I. EQUIPMENT/UNIFORM/ELIGIBILITY
   A. All players must present their Princeton University I.D. to the IM Supervisor to participate.
   B. 165 gram world class Frisbee
   C. Teams should wear different color T-shirts or vests provided by IM Supervisor.
   D. Shoes must be worn at all times. No metal, hard plastic or polyurethane spikes or shoes with detachable cleats are allowed.
   E. No hats with brims or jewelry are allowed to be worn during play.
   F. All players must play in at least ONE regular season game in order to be eligible for playoffs.
   G. Players are only eligible to play for ONE team.
   H. Maximum of 2 Ultimate Sport Club players are allowed to play per roster.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY
   A. 7 Players constitute a team. Teams may begin with 5 players.
   B. Co-Rec Rule - If the team plays with 7 players, the ratio must be 5:2; 6 players the ratio is 4:2; 5 players the ratio is 3:2.
   C. Game is two 20-minute halves. Halftime lasts 3 minutes.
   D. A team that fails to have 5 players within 10 minutes after starting time will forfeit/default the game. A default loss is only awarded if the teams agree to scrimmage, and utilize the space reserved for this game. If a scrimmage does not occur, the game will result in a forfeit and $25.00 will be charged to that team.

III. GENERAL RULES
   A. Ultimate Frisbee is self-officiated by players. Teams must abide by rules provided by the Intramural Office to ensure safety and consistency within the league. Intramural Supervisors are on-site to supervise game play, handle emergencies, and address concerns of participants.
   B. Object: To pass Frisbee over goal line this counts as one point.
   C. Beginning play
      1. A coin toss as in football is enacted. Same choices are given: receiving the "pull" or choice of goal to defend.
      2. Pull is alternated beginning second half.
      3. Both teams line up across the goal line they are to defend, and remain stationary until the "pull".
      4. "Pulling" team has one player "pull" ... launch Frisbee to other team.
      5. Receiving the "pull": Receiving team must either clean (without touching the ground) catch the pull or allow it to hit the ground and begin passing. If a pull is dropped when attempting to catch it, it is a turnover. No "muff" rule is in effect.
      6. If on the pull the Frisbee goes out of bounds, the receiving team has the option of:
         a. Taking it on the sideline
         b. Running the Frisbee in the middle of the field, yelling "middle" and beginning play from that spot.
IV. **OFFENSIVE PLAY**

A. Like pivoting in basketball, offensive players in possession of the Frisbee cannot take a step, nor control the disc for more than 10 seconds.
B. Players may pass (not hand off) in any style he/she desires.
C. Pass may be in any direction.
D. Catching:
   1. All receptions must be clean. If a pass hits the ground it is a turnover.
   2. First supporting point to hit the ground must be in bounds.
E. Offensive Penalties
   1. Traveling consists of taking more than one full step after receiving the Frisbee.
   2. Excessive, obvious or intentional picks or screens are illegal.

V. **DEFENSIVE PLAY**

A. Defenders are allowed to knock down or intercept a pass in any manner (spiking, catching, and kicking Frisbee) possible, but must not interfere with offensive player.
B. Playing person with Frisbee:
   a. Double team thrower is illegal (all other double teaming is allowed)
   b. Must give offensive player an arm's length to throw.
   c. Zone defense is legal.

VI. **DEFENSIVE PENALTIES**

A. Foul - contact with passer as he/she attempts to pass
B. Interference - obstructing receiver without the intent of defending Frisbee.

VII. **PLAY AFTER SCORE**

A. Pull occurs after each score.
B. Scoring team will then defend that goal.

VIII. **ADMINISTERING PENALTIES**

A. Defensive fouls: Offensive player who is fouled makes call.
   1. If a pass is completed anyway, play continues.
   2. Play stops - Action returns to point of foul after both teams are ready and defender hands Frisbee to initial offensive player.
B. Offensive fouls:
   1. Defender announces foul and turnover occurs.
   2. Fouling team checks Frisbee as above.

IX. **SUBSTITUTIONS**

A. Substitutions can be made only:
   1. After a goal and before the ensuing throw off.
   2. To replace an injured player.
   3. At the half, before overtime, or during a time-out.

X. **TIME-OUTS/OVERTIME**

A. Each team is allowed one time-out per game and one per overtime.
B. Overtime (only during Playoffs) is a sudden death period of 5 minutes. Coin flip determines which team will throw off.

*Revised: 3/17*