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

- Maximum of 6 players and a minimum of 4 players on the field
  - Minimum of 2 per gender are always required to be on the playing field at all times.
- Teams are permitted a maximum roster of 12 players on IMLeagues

### DEFAULT

- Games will start on time as scheduled
- If a team does not have enough players by 5 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
- Pinnies may be signed out from the RAWC Control Desk at no charge
  - T-Card is required to sign out pinnies

### LENGTH OF GAME AND SCORING SYSTEM

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

### 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
START OF GAME & PLAY

- 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
- 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 desk or pick is up from where it lands but is not allowed to run with it
- 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 received 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 dis thrown by the offence
  - 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 offence 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
- Players must remain minimum 2 meters apart at all times. A foul occurs when contact is made
- The player with the disc may be guarded by on opponent who must stand at least 2M 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
  - Defender should try to count away from the throwers face
- 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.

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 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
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.*

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.
  - Any further 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.
- For further playoff information, please refer to the UTM Intramurals Student Handbook.

COVID-19 SPECIFIC RULES

- Participants must check in with a valid UCheck and their T-card at the beginning of the games.
- Participants must be registered on IMLeagues or will not be able to participate.
- All players will show the Game Manager their T-Card, and allow the Game Manager to verify the number and wait in the designated area for the Game Managers instructions.
- Participants will need to maintain social distancing when waiting for the Game Managers instruction.
- All players must sanitize their hands when they arrive at a hand sanitizing station and wait in designated area (team bench).
- All players will wear masks until they are ready to play.
- Masks are highly encouraged during the games.
- Equipment will be sanitized frequently by Game Managers.
- Following the match, participants will be required to verify the score with the Game Manager.
  - No signature will be required on the Game Sheet by the Team Captain.
- Once the score has been verified players will be asked to leave the playing area for the next game to begin.
- No spectators will be allowed to watch the game.