NUMBER OF PLAYERS
Maximum of (6) players (3 females and 3 males) on the field. Teams may not replace any of the 3 female positions on the field with a male player. They must play shorthanded if they have only 2 women present at the start of the game (see defaults).

DEFAULTS
Games are scheduled to start (10) minutes past the hour. A team must have (5) (minimum two (2) females) by fifteen (15) minutes past the hour 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 GAMES
Games will be played as two (2) 20 minute halves with a three (3) minute half-time. The half-time occurs after a point is scored and does not interrupt play.

OFFICIALS
Ultimate is a self-officiated sport. Fouls are to be called only by the player being fouled, and are 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 league commissioner or game manager in charge of that game, who will rule on the dispute. Their decision is final in all disputes.

UNIFORM/EQUIPMENT
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. Student cards must be used to sign out pinnies.

RULES OF THE GAME
- 6 players on each team stand on their respective goal lines
- Receiving team signals their readiness to play by raising hand and throwing team “pulls” disc toward receivers.
- Once disc is released, players may move.
- If pull hits the ground untouched, it is played where it comes to rest
- If pull hit the ground in-bounds then rolls out, it is played at the sideline
- If pull lands out of bounds, it is played at the middle of the field
- If pull is caught by receiving team, disc can be played immediately
- If pull is touched by receiving team, but failed to be caught, it is a turnover and throwing team gains possession.
- Home team pulls the disc to the away team at the start of the game, and the away team pulls the disc to the home team after half-time

**PLAY**
- Disc is moved up the field by passing through the air.
- If a pass is incomplete, intercepted, knocked down, or goes out of bounds, the opposing team gains possession.
- After catching a pass, the receiver is allowed the fewest number of steps required to come to a stop and establish a pivot-foot.
- A point is only scored when a player successfully passes the disc to a teammate in the end zone the team is attacking.
- After a team scores a point, that team then pulls the disc to the opposing team.

**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 at five (5) minutes to the hour. If the game is tied, then one more point is played.

**MARKING**
- A player may mark the thrower of the opposing team at a disc’s length.
- Other markers must remain three meters from the thrower, unless the other markers are defending another offensive player in that area.
- If the thrower calls “double-team”, the stall count is restarted and initiated by calling “stalling” or “counting”.

**FOULS**
- Foul may be called when there is contact between the thrower and the marker.
- Foul may be called when there is contact between opposing players in the attempt of a catch.
- 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 stall count is resumed.

**PLAY-OFF ELIGIBILITY**
- Players must play in 50% of a team’s scheduled regular season games to be eligible for the play-offs.
  Please ensure that all players present at each game have signed the game sheet. Play-off eligibility listed will be posted with the league play-off schedule.

**EJECTIONS**
- Technical fouls include: verbal abuse, fighting, and racial slurs. They will be immediately assessed. Players receiving a flagrant technical foul during any game are automatically suspended for the remainder of the game and must leave the gym. Players receiving technical fouls may be subject to $10.00 fines, a disciplinary meeting with the UTM Review Board, or a minimum of a one-year suspension from Intramural Ultimate Frisbee.