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, pushing, cheap calls, and other “win-at-all-costs” behavior is against the Spirit of the Game, and must be avoided by all players.

Statement of Risk: Please be aware that participation in intramural sports involves a risk of injury. Individuals are encouraged to have a physical examination and obtain adequate medical insurance prior to participation. Individuals participate in intramural activities at their own risk. Since participation is completely voluntary, injuries and their resulting costs are the responsibility of the participant. Iowa State University assumes no responsibility for injuries received during Intramural sports activities.

FORMAT

1) Six players on the field per team. Minimum of 3 players to start a game. Teams may have as many players on their team as they desire with a maximum of 12 players at a game. Co-Ed teams must have an equal number of each gender on the field...or an equal number plus one. Substitutes are allowed after goals are scored and during time-outs.

2) 30 minute games. 15 minute running time halves with a 3 minute halftime. End of Game: when time runs out – if the score is tied or the team with the disc is one point behind – play continues until the disc changes possession or the team scores. If the disc changes possession and the score remains tied – the supervisor will have a coin flip to determine who throws/receives and the first team to score wins (“sudden death”). When time runs out – if the score is more than a 1 point difference or the team that is ahead has the disc – the game is over. Each team may have one time-out during the second half. Time-outs last no longer than one minute and can be called by either team after a goal is scored. During play, the player in possession of the disc may call a time-out.

3) Late penalty: A team that is 5 minutes late will be penalized 1 point. A team that is between 5 and 10 minutes late will be penalized 2 points. Ten minutes past starting time is a forfeit. Teams who forfeit are assessed a $20.00 fine. The Intramural Sports Supervisor will determine if a late penalty should be assessed.

WHO CAN PLAY

ISU Students who have been assessed the current Activity and Service Fee (includes Rec Services) are eligible to participate in the Intramural Sports Program with their valid ISUCard. All ISU students are assessed the Activity and Service Fee with a few exceptions. Examples of some of the exceptions: APP students, noncredit internships and co-ops, distance education courses, high school students (PSEO), etc. You may check your U-Bill online to see if you have been assessed the Activity and Service Fee. If you have not been assessed the fee and want to participate, you may contact the Fee Assessment Office by email at decredit@iastate.edu and ask to be assessed the Activity Fee. Include your ISU ID# in the email.

DMACC/community college students in the Admissions Partnership Program (APP), are not eligible to participate unless they choose to pay the Activity and Service Fee. (Fall Fee - $161) If you want to participate, you may contact the Fee Assessment Office by email at decredit@iastate.edu and ask to be assessed the Activity Fee. Include your ISU ID# in the email.
Non-enrolled Students – (NES Pass)  (Fall Pass - $161)
The following ISU student categories are eligible to purchase an NES Pass. Eligibility must be verified by the
Recreation Services Administrative Office – 1180 State Gym.

Continuing Student: A student must have been enrolled and completed the previous academic session at ISU. This pass allows continued access and participation during a semester or summer session when they are not officially enrolled. It is not available for consecutive academic semesters.

New Student: A student must be officially enrolled for the next academic session at ISU, and have never been enrolled at ISU at any time in the past. This pass allows access and participation during a semester/session prior to starting classes at ISU.

NON-Students - Rec Pass  (Fall Pass - $161 or Annual Pass - $403)
All non-students must be 18 years of age or older.
All non-students must have a current and valid ISUCard.
The following groups are eligible to purchase a Rec Pass if they meet the above two criteria:

- Student Spouses and Dependents
- Employees, Spouses and Dependents (i.e. faculty, staff, post doc, visiting professor)
- Retired Employees and Spouses
- Alumni Association Members
- Approved Affiliate Employees

Affiliate Spouses are not eligible to be issued an ISUCard, however, they are eligible to purchase a Non-ISUCard Holder paper pass. Please contact Recreation Services for information regarding this process. 1180 State Gym, 294-4980

ISU Ultimate Club / Former ISU Ultimate Club / players practicing on a regular basis with the ISU Ultimate Club –

Restrictions:
- Competitive teams: limit of 2 on a team and only one can be on the field at a time.
- Recreational teams: limit of 1 on a team.

THE GAME

1) Object: successfully passing the disc (frisbee) from one teammate to another across their goal line. A complete pass into the end zone is a goal and counts as one point.

2) Passing can only advance the disc. When a pass is not completed (ie. out of bounds, dropped, blocked, intercepted), the defense immediately takes possession of the disc and becomes the offense.

