



# INDOOR ULTIMATE *Cheat Sheet*

## ROSTERS

- A full team on the floor consists of 5 players with a minimum of 2 females
- The minimum amount of players required in order to not default is 4 total players including at least 1 female

## GAME PLAY

- Games consist of two 25 minute halves, with a 5 minute half time
- Mercy will be called if one team gains a lead of 8 points. Scores freeze and teams are encouraged to play for fun
- A throw-off (aka: Huck or Pull) is used to start a half or after a goal
  - Players on the throwing team cannot cross their goal line until the disc is released
  - Players on the receiving team must stand with 1 foot on their goal line until disc is released
  - No player from the throwing team may touch the throw-off in the air before it's touched by the receiving team
  - If the throw-off falls untouched to the ground, and is in, the receiving team gains possession where it stops
  - If throw-off goes out of bounds without a touch, the receiving team can choose to put the disc into play where it crossed the line, request a re-throw or invoke the 'middle rule'
- Loss of possession occurs in the following situations:
  - An incomplete, intercepted, knocked down or out of bounds pass results in loss of possession
  - The marker reaches the maximum number of stalls
  - The disc is handed from one player to another
  - The thrower intentionally deflects a pass to him/herself or a teammate
  - If the thrower catches their own pass without it being touched by another player during its flight
- To score a receiver must gain possession of the disc with their 1st point of contact being with the ground in the end zone, with no point of contact outside the end zone. A player cannot score by running into the end zone
- Throwers must establish a pivot foot in any direction and may not change the pivot foot until the throw is released
- Throwers have up to 10 seconds to throw the disc. This is counted in stalls (stall one, stall two, stall three...)
- The defensive player, the marker, initiates a stall count. To initiate a stall count the thrower must have picked up the disc and the marker cannot start the count until they have come to a complete stop
- Only one defensive player can guard the thrower at any one time and cannot straddle the pivot foot of the thrower
- The Games Coordinator will yell "Last Possession" with 2 minutes left in each half. This doesn't mean the game is over, just that the team currently with the disc has their last chance to score a point

## PENALTIES AND VIOLATIONS

- When play stops due to a foul, injury or out of bounds, the disc needs to be checked. Checks are done by:
  - Marker handing disc to thrower
  - Thrower presents the disc to the marker and the marker taps it with their hand
  - If no defensive player is close, thrower can tap the disc to the ground
  - Once checked the thrower should call "disc is in" to let players know play is starting
- No picks. No player can establish a position that obstructs the movement of a player on the opposing team
- Travelling occurs when the thrower doesn't keep their pivot foot in one spot, receiver takes more steps than needed to stop after catching a pass, or the receiver after getting a pass on the run releases after the 3<sup>rd</sup> ground contact before coming to a complete stop
- No defensive player may touch the disc while it's in the hands of the thrower
- No physical contact between players is allowed. Fouls are called by the person who was fouled by calling "foul"