

# Ultimate

Revised July 2019

## General Intramural Sports Regulations:

- There is no warm up equipment provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the players meeting. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
  - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- All players must be added to the roster by the Captain's meeting. Players may be added after at the Coordinator's discretion.
- All players must complete an online waiver before they are allowed to play. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- If waivers are not signed before league play, those players are taken off of the roster.
- All players must be prepared to check in with the supervisor for every game with a piece of photo identification.
- In Competitive Leagues, to be eligible for playoffs a player must have played in at least one regular season game and be on the team roster with an online waiver signed. Teams must meet the Fair Play requirements (3.5 average).
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**
- Any games that end after 30 minutes of scheduled play time will be considered a completed game and will not be rescheduled.
- Current Intercollegiate are not permitted to play during their season in the same or similar sport.
- Former professional athletes are not permitted to play.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse of staff and other intramural participants**. This will be strictly enforced.

For a complete list of policies, see <http://www.ucalgary.ca/activeliving/intramurals/policies-regulations> .

## Playing Rules:

- Games will consist of two 25 minute halves - with a 5 minute break between halves.
- Each team is allowed 1 (60 second) time out per half. Unused timeouts cannot be carried over to the second half of the game.
- Games that start late will finish on time. There will be no additional time added.
- Players are **not** allowed to wear metal cleats, rings, watches, bracelets, hats , or anything else that is

dangerous to anyone on the field.

- Teams consist of 7 players on the field (outdoor) and 6 players on the court (indoor)
- Substitutions are to be made after a goal, a time out, or in the event of an injury.
- Physical contact between players is not a part of Ultimate.
- Players may not run with the disc.

### **The Game of Ultimate in 10 easy rules:**

1. **The Field** -- A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **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.
3. **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.
4. **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") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- 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.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- 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. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** -- 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.