**Ultimate Football Rules  
UW-River falls Intramural Sports**Last Updated: January 2025

**League Registration:**All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

**Participant’s Quiz:**During registration, all players will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures all participants know the rules and policies prior to the start of the intramural league. All quizzes will be completed online through IMLeagues.

**Entry Fee:**The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $10 for a single team, $30 for a semester, or $50 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

**Schedules, Results, and Standings:**Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at [www.uwrf.edu/campusrec](http://www.uwrf.edu/campusrec) and click on the Intramurals Sports and IMLeagues to access IMLeagues.

**Forfeit/Default:**If your team is unable to compete in a contest, please notify the Intramural Sports staff by email ([campusrec@uwrf.edu](mailto:campusrec@uwrf.edu)) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee.

**Questions:**Please contact the Campus Recreation Staff with any questions or concerns.

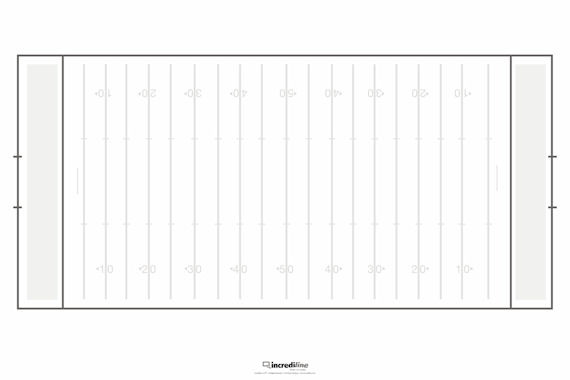
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| Contact Name | Position | Phone Number | Email Address |
| Campus Rec Staff | General Information | 715.425.4289 | campusrec@uwrf.edu |
| Barron Blom | Competitive Sports Student Manager | 715.425.4289 | barron.blom@my.uwrf.edu |
| Alex Pendar | Competitive Sports Coordinator | 715.425.4442 | alex.pendar@uwrf.edu |

**General Procedures:**Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league, or a forfeit will be charged to the second team they participated on.
3. Each participant must wear appropriate apparel and athletic footwear. Intramural Supervisors have the right to keep any participant from playing if they decide that clothing is a not appropriate.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
5. All visible jewelry, watches, and bracelets must be removed prior to participation.

*Note: Players are allowed to wear stud earrings at their own risk. All other piercings including hoop or dangle earrings will need to be removed.*

**RULES:**

1. **GAME SETUP:**
   1. An intramural supervisor will keep track of the score and run the clock.
   2. A game consists of two-18-minute halves with a three-minute halftime.
   3. A running clock will be used and will only stop for major injuries and timeouts.
   4. Enforcement of Kickoff delays.
      1. A Kickoff delay occurs when the scoring team takes more than 45 seconds to throw or kick the ball to the receiving team.
      2. Failure to complete a kickoff in 45 seconds will result in a turnover of the ball.
   5. The clock will stop on all scoring plays inside the **final five minutes** of the game and will resume as the ball is released from the scoring team’s side.
   6. **A touchdown is worth 1 point.**
   7. Each team will receive one 30 second timeout per half.
      1. Offense must have possession of the ball to call a timeout. After the timeout is finished, offense can set up on the field and then defense can mirror them.
2. **PARTICIPATION:**
   1. **Ultimate Football is an open sport. Meaning your roster have any combination males and females.**
   2. Teams may play with seven players on the field. A team may start with as few as five players. **Roster may have up to 14 players.**
   3. If a team is reduced to less than five players at any time during the contest, a default loss will result.
   4. Teams are encouraged to play with an equal number of males and females.
3. **INTERCOLLEGIATE ATHLETE ELIGIBILITY:**
   1. Members of the UWRF Football Team may not participate in Ultimate Football for the entire academic year. If you are on the team in the fall and are no longer on the roster in the spring, you would still be ineligible to participate.
4. **COURT SETUP:**
   1. The field will be a rectangular shape with end zones at each end.
   2. The end zone will start at the 10-yard line of the football field and continue to the back of the end zone.
   3. The field width will be inside the numbers on both sides of the field (see diagram below).
   4. The brick mark will beat the 35-yard line of the football field (see diagram below). ****

