



Kwantlen Polytechnic University Ultimate Rules & Regulations

General Rules

Review the following rules and regulations to refresh your understanding of Ultimate. These will be posted online if you would like to refer back to them throughout the semester:

www.kpu.ca/sportrec/drop-in

KPU Drop In/Intramural Policies

All participants are expected to follow the KPU code of conduct and respect the Coordinator, officials, sport and opposition. KPU encourages sportspersonship and fun. When participating in sports and recreation it is a tendency to get competitive, this is encouraged but aggressive behavior and language is not. If this is an issue you and whoever is associated with you (including spectators) will be asked to leave the premise. Depending on the severity, you may be asked to permanently leave from the sport drop-in/league for the rest of the semester.

All participants must have their **KPU STUDENT/STAFF ID** with them before playing.

Authority

If any individual has questions or concerns regarding Ultimate, please contact sportrec@kpu.ca or the Sport and Recreation Programs Coordinator, julia.nobauer@kpu.ca.

Sportspersonship

Please play safely in a respectful manner and with good spirit at all times with opposing players and KPU Sport & Rec staff. Derogatory language, fighting, hate speech or any such verbal or physical abuse will not be tolerated. Any player not abiding by the rules and regulations will be removed from the sport drop-in/league.

Officiating

All drop-in sports will be self-officiated. Any disputes must be resolved between both captains of each team.

Dress Code

Must have appropriate athletic pants/shorts and shoes. NO JEANS.

Equipment

Frisbees are provided.

Game Play

All games will be played at Newton Athletic Park KPU Sports Field. Games will be drop-in style therefore each game may have varying numbers of people/team every week. Pinnies will be provided to distinguish 1 team from another. All games will be drop-in style with no referee officiating, teams will make own calls.

1. **Start of Game:** Teams will rock, paper, scissors for first possession. Each team will start in their own end zones, the team who won rock, paper, scissors will receive the disc from the opposing team.
2. **Scoring:** A point is received when a team completes a pass in the other team's end zone. The team that received the point will then throw the disc to the opposing team.
3. **Moving the Disc:** The disc can be thrown in any direction and each player has 10 seconds to make a throw. Disc is turned over to the opposing team if player hits 10 seconds. Players are not allowed to run with the disc. Players can only move with the disc when they are in the process of catching the disc. At this point they then catch their balance and no longer are able to move until they have released the disc.
4. **Change of Possession:** When a pass is incomplete the opposing team receives possession of the disc. When thrown out of bounds the disc is given to opposing team.
 - **Blocking:** When blocking a pass, opponent may use their hands but foot blocks or kicks are not allowed.
 - **Out of Bounds:** In the motion of catching the disc before it goes out of bounds, the catcher must have a least 1 foot in bounds before any part of body crosses out of bounds.
5. **Self-refereeing:** Players are responsible for line calls, any disputes must be resolved between both captains of each team.