



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. Pool games will have a points cap of 13 (the first team to 13 points wins) and a time cap of 50 minutes.
 - a. Half-time shall be taken when a team reaches seven points. This break should only last approximately three minutes and shall be administered by both teams.
 - b. Teams shall finish the current point when the hooter sounds after 50 minutes. If the scores are tied at the end of that point, teams shall play one final point with the scoring team declared the winner.
2. Finals games will have a points cap of 13, a soft time cap of 50 minutes and a hard time cap of 60 minutes.
 - a. If neither team has reached the points cap when the hooter sounds after 50 minutes, teams shall add 1 to the leading team's score and the first team to reach that score will be determined the winner.
 - b. If neither team has reached the new points cap after 60 minutes, the game will end immediately. If scores are tied, the next team to score a point will be determined the winner.
3. The Grand Final will have a points cap of 15, a soft time cap of 65 minutes and a hard time cap of 75 minutes.
 - a. If neither team has reached the points cap when the hooter sounds after 65 minutes, teams shall add 1 to the leading team's score and the first team to reach that score will be determined the winner.
 - b. If neither team has reached the new points cap after 75 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.



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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.

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.



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