BEGINNING PLAY

1) A representative from each team should flip a disc and one should call “same” or “different” while the discs are in the air. The winner of the flip has a choice to receive or throw the initial throw-off; or select which goal they would like to defend. The second half begins with a reversal of the initial throw-off position. If an overtime period is needed, then team representatives flip again.

2) The players on the throwing team may move anywhere in their defending end zone, but cannot cross the goal line until the disc is released. The receiving team must be stationary with one foot on the goal line until the disc is thrown.

3) Both teams indicate they are ready by raising a hand.

4) The throwing team has one player “pull” – launch the disc to the other team.

5) Receiving the pull: Receiving team may catch the pull or allow it to hit the ground and then they begin passing. If a pull is touched by the receiving team and drops to the ground it is a turnover and the throw-off team takes possession of the disc at that point.
6) If the throw-off (pull) lands out-of-bounds before reaching the end zone –
   a. Receiving team takes possession nearest the point where the disc crossed the perimeter line.
   b. If the receiving team calls “middle” while the disc is in the air, they take possession in the middle of
      the field at the point the disc flew out of bounds. If the receiving team calls “middle” they must let
      the disc hit the ground. The offensive player taking the disc may use a “self-check”...meaning the
      nearest defensive player says “in play”. If the nearest player does not immediately say “in play”,
      the offensive player may touch the disc to the ground and yell “disc in play.”

7) If the disc flies into the end zone and is either caught or lands there, the receiving team either establishes a
   pivot foot and throws from there or immediately goes to the front line of the end zone and can begin play from
   there. If the disc flies out of bounds, through the end zone the receiving team brings the disc to the front line
   of the end zone and begins from there after the disc is “checked”

OFFENSIVE PLAY

1) Offensive players must stop in as few steps as possible after a catch. You cannot score a goal on momentum
   – walk it back to the goal line and play on. A pivot foot must be established once a player catches the disc.
   Moving the pivot foot is a travel. (turnover)

2) Any player may pass the disc in any direction. Players may occupy any position on the field at any time.

3) Stalling – a defender that is within 3 meters (10 feet) of the thrower may initiate a “stall” count. S/he then
   counts out loud at one second intervals from 1 to 10. If the disc is not thrown by 10, it’s a turnover.

4) Player with the disc may pass (not hand off) in any style he/she desires.

5) Catching: a. All receptions must be clean. If a pass hits the ground, it is a turnover.
   b. If the disc is caught simultaneously by offensive and defensive players, the
      offense retains possession.
   c. If a pass arrives in such a manner that it is unclear whether a catch was made before the
      disc contacted the ground (grass is considered part of the ground), the player(s) with the
      best perspective makes the call (usually the receiver).
   d. Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to
      oneself (ie., tipping delaying, guiding,) in order to advance the disc is not allowed and is a
      turnover.
   e. The player’s first contact with the ground after catching the disc determines whether s/he is
      in or out. The line is OUT; your first point of contact must be all the way in. This includes
      the end zone.
   f. If the receiver lands on the ground and drops the disc it is an incomplete pass.

DEFENSIVE PLAY

1) Defenders are allowed to knock down or intercept a pass in any manner (spiking, catching, kicking of disc) if
   they are able to do so without interfering with an offensive player.

2) The “marker” is the defensive player who is guarding the thrower. The “marker” may not straddle the pivot foot
   of the thrower and must be an arm’s length away from the thrower.

3) Double teaming the person with the disc is illegal (all other double teaming is allowed).

4) Defense is similar to basketball; but you must give the offensive player an arm’s length between the upper
   body of the thrower and the defender. Both players should respect each other’s space.

5) No defensive player may “strip” (touch the disc) while it is in possession of the thrower or receiver. A “strip” in
   the end zone counts as a goal. If “strip” is not in the end zone – then offensive player regains possession of
   disc.
FOULS

1) Fouls are the result of physical contact between opposing players. The player who has been fouled or the player who committed the foul can call a foul. Announce it loudly.

2) The player initiating contact is guilty of a foul.

3) A throwing foul may be called when there is contact between the thrower and the “marker” (defender).

4) If a thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues.

5) If the defender is fouled in the act of throwing and the pass is not completed, play continues.

6) When a foul is committed – play stops and possession starts after the fouling team checks the disc – except in (4 and 5) above.

7) A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul. However – in the spirit of Ultimate – players are expected to avoid contact at all costs… “Pretend like the opponent is your Grandmother”

8) If a player contacts an opponent before the disc arrives and thereby interferes with that opponent’s attempt to make a play on the disc, that player has committed a foul.

