue a game. For coed games, a minimum of 2 from each sex needs to be on the field at all times.

B. EQUIPMENT

1. Any flying disc may be used as long as it is acceptable to both team captains. If the captains cannot agree, a disc will be provided by the Intramural Sports Supervisor and used for play.
2. Metal cleats are not allowed.
3. Teams must check out jerseys from the Intramural Sports Supervisor. Shirts must be worn underneath the jerseys.

C. LENGTH OF GAME

1. Each half is 20 minutes of running time, which will be timed from a central clock.
2. Half-time will be 5 minutes long.
3. Time lost to injury cannot and will not be made up.
4. At the end of regulation time, the point-in-progress shall be completed if there is a differential of one point between the two teams. If at the completion of that point there is a tie, another point shall be played with the team just scoring throwing off to the team scored upon. This only pertains to playoffs and not the regular season. Regular season games can end in a tie.

D. SUBSTITUTIONS

1. Substitutions may be made after each point.

E. PLAY

1. Object of the game is to score goals. A goal is scored each time that offense completes a pass in the defense's end zone. Each goal counts as 1. After each score play is initiated as described in Rule E-2. Each time a goal is scored, the teams switch directions of their attack.
2. A coin flip will determine who will receive in the first half. The opposing team receives in the second half. Play is initiated with both teams lining up on the front of their respective end zone lines. The defense throws the disc to the offense. Players may not leave their respective end zones until the disc is released.
3. The disk may be advanced in any direction by completing a pass to a teammate. If a pass is not completed (e.g. out-of-bounds, drop, block, interception) possession reverts to the opposing team (turnover).
4. Players may not run with the disc.
5. The person in possession of the disc has 10 seconds to throw it. The defender guarding the thrower counts out the stall mark. If 10 seconds is reached, the offense turns over the disc. If the defensive team switches defenders, the count must revert to 1. A defensive player must be within 5 feet of the throw to initiate a stall count.
6. A player's pivot foot is established with the first touch of the ground. Moving the pivot foot is a travel, causing a turnover.
7. Only one defensive player may guard a thrower at any time. There must be at least one disc diameter between the upper bodies of the thrower and the marker at all times.
8. Intentionally bobbling, tipping, guiding, etc. of the disc in order to advance the disc is illegal and is considered traveling.
9. If the disc is caught simultaneously by offensive and defensive players, the offense retains the possession.
10. A player cannot score by running with the disc into the end zone after gaining possession of the disc. His/her first point of contact must be completely in the end zone. A player who runs the disc into the end zone must take it to the closest point outside of the end zone and continues play from there.
11. Handoffs and catching your own throw are not allowed.

F. OUT OF BOUNDS

1. Any area not on the playing field is considered out-of-bounds. The perimeter lines are considered out-of-bounds.
2. 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. Should the momentum of the player carry him/her out-of-bounds after making a catch and landing in-bounds, the play is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play from that point.
3. If a pass goes out-of-bounds, the opposing team gains possession of the disc where it left the field of play.

4. If a throw-off lands out-of-bounds, the receiving team will put the disc into play at the nearest point on the playing field where the disc went out-of-bounds.

G. FOULS

1. Players are responsible for their own foul and line calls. If a dispute cannot be resolved, a coin flip will determine the call.
2. 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.
3. Picks and screens are prohibited.

H SPECIAL ULTIMATE RULES

1. Non-Contact. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
2. Maximum 2 club members on the field at all times. During playoffs only one club member is allowed on the field for "B" flight games.

Last Modified: 12/18/2012