UTM CAMPUS REC INTRAMURAL
COED ULTIMATE FRISBEE
RULES AND REGULATIONS
Revised October 1, 2015

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

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 GAME
Games will be played as two 20 minute halves with a 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.

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. Student cards must be used to sign out pinnies.

GENERAL INTRAMURAL COED ULTIMATE FRISBEE RULES

Team Representatives/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
- 6 players on each team stand on their respective goal lines.
- The receiving team signals its 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.
PLAY continued
- 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.

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 League 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 regular season or play-off game are automatically suspended for the remainder of the game and must leave the playing area. They must also sit out of their next scheduled game. All technical foul player ejections will result in a $10.00 fine. The fine will be taken out of the team’s performance bond.

IF A PLAYER HAS TWO GAME EJECTIONS FOR TECHNICAL FOULS DURING THE SEASON, THAT PLAYER WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON AND THE PLAY-OFFS. 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 league 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 regular season or play-off game are automatically suspended for the remainder of the game and must leave the gym. All flagrant technical foul player ejections will result in a $10.00 fine. The fine will be taken out of the team’s performance bond. Players receiving flagrant technical fouls are further required to appear before the UTM Review Board. Further discipline delivered by the UTM Review Board will be posted. **NOTE: the minimum penalty for fighting is a minimum one year suspension from Intramural Ultimate Frisbee.

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 5 minutes to the hour. If the game is tied at this point then one more point is played.

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.

If you have any questions or concerns about the league, please contact the Program Office @ 905-569-4485.