



IFT Ultimate Rules 2017

Team:

- Seven players per team.
 - 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).
 - Maximum of 15 players can be used per game.
- Substitutions are unlimited but can only be made between points (except in case of an injury).
- Players must wear their own black shorts – IFT tops will be provided.

General Rules:

- Pool games will have a points cap of 13 (the first team to 13 points wins) and a time cap of 50 minutes.
 - 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.
 - 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.
- Finals games will have a points cap of 13, a soft time cap of 50 minutes and a hard time cap of 60 minutes.
 - 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.
 - 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.
- 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.
 - 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.
 - 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.
- **Starting the game:**
 - Team captains toss the disc before the game to determine who 'pulls' the disc (the pull is the throw at the start of each point that initiates play) and what end each team starts at.

- Each team then lines up on opposing base lines. The person with disc in hand puts one hand in the air to signal that they are ready to commence play (this happens at the beginning of every point). They must wait for someone on the opposing team to raise one hand in response before pulling.
- The receiving team can either catch the pull or let it land and take it from there, or take it from where it goes out. In outdoor Ultimate, a dropped pull is a turnover.
- If a team makes a pull that is uncatchable and lands out on the full then it can be "bricked" (this means that they can bring it out to the front of their end zone if they want).
- **No running with the disc:**
 - You are not allowed to run while you have possession of the disc – this is called a **"Travel"**.
 - Once you land/stop, you must keep one foot still, but you are allowed to move the other foot (this is called "pivoting" which also occurs in basketball).
- **Stall count:**
 - You have a limited amount of time before you must throw the disc – this is called the **"Stall Count"**.
 - The thrower has 10 seconds to throw the disc, which must be counted out loud by their marker/defender.
- **Turnovers:**
 - The defensive team takes possession of the disc (a **"turnover"**) if the offense:
 - fails to catch a pass
 - attempts to catch but drops the pull
 - catch it out-of-bounds
 - if it is intercepted or knocked down by a defensive player
 - Turnovers also occur when:
 - The marker reaches "t" in ten before the disc is thrown
 - The disc is handed from one player to another without being thrown
 - The thrower catches their own throw without the disc being touched by anyone else
 - After an in-bounds turnover the other team may immediately resume play at the point where the disc was caught or stopped.
- **Scoring:**
 - To score, the attacking team needs to catch the disc in the end zone. The end zone will be a clearly marked area.
 - If you are in the air while catching the disc, your first point of contact must be in the end zone in order for a point to be scored. If your foot touches the goal line upon landing, it is not a goal and play continues (unless the catcher steps out of bounds).
 - After a goal, play stops and teams swap which end zone they are defending.
- **Fouls, violations & infractions:**
 - Ultimate is a non-contact sport. Physical contact should always be avoided.
 - Contact that is dangerous or affects the outcome of the play is a Foul.
 - As Ultimate is self-refereed, players need to call their own fouls.

- The thrower may not be defended by more than one player at the same time ("double team").
- The marker may not come closer than one disc diameter to the thrower ("disc space").
- The marker may not hit or grab the disc out of the hand of the thrower. They may however try to block the disc with their hands or feet after it is thrown.
- If opposing players catch the disc at the same time, the offensive player gets possession of the disc.
- Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players.