

Adult Ultimate Frisbee

2016 Rules

This League we will be using an adapted version of the USA Ultimate rules for Intramural Ultimate. This simplified version of Ultimate rules is especially for intramural play (<http://www.usultimate.org/rules>). However, if there is any discrepancy between this version and the Official Rules of Ultimate, the official rules govern. This is true with the exception of the following:

ELIGIBILITY

PLAYER ELIGIBILITY

A player may compete for only one team in each division. Players must be 16 years of age as of April 16, 2016 in order to participate. To be eligible for tournament play, a participant must play in at least three (3) regular season games. Players will need to check in and **show a picture ID** before any regular season games they wish to count towards the three required for tournament.

FORFEITS

If a team forfeits a game they will: (1) first offense, receive a phone call from the program coordinator; (2) second offense, be charged a \$25.00 re-instatement fee; (3) third offense, forfeit the remainder of their season and the schedule will be re-written to accommodate the remaining teams.

EQUIPMENT

UNIFORMS

Each team must have matching jerseys by your third game. **A player without a matching jersey will not be allowed to play.**

PLAYERS

TEAM STRUCTURE

1. A team consists of 7 players.
2. A team may start and play a game with as few as 5 players.
3. All teams will be encouraged to be able to play with either a 6 - 1 or 5 - 2 setup, though this ratio can be adjusted based on the actual make-up of the teams. The receiving team generally decides the ratio and the pulling team (throwing the disc to initiate play) must try and match it.

GAME PLAY

STRUCTURE, SCORING, & TIME-OUTS

1. Time is a continuous 50 min clock. At 50 minutes, a hard cap whistle will blow and the current point is finished. If the game is a tie, one final point is played. If the game is not a tie, the team currently ahead wins.
2. Teams will flip discs at the start of the game. A third person will call 'odd or even'. Team that wins the flip may either choose starting endzone, or to pull/receive. Losing team then chooses the other option.
3. Games to 11, win by 2, cap at 13. Hard cap at 50 Minutes.
4. Half time taken when a team reaches 6 points. Half time is 3 minutes.
5. Each team has one 2-minute time-out per half.

AWARDS

DIVISION AWARDS

Any team finishing 1st or 2nd in their respective division must contact Provo Parks & Recreation within one week of regular season completion to receive a regular season trophy. Individual awards will be given in the post-season tournament.