All extramural participants are expected to abide by the UTM Code of Fair Play.

NUMBER OF PLAYERS
Maximum of (7) players (minimum of three (3) females) on the field. Teams may only have a maximum of 13 players on their roster. A player who plays in, or has their name appear on a game sheet for one game is part of that team’s 13 player roster. A player must have played in one round robin game to be eligible to play in a play-off game.

DEFAULTS
A team must have six (6) (minimum three (3) females) by 5 (5) minutes past the designated start time or default the contest. Games will be played in all but extreme weather conditions. The default score will be a 3-0 forfeit victory for the non-offending team. Should a team lose a player to injury or technical ejection which puts them below the default number, the team can continue to play the game without defaulting within the recognized rules of the sport.

LENGTH OF GAME
Games will be played with 2 fifteen minute halves. There are no timeouts. There will be a 3 minute half-time.

OFFICIALS
Ultimate is a self-officiated sport. Foul calls are to be made only by the player being fouled, and contested only by the player committing the foul. In case of a disagreement, the on-field captains shall decide the matter. PLAYERS NOT ON THE FIELD MAY NOT CALL OR DEBATE FOULS. If the captains cannot agree on a resolution they must immediately contact the Tournament Convenor or Game Manager in charge of that game, who will rule on the dispute. Their decision is final in all disputes.

UNIFORMS
All members of a team must wear the same colour shirt, and teams should wear contrasting colours. Pinnies may be signed out from the Control Counter at the RAWC if necessary. Please have a student ID card to sign out the pinnies.

GENERAL EXTRAMURAL COED ULTIMATE FRISBEE RULES

Team Representatives/Team Captains are responsible for the conduct of their players. For all matters not discussed in these rules, the current UPA rules shall apply.

BRIEF RULE SUMMARY OF ULTIMATE
- 7 players on each team stand on their respective goal lines.
- The receiving team signals it's readiness to play by raising a hand, at which time one person on the throwing team "pulls" (throws) the disc towards the receiving team.
- Players may move when the disc is released.
- If the pull hits the ground untouched, it is played where it comes to rest (or may be stopped by a player on the receiving team). If the pull hit the ground in-bounds and then rolls out, it is played at the sideline, where it rolled out. If the pull lands out of bounds, it is played at the middle of the field from where it went out.
- The pull may be caught by the receiving team and played immediately from where it was caught.
- If the receiving team touches the disc while still in the air but fails to catch it, it is a turnover and the throwing team gains possession of the disc where it lands.
- The home team shall pull the disc to the away team at the start of the game, and the away team will pull to the home team after the half.
PLAY
- The disc is moved up the field by passing. The disc may not be handed from one player to another. It must be passed through the air.
- Whenever a pass is incomplete, intercepted, knocked down, or contacts an out-of-bounds area, the opposing team gains possession.
- After catching a pass, a receiver is allowed only the fewest number of steps required to come to a stop and establish a pivot foot.
- A point is scored when a player successfully passes the disc to a team mate in the end zone which that team is attacking. A player CANNOT score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after catching a pass, he/she must carry the disc back to the goal line and play the disc from there.
- After a team scores a point, that team then pulls the disc to the other team. Once the trailing team is lined up in their end they may start a stall-count to 10. If the disc has not been pulled by the end of the count the receiving team starts play at midfield.

MARKING
- The player with the disc, (the thrower), may be guarded by one player only, (the marker), who may stand as close as one disc's diameter to the thrower. No other defensive player may establish a position within three meters of the pivot of the thrower, unless that defender is guarding another offensive player in that area. To do so is a double team -- the thrower must call "double-team" and the stall count is restarted. The marker initiates a "count" by calling "stalling" or "counting", and counting at one-second intervals. If the marker gets to the T of Ten a turnover results.

FOULS
- A "foul" may be called when there is contact between the thrower and the marker. A foul may also be called when there is contact between opposing players in the process of attempting a catch. A certain amount of incidental contact during or after the catching attempt is often unavoidable and is not a foul.
- If the foul is uncontested, the player fouled gains possession at the point of the infraction.
- If the foul is contested, the disc reverts back to the thrower, and the stall count is resumed from when the foul was called.

TECHNICAL EJECTIONS
- All ejections will be handed out by the Tournament Convenor or Game Manager in charge of that game.

Verbal abuse of other players will result in technical fouls. Players receiving 2 technical fouls during a tournament game are automatically suspended for the remainder of the game and must leave the playing area. They must also sit out of their teams next scheduled tournament game.

IF A PLAYER HAS TWO GAME EJECTIONS FOR TECHNICAL FOULS DURING THE TOURNAMENT, THAT PLAYER WILL BE SUSPENDED FOR THE REMAINDER OF THE TOURNAMENT. If a team has two players ejected in the same game for technical fouls, the team will lose that game by default. This includes all round-robin and play-off games.

Fighting, racial slurs and excessive verbal abuse will not be tolerated. Flagrant technical fouls will immediately be assessed in these situations. Players receiving a flagrant technical foul during a game are automatically suspended for the remainder of the tournament and must leave the field. **NOTE: the minimum penalty for fighting is a minimum one year suspension from OCAA Extramurals.

OUT OF_BOUNDS
- When a disc goes out-of-bounds, the team gaining possession shall play the disc from where it went out.
- If a throw-off goes out-of-bounds, the receiving team can either play the disc from where it went out or call "middle", and carry the disc to the middle of the field from where it went out.

END OF GAME
- The game ends after the second half has been played. In round robin games, If the game is tied at this point then it will remain a tie. If it is a play-off game, then one more point is played.