



UTM INTRAMURALS – COED ULTIMATE FRISBEE

RULES AND REGULATIONS

All Ultimate league rules are set out by [Ultimate Players Association](#) with the following exceptions:

NUMBER OF PLAYERS

- All games will be played with a maximum of 6 players on the field for each team. A minimum of 4 players for each team is required to start the game
- Teams may use up to a maximum of 2 NOMADS*. (Read "Nomads" heading for further details)
- Teams are permitted a maximum roster of 20 players on IMLeagues

DEFAULT

- Games will start on time as scheduled
- For every minute that a team is late their opponent will be given 1 point towards their total game score
- If a team does not have enough players by 10 minutes past the scheduled time, the team will lose by default
- A team that loses a player to injury or technical ejection can continue to play the game without defaulting
- The default will be recorded as 10-0

EQUIPMENT & UNIFORMS

- 1 disk will be provided for the team to warm-up. Teams can bring their own disk(s)
- Players must wear numbered shirts of the same colour I.e. pinnies or team jerseys
- Face masks are welcomed and encouraged during check-in and during physical play

LENGTH OF GAME AND SCORING SYSTEM

- Games will consist of two 15-minute halves, with a 5-minute half time
 - As the clock approaches 2 minutes before half time or the end of the game, the Game Manager will call "2 minutes"
- The league runs through a point system:
 - WIN = 3 points
 - TIE = 1 points
 - LOSS = 0 points
 - DEFAULT = -1 point

OFFICIALS

- Ultimate is a self-officiated sport

ELIGIBILITY

- Players (including late players) must check-in on the game sheet before every game in order to participate
- For eligibility rules, please refer to the UTM Intramurals Student Handbook

SUBSTITUTIONS & TIMEOUTS

- Substitute players will stand on the outside sideline of the field minimum 3M from the field of play in their designated team bench area
- Substitutes may only replace players in the game **after** a score, during an injury and/or timeout
- Each team is allowed 1 x 30 second time out

START OF GAME

- Each team will line up along their respective goal lines
- Receiving team signals their readiness to play by raising hand and throwing team "pulls" disc toward receivers
 - The home team pulls to start the game, and the away team pulls to start the second half
- All players can move in any direction once the disk is released
- A player on the receiving team may either catch the disk or pick it up from where it lands but is not allowed to run with it

PLAY

- The disc may only be moved by passing
- After catching a pass, the receiver is allowed to gather and a maximum of 3 steps to come to a stop and establish a pivot-foot
- When a pass is not completed (out of bounds, drop, block, interception), the defense takes possession and becomes the offense where it comes to a stop on the field or where it first traveled out of bounds
- Reasons for a turnover can include
 - Throw-Away – the thrower misses their target and the disc falls to the ground
 - Drop- the receiver is not able to catch the disc
 - Block – the defender deflects the disc in mid-flight, causing it to hit the ground
 - Interception – a defender catches a disc thrown by the offense
 - Out of Bounds – the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from the outside the playing area
 - Stall – a player on offense does not release the disc before the defender has counted out 10 seconds
- No physical contact is allowed between players. Picks and screens are also prohibited

SCORING

- Each time the offense completes a pass in the defense's end zone, the offense scores 1 point
- A player cannot score by running into the end zone
- Should a receiver's momentum carry them into the end zone after catching a pass, the player must return to the goal line and play the disc from there

MARKING

- The player with the disc may be guarded by one opponent who must stand at least one disc's diameter to the thrower
- The person with the disc (thrower) has ten seconds (stalls/steamboats) to throw the disc. The defender guarding the thrower counts out loud the stall count.

FOULS & EJECTIONS

- No physical contact is allowed between players. Picks and screens are also prohibited
- When a player initiates bodily contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained
- Fouls are to be called only by the player being fouled and are contested only by the player committing the foul
- Players are responsible for their own foul and line calls
 - In the case of a disagreement, the matter will be discussed by the team captains. Any further disagreements will be resolved by the Game Manager
- 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
- Fighting, verbal slurs and excessive verbal abuse of officials will **not** be tolerated
- An ejection will result in an appearance before the administration staff. *NOTE: the minimum penalty for fighting is a minimum one-year suspension*

OUT OF BOUNDS

- If a pull 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.
- When a disc goes out-of-bounds, the team gaining possession shall play the disc from where it went out.

END OF GAME

- The game will end once the regulation time ended
- If the score is tied at the end of regular season play it will result in a tie. Teams will be required to leave the playing area at the end of the game

TIE BREAKING RULES & PLAYOFFS

- Only playoff games will go into overtime
 - Overtime periods will be 5 minutes running time with no time-outs. Add two points to the final score, the first team to achieve that score will win
 - If no team reaches the winning score, the team ahead at the end of the period will win
 - If the score is still tied, another overtime period will be played with no time limit. Add one point to the final score, the first team to achieve that score will win.
- A NOMAD may not be used during a playoff game.

NOMADS

- *NOMAD: A player registered with the league who is used to by a team to compete in a game where they cannot field enough of their own registered players to begin the game or reach the max playing roster size
- Teams using a NOMAD must have 3 players from their roster signed in.
- Teams can only have a NOMAD if their team cannot field the minimum amount of players to begin a game.

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- Once a team reaches a roster size of 6 registered players, the NOMAD(S) can no longer play in that game (A registered player is defined as a player on the original team roster).
- A NOMAD may not be added as a substitute and will no longer be permitted to play when a player on the original team roster signs in.

