



## IFC Ultimate Rules

*The WFDF rules of ultimate apply in addition to and/or including the following:*

### **Team:**

1. Teams consist of seven players on the field with a maximum of 15 used per game.
2. There is a minimum of three players from each gender on the field at all times (one team chooses the seventh player and the other must match – the team to choose will be determined by a certain end of the field).
3. Substitutions are unlimited but can only be made between points except in the case of an injury.
4. Players must wear their own black shorts – IFT tops will be provided.

### **General Rules:**

1. All pool games have a points cap of 9 (the first team to 9 points wins) and a hard time cap of 25 minutes.
  - a. A half-time break should occur as soon as one team reaches five points. This break should only last approximately one minute and shall be administered by both teams.
  - b. A hooter will sound after 25 minutes – if neither team has reached the points cap at that time, the game will end immediately. If scores are tied, the current point shall continue and the team who scores it shall be determined the winner.
2. All playoff/finals games have a points cap of 13, a soft time cap of 40 minutes and a hard time cap of 50 minutes.
  - a. Half-time shall be observed by both teams once the leading team reaches 7 points. This break should last approximately 2-3 minutes and shall be administered by both teams.
  - b. If neither team has reached the points cap when the hooter sounds after 40 minutes, teams shall add 1 to the leading team's score and the first team to reach that score will be determined the winner.
  - c. If neither team has reached the new points cap after 50 minutes, the game will end immediately. If scores are tied, the next team to score a point will be determined the winner.

### **Fouls, violations & infractions:**

1. Ultimate is a non-contact sport. Physical contact should always be avoided.
2. Contact that is dangerous or affects the outcome of the play is a Foul.
  - a. As Ultimate is self-refereed, players need to call their own fouls.
3. Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players.



**SPORT AND  
RECREATION**

*Standard IFC rules are as follows:*

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- No watches or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.



**SPORT AND  
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