General Rules
Must bring a valid BYUH student ID card.
Tennis Shoes required...NO bare feet or slippers.
Dress Code will be enforced. Women...Shorts must be modest in length. Men...Hair and Grooming standards will be enforced.

Honor Code
There is a “0” tolerance for unsportsmanlike behavior. Any participant dismissed for unsportsmanlike behavior will be banned from future intramural events and a report will be turned in to the Honor Code Office for their evaluation.
*** There will be a 10 minute grace period for teams unprepared to play. If a team is unprepared to play after 10 minutes the team will forfeit the game. Teams forfeiting their games will be dropped from the tournament and lose their deposit.

Game Rules
Ultimate Frisbee consists of seven (7) players. A minimum of five (5) players is required to begin a game. Must have a minimum of 2 females on the field at all times.
Two 12 minute periods with a 5-minute half time. Time is continuous for each period except in the following circumstances:
When the official calls time-out for an injury
When one of the teams call a time-out
Each team will receive 1 (one minute) timeout per half; timeouts may be called by either team, after a goal and prior to the ensuing pull, or may be called by the player in possession of the disc during play.
In case of a tie. A 5-minute overtime is played with a sudden death format. If the game is still tied after the overtime, the game is considered a tie. One timeout will be awarded to each team during the overtime period.
Substitutions-
Substitutions can be made: after a goal and prior to the ensuing pull (throw-off), before the beginning of a period, or to replace an injured player. An ejected player may not be replaced.

Starting and Restarting the Throw-Off (Pull)-
The players on the throwing team are free to move anywhere in their defending end-zone, but may NOT cross the goal line until the disc is released.
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.
As soon as the disc is released, all players may move in any direction.
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.
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 stops. If the throw-off lands out of bounds the receiving team makes a choice of:
Putting the disc into play where it crossed the line
Putting the disc into play in the center of the field where the disc crossed out of bounds
Requesting a re-throw
Scoring----Each time that the offense completes a pass in the defenses’ end zone, the offense scores a point. Play is initiated after each score.

Possession and Basic Procedures-
Two feet need to be in bounds to be considered a catch.
Momentum can carry a receiver out of bounds, then return to the field where she/he left the field and continue to play.
The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
If the thrower without defensive interference drops the disc, it is considered an incomplete pass.
The thrower may toss the disc in any way she/he wishes.
Only one player may guard the thrower at any one time, this player is the marker.
An arm’s length must be kept between the defender and the thrower; player with the disc can call “SPACE” if defender is too close.
Once a marker has established a set-guarding stance on the thrower, she/he may initiate the count; the count consists of the marker calling. Counting out loud at one-second intervals from 1 to 10. If the count is too fast, the referee will yell “recount” and the marker must then start a new count.
If the thrower has not released the disc at the first utterance of the word ten, a turnover results.
If the defense decides to switch markers, she/he must start again from one.
After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot (estimate would be 3 steps).
NO PICKS OR SCREENS!
Fouls are the result of physical contact between opposing players.
In the event of a foul, possession is given to the player of which the foul was committed against.(Fouls will be determined by the Head and Side referees.
The principle of verticality: All players have the right to the space immediately above them. A player who has jumped is entitled to the space at the same spot she/he took off from without hindrance by an opponent.