

Intramural Ultimate Rules

The following set of rules addresses gameplay for intramural ultimate. Any additional situations that arise will be determined in accordance with the USA Ultimate 11th Edition Rules. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team.

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Eligibility: All students are eligible to participate in the Intramural Sports Program, provided they are enrolled during that semester/block at St. Olaf.

All faculty, staff, and spouses are eligible provided they have a current Recreation Pass, have signed the necessary waivers, and paid the necessary pass fees.

All eligibility protests must be presented to the supervisor before the game or when the protested player first enters the game.

All players must have played in one regular season game to be eligible for the playoffs.

Pre-Game: All participants must present a valid Ole Card to participate in any intramural activity.

There will be no exceptions to this policy. If participants do not present valid identification, they will not be allowed to participate in the Intramural activity.

No ID, No Play!

Equipment: The intramural staff will provide pinnies. However, teams may provide their similar colored shirts or jerseys if they like.

No jewelry or hard brimmed hats may be worn.

If braces are worn, they must be covered with a soft, pliable material. Hard casts may not be worn.

Forfeits: To avoid a forfeit, teams must have the minimum number of players checked in by five (5) minutes past game time.

Timing: The game consists of two 20-minute halves. The clock does not stop for any reasons, and there are no timeouts. When the whistle is blown to signal the end of a period, the period is over. Teams are not permitted to finish the point.

- General Rules:** Teams may have up to 7 players on the field at all times. Before the game begins, each team should designate one player (captain) to settle any disagreements in called fouls.
- Players may not run or walk while in possession of the disc. Players must advance the disc by passing it to their teammates. The disc may be passed forward or backwards.
- To score a point, a player must receive the disc in their attacking endzone. In order for them to be considered in the endzone, the first point of contact must land entirely in the endzone. The player may not run into the endzone.
- The team that scores the most points will win the game.
- Positions:** The thrower is the offensive player in possession of the disc.
- The marker is the player who defends the thrower.
- The receiver is an offensive player not in possession of the disc.
- Substitutions:** Substitutes may only enter after a goal, between playing periods, and to replace an injured player.
- If an injury substitution occurs, the opposing team may substitute any number of players.
- Overtime:** If the game ends in a tie, players will continue at the point of interruption until the next point is scored. The scoring team will be the winner.
- Starting the Game:** Each team captain flips a disc, while one captain calls “same” or “different”. The winner of the flip has the option of who throws or initial direction. The loser of the flip will choose from the remaining options.
- The throwing team to begin the first half will be the receiving team to begin the second half. Additionally, teams will begin the second half going opposite directions of the way they began the game.
- Turnover:** An incomplete or intercepted pass will result in possession for the opposing team. The following actions result in a loss of possession and a check:
- The marker’s count reaches 10
 - The thrower hands off the disc to a teammate
 - The thrower catches or touches his/her untouched throw
- Pull:** The pull is used to start a new period and to start a new point after a goal is scored. After a goal, each team switches sides, so that the receiving team walks down to the far end.

Players (on the throwing and the receiving team) may not cross the goal line until the disc is thrown. Once the disc is released, all players may move in any direction.

The thrower must wait until the receiving team is in correct position and has raised their hand before throwing the disc. The receiving team must complete this act within 60 seconds after the goal has been scored.

If the pull is caught by the receiving team, it may be played immediately from that spot. The player who caught the disc must put the disc into play.

If the pull is dropped by the receiving team, it is considered a dropped disc and the throwing team takes over at the spot that it touches the ground.

If the pull hits the ground and rolls, it is to be put into play when it stops rolling or rolls out of bounds, whichever happens first.

If the pull lands out of bounds, the receiving team has three options:

- Put the disc in play from the spot where it crossed the sideline
- Put the disc in play from the center of the field, 20 yards from their goal line.
- Put the disc in play from the center of the field, even with where the disc crossed the sideline.

Once a decision is made, it is final and cannot be changed.

Playing Area:

The playing area is defined by two sidelines, two goal lines, and two end lines.

The disc may exit the playing area and re-enter, so long as the disc does not contact anything that is not inside of the playing area.

A defensive player may leave the playing area to deflect the disc, which in effect makes the disc dead. An offensive player must be in bounds when s/he leaves the ground, and must still land with his/her first point of contact entirely in bounds for a catch to be called.

A player's momentum may cause their out of bounds after establishing possession of the disc. In this case, s/he may return inbounds to the spot of the catch to continue play.

If the disc leaves the playing field and does not re-enter, the team that is gaining possession may put the disc in play where it left the playing field. (Exception: if the defense touched the disc out of bounds, then they may only bring it to the nearest inbounds spot to the contact).

If a team first gains possession in either endzone, the player should bring the disc to the nearest goalline spot and put the disc in play from there.

Fouls:

Fouls are the result of physical contact between opposing players. The player initiating contact is guilty of a foul. A foul can only be called by the player who has been fouled and must be announced by calling out the word "Foul!" loudly immediately after the foul has occurred.

A throwing foul may be called when there is contact between the thrower and the marker. When a foul is committed by a thrower or the marker, play stops and possession reverts to the thrower after a check.

If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul. If a player contacts an opponent before the disc arrives, that player has committed a foul. However, if a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, it is considered "harmful endangerment" and is a foul.

If a catching foul occurs and is uncontested, the player who was 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 (with the exception of a force-out foul) occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

Violations:

A violation occurs when a player violates the rules in a manner, which does not result in physical contact. A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.

Travel:

The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.

If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

Strip:

No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."

If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero (0).

A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone is a goal.

Double-Team: Only one marker is permitted to guard the thrower. No other defensive player may establish a position within three (3) meters of the pivot foot of the thrower, unless they are guarding another offensive player in that area.

Should the thrower recognize a double-team situation, s/he first calls "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero (0).

Stalling: The thrower must release the disc before the marker counts to ten. The marker is the only player allowed to initiate the stall count, and the count must be made loudly enough for the thrower to hear it.

If the marker gets to ten seconds prior to the thrower releasing the disc, the maker should shout, "stall" to let everyone the disc is dead, and possession reverts to the defense.

If the stall count is interrupted by a foul or violation, the count should revert to the following times

- Uncontested defensive foul or violation: 0
- Uncontested offensive foul or violation: Count plus 3 (Maximum of 8)
- Contested foul or violation: Current Count (Maximum of 5)
- Offsetting calls: Current Count (Maximum of 5)
- Unresolved calls: Current Count (Maximum of 5)
- Offensive Pick: Count plus 3 (Maximum of 8)
- Fast Count: 0
- Double team: 0
- Strip: 0

Pick: No player may establish a position, or move in such a manner, to obstruct the movement of any player on the opposing team. In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check, unless the continuation rule applies.

Continuation: If a foul, violation, or pick is called while the disc is in the air, the play is always completed. If the team, which called the foul, violation, or pick, gains possession because of that pass, play continues unhalting. In this situation, players should call "play on."

If the pass is completed, but the defensive effort on the pass was affected by the violation, the pass does not count and possession reverts to the thrower.

If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover.

If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts to the original thrower.

Etiquette:

If a foul is committed and not called, the player who commits the foul should inform the infringed player of the foul.

It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.

Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.

The intramural staff has the right to eject players for dangerous and/or unsportsmanlike behavior, as well as stop games that are becoming too dangerous for participants.