ISU Intramural Ultimate in Ten Simple Rules

1. **The Field** -- A rectangular shape with end zones at each end. The field is 60 yards by 40 yards, with end zones 20 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. ISU Intramurals has six players on the field. Teams may have a maximum of 12 players at their game.

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 in 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 a timeout. ISU Intramurals allows one time out per team in the 2nd half of the game. A time-out can be called after a score by either team or by the player in possession of the disc during play.

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, safety of players and the basic joy of play.