Important rules as well as rules unique to SDSM&T Intramurals follow. Team captains are responsible for sharing this information with their team members prior to the team’s first competition.

**TEAM SIZE**
a) Ultimate Frisbee teams are comprised of seven players. A minimum of five players are required to play a game. There must be one female in at all times.

**LENGTH OF GAME**
a) Two 20-minute halves with a running clock and a five-minute half time.
b) Each team is permitted a single one-minute time-out per half. Time-outs may be called by either team after a scored goal and prior to the ensuing pull OR by the player in possession of the disc during play.
c) Mercy Rule – The game will conclude if there is a 10 point difference in score within the final 5 minutes.

**EQUIPMENT**
a) Shirts must be worn at all times. Pennies may be worn by each team to distinguish team members.
b) Metal cleats/spikes or shoes with removable cleats may not be worn. In addition, players may not participate in bare feet. Only tennis shoes, molded rubber cleats, or turf shoes are permitted.

**TIE PROCEDURES**
a) For regular season games a five-minute overtime period is played using sudden death format. If the game is still tied after the overtime, the game is considered a tie. Each team has a single one-minute time-out during the overtime period.
b) During the playoffs a game continues until one team scores.

**SUBSTITUTIONS**
a) Substitutions can be made (1) after a goal and prior to the ensuing pull, (2) before the beginning of half or overtime period, or (3) to replace an injured player.

**STARTING AND RESTARTING THE PULL (THROW-OFF)**
a) The players on the throwing team are free to move anywhere in their end zone but may NOT cross the goal line until the disc is released.
b) The players on the receiving team may not change position relative to one another and must have at least one foot in their end zone prior to the release of the disc.
c) As soon as the disc is released all players may move in any direction.
d) If a member of the receiving team catches the throw-off on the playing field, that player must put the disc into play from that spot.
e) If the receiving team allows the disc to fall untouched to the ground and the disc initially lands in bounds, the receiving team gains possession of the disc where it comes to rest.
f) If the throw-off lands out of bounds, the receiving team may either: (1) Put the disc into play where it crossed the field boundary line, or (2) Put the disc into play in the center of the field even with the point at which it crossed the field boundary line.

**SCORING**
a) A point is scored each time the offense completes a pass in the opposing team’s end zone.
b) Ensuing play is initiated after each score with a pull by the team that scored.

**POSSSESSION AND BASIC PROCEDURES**
a) After catching a pass, the receiver is allowed the minimal number of necessary steps to come to a stop and establish a pivot foot. Typically the maximum number of allowed steps is three.
b) Both feet must be in bounds for a catch to be considered legal.
c) Momentum can carry a receiver out of bounds and the receiver may then return to the field of play where he/she went out of bounds and continue play.
d) The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. Travelling can be called by the defense.
e) The thrower has the right to pivot in any direction. However, once the defender (the marker) has established a legal defensive position, the thrower may not pivot into him/her.
f) If the thrower drops the disc without defensive interference, it is considered an incomplete pass.
g) The thrower may toss the disc in any way he/she wishes.
h) Only one defender may guard the thrower at any time. This player is considered to be the marker.
i) The marker must remain at least an arm’s length from the thrower. The thrower can call for the marker to back off if the marker is too close.
j) Once the marker has established a set defensive stance on the thrower, he/she may initiate a clearly-audible count. The count is from one to ten in one-second intervals.
k) The thrower can call a fast count if the marker’s count is faster than one-second intervals. In such instances the marker must start a new count.
l) If the thrower has not released the disc at the first utterance of the word “ten,” the result is a turnover.
m) If the defense decides to switch markers, the new marker must start a new ten-second count.

**FOULS AND ILLEGAL PROCEDURES**
a) No physical contact is allowed between opposing players. A foul occurs when a player initiates contact with another player. Picks and screens are prohibited.
b) Illegal procedures and fouls committed by offensive players result in a change of possession.
c) Fouls committed by defensive players that disrupt possession by offensive players result in the continuation of play as if possession was retained.
d) In accordance with the principle of verticality, all players have the right to the space immediately above them.
e) A player that has jumped is entitled to land at the spot from which he/she left the ground without hindrance from an opponent.

*Updated: 8/17/2016*