9) If a player’s attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, that player has committed a foul.

10) Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.

11) If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line.

12) Force-out foul: If an airborne receiver catches the disc, and is contacted by a defensive player before landing which causes the receiver to land out of bounds, the receiver may call a force-out foul on the defensive player. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

POSITIONING

1) It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul and must be strictly avoided.

2) Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that he/she does not cause personal contact in taking such a position.

3) Picks and screens are illegal:
   a) No player may establish a position, or move in such a manner so as to obstruct the movement of any player on the opposing team: to do so is a “pick”.
   b) In the event of a pick, the obstructed player must immediately call “pick” loudly: play stops and is resumed after a check.

4) When the disc is in the air, players must play the disc, not the opponent. This does not mean that players may jump and dive for the disc with reckless disregard for the safety of fellow players.

5) The Principle of Verticality: All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur, the player restricting the vertical area is responsible for the foul.
6) A player who has jumped is entitled to land at the same spot without hindrance by opponents. He/she may also land at another spot provided the landing spot was not already occupied at the time of take off and that the direct path between the take off and landing spot was not already occupied.

PLAY AFTER A SCORE

1) Each time a goal is scored, the scoring team stays and throws off from that end zone to begin the next point.

2) The team that has been scored upon will have a maximum of one minute to go to the other end of the field and position themselves for the pull. If they take longer than a minute – the throwing team can move up 10 yds.

ADMINISTERING RULES

1) The players themselves are obligated to make rulings.

2) Defensive Fouls – offensive player who is fouled yells “foul”:
   a. If the pass is completed anyway, play continues
   b. Play stops – action returns to the point of the foul after both teams are ready and defender hands the disc to initial offensive player

3) Offensive Fouls – defender announces foul and turnover occurs – fouling team “checks” disc

4) If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.

5) If offensive and defensive players on the same play call offsetting catching fouls, the disc reverts back to the thrower after a check.

6) The Intramural Sports Supervisor has the authority to eject a player(s) or stop a game if they observe behavior that is against the “Spirit of the Game”. They do not make calls – they keep the time and the score.

END ZONES

1) If the defense gains possession in the end zone the player immediately chooses to:
   a. Resume play where the disc stopped
   b. Walk disc perpendicular to the goal line and start play. (Player may not pass disc while approaching goal line)

2) If a team gains possession of the disc in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.
   Exception: a force-out foul results in a goal.

INCIDENTALS

1) On a turnover, the new defensive team does not “check” the disc – in fact, he/she cannot obstruct the progress of the new offensive team by stepping on it, or by otherwise interfering with play.

2) Checking is necessary on the disc if it lands or rolls out-of-bounds. The disc is taken to the point it left the playing field for the check.

3) The following actions result in a loss of possession and a check:
   a. If the marker’s count reaches the maximum number;
   b. If the disc is handed from player to player;
   c. If the thrower intentionally deflects a pass to him/herself off another player;
   d. If the thrower catches his/her own throw
   e. If a player obstructs the movement of an opponent (“pick”);
   f. When a foul is committed;
4) The “Check”: All players must come to a stop and remain in their respective position until play is restarted. The “marker” (defender) restarts play by handing the disc to the thrower.

5) In the case where a novice player commits a violation because they do not know the rule, it is common practice to stop play and explain the violation.

EQUIPMENT

1) Players must wear closed toe shoes. Cleats with any metal exposed are not allowed. Players may wear soft protective clothing as long as it doesn’t endanger the safety of any other player. No jewelry.

2) The Recreation Services Intramural Program provides jerseys and discs. You may wear your own jerseys if they have numbers. Teams may play with a personal disc if both teams agree.

3) All players must bring a current and valid ISUCard to all games.

SPORTSMANSHIP

Teams will be rated on their sportsmanship for each game. The supervisor will award an A, B or C. A = Good, B = Okay, C = Poor. If a team receives 2 "C" ratings, they eliminate themselves from competition. There are no automatic “C” ratings for behavior---it is up to the discretion of the IM supervisor. Your team is responsible for the behavior of your players and fans.

Photographs: Photographs and videos of activities may be taken and used to promote our activities. Please contact the Intramural Sports Program if you are opposed to having your picture/image/voice used for Intramural Program marketing and advertising purposes.

Nondiscrimination: Iowa State University does not discriminate on the basis of race, color, age, ethnicity, religion, national origin, pregnancy, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of the Office of Equal Opportunity, 3350 Beardshear Hall, (515) 294-7612.