

All players **MUST** check-in with the supervisor prior to participation. Each player should verify his/her eligibility in one of the following ways:

- 1) Present his/her own, valid Gator 1 Card before each contest to be eligible to participate
- 2) Have a registered [RSconnect.ufl.edu](https://rsconnect.ufl.edu) profile and be part of the team's roster. The participant must verify his/her UF Gator 1 status OR show a government-issued photo ID to be eligible to participate.

NO EXCEPTIONS!

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Infirmary before participating in Intramural Sports.

Game time is forfeit time. A team forfeits when they fail to have any players legally signed in and properly attired to play at the scheduled game time. If a team has less than the minimum number of players, but at least one person legally signed in and properly attired to play, a team will be given ten minutes from scheduled game time to reach the minimum number of players needed to begin a contest. Participants will not be given warm-up time for showing up after scheduled game time. Please refer to the Participants Guide for more information.

The game is self-officiated. Players must play using the honor code system. Teams are responsible for keeping their spectators and players under control. Misconduct of spectators, players or coaches can result in assessment of an ejection or forfeiture of the game. Spectators must also remain in the area designated by the supervisors. The supervisors shall have the power to make decisions on any contested calls, matters or questions not specifically covered in the rules. Supervisors also have the right to use creative measures in order to control the conduct of players or spectators. All decisions made by supervisors are final, such as if a supervisor has given multiple warnings and the behavior is not corrected, a team may be penalized by playing down a player for three minutes.

Any rule not mentioned in the following will be governed by Ultimate Players Association rules.

1. Players and Substitutes

- 1.1** A team consists of seven (7) players, but may start with five (5) players.
- 1.2** Teams are only allowed to play with any combination of males and females provided they do not exceed the max number of four (4) players of either gender.
- 1.3** Points awarded are the same, regardless of the gender scoring.
- 1.4** When a team has forfeited, the opposing team must have at least five (5) players checked in with the supervisor to receive a win.
- 1.5** Substitutions may occur after a goal before the next pull, before the beginning of a half, or during an injury timeout.
- 1.6** A maximum of two club players are allowed per team.

2. Equipment

- 2.1** Teams must wear shirts that are the same color.
- 2.2** All players must wear athletic shoes or cleats. The shoes must have a rubber sole. Screw-in cleats will be allowed as long as the screw is part of the cleat. Metal spikes are not allowed.
- 2.3** Equipment that may be dangerous to another player such as hats, bandannas, and casts are not allowed. The trainer/supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses, they will be asked to leave the field.
- 2.4** Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- 2.5** Jewelry may not be worn, including rubber bands.
- 2.6** Teams may provide their own disc. Both teams must agree on the disc to be used and must be approved by the game officials. Discs must be at least 175 grams. They are available for checkout at Southwest Recreation Center.

3. Length of Game and Timing

- 3.1** There will be one 50-minute game with continuous running time. Clock stops for time outs or official time outs (e.g. for injuries or retrieving a disc). Clock is not stopped for violations.
- 3.2** First team to 10 points OR the team with the highest score at the end of 50 minutes wins.
- 3.3** Players must play the release in the final seconds of the game.
- 3.4** Each team is allowed 2 time-outs per game.
- 3.5** Overtime: Games stand as ties in regular season play. In the playoffs first team to 3 wins the game. There will be a coin toss to start the period. No time limit, unless excessive.
- 3.6** Championship game will be first team to 10. No time limit. Playoff overtime rule applies.

4. The Game

- 4.1** Play is self-officiated. Players are responsible for their own foul and line calls. Players resolve their own disputes. With difficult calls the player with the best view should make the call. Example: Disc is caught near ground, caught near out of bounds, etc.
- 4.2** Game begins with coin toss by supervisor. Winning team has choice of throwing or receiving, or which end to defend. Loser is given remaining choice.
- 4.3** To initiate play, each point begins with both teams lining up behind their respective end-zone line. The defense throws ("pulls") the disc to the offense.
 - 4.3.1** If the disc is not caught and hits the ground inbounds, play starts at that spot where the disc hit.
 - 4.3.2** If the disc is not caught and hits the ground but moves out of bounds before being touched by the receiving team, play begins at the spot nearest the point where the disc crossed the line.
 - 4.3.3** If the disc goes out of bounds after being touched by the receiving team, play starts nearest the point where the disc crossed the line. There is no turnover.
 - 4.3.4** If the disc goes out of bounds initially, the receiving team has the choice of 1). Starting play at the point where the disc crossed the line or 2). Calling Brick and starting play at the Brick Mark nearest the defending end zone.
 - 4.3.5** If the pull is caught by the receiving team and then dropped, the result is a turnover.
- 4.4** Throwers may pivot and pass the disc in any direction but may not travel with the disc.
- 4.5** A rolling or sliding disc may be stopped by any player but not advanced.
- 4.6** Each time the offense completes a pass in the defense's end-zone, the offense scores a point. Play is initiated after each score with a pull (see above). Non-scoring team walks to opposite goal.
- 4.7** The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
 - 4.7.1** Distance – There must be at least one disc diameter between the thrower and marker and arms and legs cannot be extended so as to hinder the thrower. Thrower may call "foul" and count re-starts.
 - 4.7.2** Marker – Only a player within 3 meters of a thrower may initiate a count.
 - 4.7.3** Count – The Marker counts to 10 at a reasonable pace (1-Mississippi). The thrower must attempt a pass by the count of 10. Thrower may call "fast count" and marker must begin count again.

