UTM INTRAMURALS – COED ULTIMATE
RULES AND REGULATIONS
All Ultimate league rules are set out by Ultimate Players Association with the following exceptions:

NUMBER OF PLAYERS
- Maximum of 7 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.
- A maximum of 4 players of one gender are allowed on the field at a time.
- Teams are permitted a maximum roster of 15 players on IM Leagues

DEFAULT
- 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

LENGTH OF GAME
- Games will consist of two 20-minute halves, with a 5-minute half time.
  - As the clock approaches half time, the Game Manager will call last point before half.

OFFICIALS
- Ultimate is a self-officiated sport.

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

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.

SCORING SYSTEM
- The league runs through a point system:
  - WIN = 3 points
  - TIE = 1 points
  - LOSS = 0 point
  - DEFAULT = -1 points
START OF PLAY
- 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.

SCORING
- Each time the offense completes a pass in the defense’s end zone, the offense scores a 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.

MARKING
- The player with the disc may be guarded by an 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.

TIE BREAKING RULES & PLAYOFFS
- Regular season games shall remain a tie.
- 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.