

Mixed Ultimate *Revised May 2010*

General Regulations:

- There are no warm up discs provided. There will be one game disk designated per field and it will remain in the possession of the referees until the commencement of the match. Referees may decide to play with a different ball other than the one provided.
- Team rosters are to be completed online by the team captain (person who registered the team) prior to the players meeting. To complete your roster you will need to know the players U of C Id #'s (Campus Recreation ID) or input the player's names, phone number, date of birth, and email. Instructions can be found at http://www.ucalgaryrecreation.ca/waiver_instructions. After league play has begun, additional players may be added to the roster, but they must be added by the Intramural Sports Office and have completed the waiver before they are allowed to play.
- Waivers must be submitted online prior to first game.
- All players are required 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 (1) regular season game and be on the team roster. Teams are also to have a fair play rating of **3.75** (coordinator discretion).
- Suspended players may not be present on field or surrounding areas during scheduled games, otherwise the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse to staff**. This will be strictly enforced.

For a complete list of policies, see www.ucalgaryrecreation.ca/intramurals/policies_regulations.

Playing Rules:

- Each team shall be allowed to dress fourteen (14) players; all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- There must be a minimum of five (5) players on the field, and a maximum of eight (8) players.
- A team must have five (5) players on the field within ten (10) minutes of the scheduled start time of the game time in order to avoid a default. Game time will be reduced. **Defaults will be recorded as a 7-0 loss.**
- Mixed divisions must have a minimum of one (1) player of the opposite gender on the field at all times, and a maximum of six (6) players of the same gender on the court at all times. (I.e. one (1) female and six (6) males. The missing spot can not be filled by a male player.)
- Any defaults will result in the default policy being enforced. See www.ucalgaryrecreation.ca/intramurals/policies_regulations
- Games will consist of two (2) twenty (20) halves, with a five (5) minute break between halves.
- Physical contact between players is not a part of the Ultimate game
- Players may not run with the discs



- Substitutions are to be made after a goal, time out, or in the event of an injury.
- Teams are allowed one (1) time out per half.
- Any player receiving official warning will come under disciplinary review by the Intramural Sports Council.

The Game of Ultimate in 10 easy rules:

- **The Field** -- A rectangular shape with end zones at each end. A regulation field is seventy (70) yards by forty (40) yards, with end zones twenty-five (25) yards deep.
- **Initiate Play** -- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- **Scoring** -- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- **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 (10) seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- **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.
- **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
- **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- **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.
- **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
- **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.