5. Terminology

- 5.1** Pull – Initial play of game where one team throws to the other. Done after each goal as well.
- 5.2** Brick Mark – A brick is any pull that lands out of bounds untouched by the receiving team.
 - 5.2.1** The brick mark is the mark on the field where play starts if a brick occurs.
- 5.3** 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.

5.4 Out of Bounds – Play is out of bounds when a player in possession of the disc or the disc itself contacts an area out of bounds. The field line is considered out of bounds.

5.5 Play Out of Bounds – The disc may “float” out of bounds in a throw, as long as it returns to inbounds before a player catches it. A player may run out of bounds to make a play as long as the disc is caught in-bounds. If a player’s momentum carries him/her out of bounds but the catch was made while in contact with in-bounds, the disc is still in play. One foot is considered contact.

5.6 Turnovers – Any drop, block, interception, out of bounds play, or marker’s count to 10 results in a turnover of possession.

5.7 Out of Bounds – The player who gained possession as a result of an out of bounds turnover has the option of starting play at the Brick mark or as close to the point of lost possession as possible.

5.8 Drop – A player fails to catch the disc and it falls to the ground. If deflected off one player and caught by another, the disc is still in play.

5.9 Block – The defensive player knocks the disc to the ground before the offensive player catches it.

5.10 Interception – The defensive player intercepts a pass meant for the offensive player.

5.11 Call – A call is anytime a player announces a foul or violation.

6. Continuation Rule

6.1 If disc is in the air or thrower is throwing when call is made, play continues if team in possession retains possession from throw. Call is then “play on”.

6.2 If the team who committed the violation or foul gains possession, play stops and the proper rule for that action is used.

6.3 If the defense makes a call and the pass is incomplete, play continues on with the turnover.

6.4 If a foul or violation is committed by the defense and called by the offense and the pass is intercepted, play stops and possession changes back to the offense starting where the thrower was. If the pass is incomplete as a result of the foul or violation committed by the defense, play stops and possession remains with the offense.

6.5 If both defensive and offensive players make calls, the calls are cancelled out and play returns to thrower in possession at the count where the calls occurred.

7. Violations

7.1 A player must call violations and fouls at the time of occurrence in order to be played. If not called, it did not occur. If called, the foul or violation must be played unless contested. If contested, a resolution must be worked out, usually resulting in a re-play.

7.2 The following violations result in a change of possession:

7.2.1 Marker reaches full count of 10 before thrower makes a play

7.2.2 Disc is handed from player to player

7.2.3 The thrower catches the thrown disc (unless it is deflected off another player by accident)

7.2.4 The thrower calls a time-out when none remain.

7.2.5 During a pull, a player is offside if they step over the end-zone line before the disc is thrown. If either team steps over the line and “offside” is called immediately, there must be a re-pull.

7.2.6 A player’s movement is assisted intentionally by a teammate in catching or blocking a pass.

7.2.7 A player uses an unfair advantage to catch or block a pass.

7.2.8 Traveling with the disc. A player is only allowed as many steps as needed to stop after catching a pass. (Two to three)

7.3 Fouls

7.3.1 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.

7.3.2 A foul is the result of physical contact between opposing players that affects the outcome of play.

7.3.3 All fouls lead to stoppage of play. All players must return to same position occupied at the time of foul to restart play.

7.3.4 Throwing Foul – Contact between a thrower and a marker. Penalty is a turnover if continuation rule applies. Play starts at thrower’s position where foul occurred.

7.3.5 Receiving Foul – Contact between a receiver and a defender attempting to intercept or block the pass.

7.3.6 If foul occurs in end zone, the player fouled gains possession on the end zone line nearest the infraction.

7.3.7 Principle of Verticality - Players are guaranteed the space above them. Players may not hinder attempts to jump or reach above them to make a catch.

7.3.8 Blocking Foul – When the disc is in the air, players must play the disc not the intended receiver.

7.3.9 No player can touch or take away a disc in the possession of another player.

7.3.10 Picks are not allowed.

7.3.11 A player may not block an opponent from moving to an unoccupied space.

7.3.12 If a player repeatedly and blatantly commits fouls, the supervisor may remove the player from the field.

7.4 Marker Violations

7.4.1 The marker may not make contact with the thrower. Penalty is a foul.

7.4.2 Only one marker may guard a thrower. No double-teaming. Thrower may call “double team” and offending player must retreat. If not, marker must stop and restart the count.

7.4.3 Marker must count in decent speed. Thrower may call “fast count”. Penalty is a call and recount.

7.4.4 Marker may not straddle thrower or block thrower’s vision. Penalty is a call and recount.