

Co-Ed Ultimate

Revised August 2011

General Regulations:

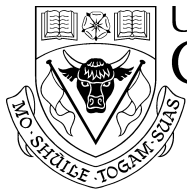
- There are no warm up balls provided. There will be one game ball designated per court and it will remain in the possession of the referees until the commencement of the match. Teams may decide to play with a different ball other than the one provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the participant clinic. To complete your roster you will need to know each players UCID number. All players who do not have a U of C Id number must contact Client Services at 403-220-7749 to request a UCID number. Input your roster online at www.ucalgaryrecreation.ca/intramurals. After league play has begun additional players may be added to the roster, but they must be added by the Intramural Sports office before they are allowed to play.
- All players must be prepared to check in with the supervisor for every game with a piece of photo identification.
- To be eligible for playoffs a player must have played in at least one regular season game and be on the team roster with an online waiver signed. Teams are to have a fair play rating of 3.60 (coordinator discretion).
- Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse of staff**. This will be strictly enforced. For a complete list of policies, see www.ucalgaryrecreation.ca/intramurals Policies and Regulations.
- For outdoor sports, any games that end after 30 minutes of scheduled play time will be considered a completed game and will not be rescheduled.
- Current Intercollegiate and former professional athletes are not permitted to play.

Playing Rules:

- Games will consist of two 25 minute halves - with a 5 minute break between halves.
- Games that start late will finish on time. There will be no additional time added.
- Players are NOT to wear rings, watches, bracelets etc
- Teams consist of 7 players on the field, **3** of which must be female.
- Teams are allowed one time out per half.
- Substitutions are to be made after a goal, a time out, or in the event of an injury.
- Physical contact between players is not a part of Ultimate.
- Players may not run with the disc.

The Game of Ultimate in 10 easy rules:

1. **The Field** -- A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



2. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.