**ENDZONE**

**ENDZONE**

**Brick Mark**

1. **GAME PLAY:**
   1. An initial flip of a coin will determine the initial kickoff.
      1. Player that wins the flip will choose to either defer/receive the ball or the side they want to begin on.
   2. The second half begins with an automatic reversal of the initial kickoff.
   3. Timeouts may be called by either team after a score and prior to the ensuing kickoff.
   4. During play, timeouts may only be called by the player in possession of the ball.
   5. When play resumes after a time out, the stall count is continued from where it was when time-out was called.
2. **Overtime:** 
   1. An untimed overtime period will begin with a *sudden victory* format. Play will continue until a score.
   2. An initial flip of a coin will determine the initial kickoff.
   3. One timeout will be awarded to both teams for the overtime period.
   4. Playoff Overtime: each team will have one possession and if it is still tied teams will have alternating possessions until one team fails to score
3. **SUBSTITUTIONS:**
   1. Players may only sub after a score and during a timeout.
   2. In the event of an injury, a substitution for the injured player is allowed. In this case, the opposing team may substitute a like number of, or fewer, players.
   3. Substitutions are not permitted following a re-kickoff call.
4. **Mercy Rule:**
   1. The game will end if a team is up by 7 with 4 minutes remaining in the game or if a team is up by 5 or more points with under 2 minutes remaining in the game.
5. **THE KICKOFF:**
   1. Teams must line up in their end zone and remain there until the ball has left the thrower’s/kicker’s hand.
   2. Teams will have 45 seconds to kick or throw the ball from the brick mark following a score.
   3. If a member of the receiving team touches the ball during flight of the pull and fails to catch it, the receiving team loses possession of the ball at the point of the contact.
   4. A kickoff that lands in the end-zone is played where it lands.
   5. A kickoff that flies out of the end-zone goes to the brick mark.
   6. If the kickoff hits inside end zone and slides/rolls out, it goes to the front of the end zone.
6. **OFFENSE:**
   1. The ball may be advanced in any direction by completing a pass to a teammate.
      1. The thrower has 10 seconds to release the ball.
   2. Prior to releasing a throw, the thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
   3. The thrower cannot throw from a lying or sitting position.
   4. If the thrower drops the ball without contact from the defense, it is considered a pass attempt, and the ball will be awarded to the defense.
   5. The receiver must have firm control of the ball, and the ball cannot come into any contact with ground.
   6. One foot/leg needs to be in contact with the ground inbounds, not on the line with the ball secured to be considered a catch.
      1. Momentum can carry a receiver out of bounds, however he or she must then return to the field where they left and continue play.
   7. Simultaneous catches by the offense and the defense are awarded to the offense.
   8. After a touchdown, the teams switch their direction of attack, and the scoring team kicks off.
   9. A player cannot score by running into the end zone with the ball.
   10. Should a receiver’s momentum carry him/her into the endzone after gaining possession, the receiver must complete a pass to a teammate in the endzone to be awarded the point.
   11. If an offensive player commits pass interference the ball is awarded to the defense at the spot foul occurred.
7. **DEFENSE:**
   1. Only one player may guard the thrower at any one time; that player is the “marker.”
      1. The marker may not straddle the pivot foot of the thrower.
   2. There must always be at least one arm’s length between the bodies of the thrower and the marker.
   3. The marker cannot position their arms in such a manner as to restrict the thrower from pivoting.
   4. Players cannot contact any offensive receiver, if contact is made the ball will be placed at the spot of contact and the offense retains possession.
8. **Stall count:**
   1. Stall count is the time within which a thrower must release a throw.
   2. A player in possession of the ball has 10 seconds to release a throw.
   3. The marker must be within 10 feet of the person with the ball before beginning the stall count.
   4. The stall count consists of the marker counting to 10 audibly at one second intervals.
   5. If the thrower has not released the ball by the count of 10, a turnover results.
   6. If the defense switches markers, the new marker must restart the count at one.
9. **Change of Possession:**
   1. When a pass is not completed, the defense immediately takes possession of the ball at the point where the ball stops rolling and becomes the offense.
   2. If a team gains possession in the end-zone which it is defending, the player taking possession must carry the ball directly to the closest point on the goal line and put the ball in play from there.
   3. If a team intercepts the ball, they are then the offense at the point they catch the ball.
10. **Fouls and Violations:**
    1. **ULTIMATE FOOTBALL IS A NON-Contact sport, any contact will result in a foul.**
    2. When an infraction (a foul or violation) occurs:
       1. The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
       2. A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that he or she did not commit the infraction.
       3. After a contest call, play stops and all players remain stationary until the parties involved have resolved the call.
       4. If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction.

EXAMPLE:

* + - 1. If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the ball back with a new stall count.
      2. If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the ball at the point that the foul occurred. If the foul occurred in the endzone the ball will be placed at the goal line, and the offense will have to complete a pass in the endzone in order to score.
    1. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position they occupied when the disputed infraction allegedly occurred.
    2. The Intramural supervisor can call fouls/violations if participants cannot come to an agreement.
  1. Infractions include:
     1. Foul: Contact between opposing players.
     2. Fast count: When the marker counts at intervals of less than one second.
     3. Double-team: When more than one defensive player is guarding the thrower within 10 feet.
     4. Throw space: If the marker touches or is less than one arm’s length away from the thrower.
     5. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
     6. Strip: When a defensive player knocks the ball out of a thrower’s hands.
     7. Interference/Holding: Obstructing the movement of a player on the opposing team.

1. **WEATHER:**
   1. Weather cancellations will be determined by the Campus Recreation Staff no more than 2 hours before the first schedule game of that day.
   2. Please check the intramural sports website, social media, and watch for an email from Campus Recreation.
   3. Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.

**Ultimate Football stresses positive sport behavior and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of playing.**