

# ULTIMATE FRISBEE

## **SPIRIT OF THE GAME**

Ultimate is a non-contact sport. It relies on the principles of sportsmanship and individual (and team) responsibility for upholding the rules. Highly competitive play is encouraged, but never at the expense of these principles. Such actions as taunting of other players, dangerous aggression, intentional fouling, cheap calls, and other “win-at-all-costs” behavior are against the Spirit of the Game, and must be avoided by all players.

## **PLAYING THE GAME**

1. The disc may be passed in any direction.
2. You CANNOT run with the disc--up to three steps maximum after a catch may be taken to come to a stop. A pivot foot must be established once a player catches the disc.

## **TURNOVERS**

1. Any incomplete, intercepted, knocked-down or out of bounds pass results in a loss of possession.
2. The following are also a loss of possession:
  - a) Defender reaching 10 count
  - b) Handing the disc to another player
3. There is no wait period; change of possession is immediate where turnover occurred.
4. Moving the pivot foot is a travel and results in a turnover.

## **BOUNDARIES**

1. Player must have one foot in bounds or end zone for catch to be legal.
2. Discs going out of bounds are put in play from the point of departure from field.
3. Discs going out of end zone can be advanced to goal line to be put in play.

## **GUARDING**

1. Players MUST allow at least a minimum of a disc width between their bodies when guarding the thrower.
2. You may not double team a thrower.
3. The defensive player may initiate a count one thousand one, one thousand two, etc. once a defensive position is established. If ten is reached before the disc is thrown, a turnover results.

## **FOULS**

1. Anyone gaining advantage by initiating contact is guilty of a foul. The fouled party will make the call.

## **CHANGE OF POSSESSION IN END ZONE**

1. If you gain possession in the end zone you're defending, you may either take the disc where it stopped, or walk it up straight to the goal line and take it there. (Not in between, and you can't change your mind once you touch the disc.)
2. If you gain possession in the end zone you're attacking, you must walk the disc perpendicularly back to the goal line. Play continues; no "check".

## **SCORING**

1. Males receive one (1) point; females two (2) points.
2. Female "assist" by throwing a touchdown pass to a male player is two (2) points.

## **GENERAL**

1. Each half is thirty (30) minutes running time.
2. Two time outs (clock stopped) allowed per half.
3. Maximum seven (7) players; two or more females must be on the playing field at all times.
4. Game begins and resumes after score with a throw ("kick off") from own goal line. Dropped "kick" is loss of possession.
5. No referees, honest sportsmanship rules govern play.
6. Free substitution can be: after a goal, to replace injured player, or anytime there is a stoppage in play.

### ***Intramural Mission Statement***

The Loma Linda University Drayson Center offers a wide variety of sports to reach as many needs and interests as possible. In order for these sports to be successful and enjoyable for all participants, Christian sportsmanship with concern for others will always be strongly encouraged. The intramural program is not designed to emphasize who is the "Greatest" or the "Best". Participants of all skill levels are welcome. The intramural program encourages a "competitive Christian spirit" emphasizing the *fun, fair, fitness, and friendship* attitudes of play in all of its programs. The only losers in our intramural program are those that choose not to participate.