



# RECREATION

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## INTRAMURAL INDOOR ULTIMATE RULES

Last Revised: Fall 2023

 = Revised Changes

### Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Ultimate Frisbee is governed by the policies and rules put forth by [Ultimate Canada](#) in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

### Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 6 players playing at one time. Each team must have a minimum of 4 players.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: There are no specialized positions.
7. There are no varsity restrictions.
8. Substitutes will remain on the sideline and any substitution must be done following a point being scored.
  - a. A team may substitute an injured player
    - i. That player may not return for the remainder of the match.
    - ii. The opposing team may also substitute one player if they choose.

### **Part C: Team Captain**

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.

6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.
7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

### **Part D: Officials**

1. Ultimate will have one official assigned to each game.
2. The official will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the official. The team captain may ask for clarification in a respectful manner.
4. The official will manage the time and the game sheet.
5. If there is a dispute, the official's decision is final.

### **Part E: Equipment**

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
  - a. Captains will be warned at the beginning of the game to have all their players remove such items.
  - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
  - a. Items that are a safety risk will be asked to be properly secured.
  - b. It is the responsibility of the player to properly secure the item safely.
  - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
  - a. Game Discs
    - i. A game disc will be provided for game play only (not for practicing).
  - b. Pinnies
    - i. Available for sign-out at the Equipment Desk.

4. The following equipment will be optional:
  - a. If available, practice equipment may be signed out at the equipment desk.
  - b. Custom team shirts
    - i. Must be all the same colour (contrasting to opponent).
5. Proper attire must be worn to participate (no jeans or pants / shorts with zippers).
  - a. Proper athletic footwear for the sport is required (no street shoes, boots, dress shoes, bare feet, or sandals etc).
  - b. Cleats are recommended but not mandatory.
  - c. Steel toe shoes and metal cleats are not permitted for use.

## **Part F: General Game Rules**

1. Playing Time
  - a. Games consist of two, twenty minute run time halves.
    - i. Time will only stop for an injury.
    - ii. No game will exceed 55 minutes after the scheduled start time.
  - b. Halftime will be 5 minutes.
    - i. Both teams may agree to start earlier.
2. Overtime/Tie
  - a. If a game is tied at the end of the game, the game will be recorded as a tie.
3. Time Outs: Each team can use a maximum of 1, 30-second time out per half.
4. Mercy Rule: If a team reaches 18 points or a differential of 10 points, the game will be called complete regardless of the opposing team's score.
5. A game recorded as a default/forfeit will be scored 4-0.
6. The winner will be determined as the team that has the most points at the end of the game.
7. Games will be played on Field House A, Field House B, and Field House C.
8. An email will be sent out to notify all teams if cancelled prior to the start time. If the official cancels the game, the following will happen:
  - a. The official will call the game and notify league staff immediately.
  - b. If the game is cancelled during the first half, the game will be rescheduled.
  - c. If the game is cancelled during half-time or later, the score will be final.

## **Part G: Specific Game Rules**

1. The playing field will be approximately 60-yards long and approximately 35-yards wide.
2. Each end zone is 8-yards long starting at black line and ending at the top of the yellow box extending to the sidelines.
3. The team captains will toss a disc (Like flipping a coin.)
  - a. Whoever wins gets to decide to:
    - i. Choose to receive or throw (Pull) the disc.
    - ii. Choose which side of the field their team will start on.
  - b. If the player who wins the toss selects option i, the opposing team captain will select option ii and vice versa.
4. Each half (and game) must end with a point.
  - a. When the clock runs out, the next point will end the half/game.
5. Each point begins with both teams in a stationary line on their respective goal lines, with the defense throwing the disc to offense (The Pull).
  - a. If the pull lands in play, the offense takes possession where the disc comes to a complete stop or rolls out of bounds.
    - i. If the pull lands and comes to a complete stop inside the offensive teams' end zone, the offense takes possession where the disc has stopped (*i.e.* they must play out of their end zone).
      1. If the pull goes outside the back of the end zone, teams will start in the middle of the field at the beginning of the end zone.
    - ii. If the pull lands out of bounds, the offense will take possession in the center of the field perpendicular to the disc's aerial point of exit.  
(Example: If the disc exits the field at the center line, the offense will take possession at the center line and in the center of the field.)
  - b. The offense may attempt to catch the pull.
    - i. If the disc is dropped, the defense will take possession.
  - c. Defensive players may not interfere with the pulled disc while it is in flight.
  - d. All players can settle the disc to a stop once it has made contact with the field.
6. A point is scored for the offensive team when the disc is caught in the end zone of the defensive team.
  - a. After a point is received, the teams will switch end zones, line up again, and the team who received the point will pull the disc to the other team.
7. The disc can be thrown in any direction and to any part of the field.
8. In the act of catching the Frisbee before going out of bounds, the catcher must have at least one foot in bounds before any part of his/her body crosses over the out-of-bounds line.

- a. If the catcher has physical contact with the playing field and out of bounds while catching the disk, this is to be considered out of bounds.
  - i. This extends to if the catcher has physical contact with the interior of the end zone and the exterior of the end zone.
    - 1. This is not considered a point.
- 9. Players are not allowed to move with the disc.
  - a. Players can only move with the disc when they are in the process of catching it.
    - i. As soon as they catch it (and catch their balance) they must not move with the disc.
  - b. Pivoting is the only movement allowed with the disc.
- 10. The person in possession of the disc has ten seconds to throw the disc.
- 11. When a pass is not completed (out of bounds, dropped, blocked, intercepted) the defense takes possession of the disc and becomes the offense.
  - a. The defender cannot use his/her foot to block the frisbee.
  - b. The boundaries of the field are not to be considered a part of the playing field.
    - i. Also extends to lines marking end zones.
    - ii. Lines that define the boundary of the end zones that are on the playing field are not to be considered a part of the end zone itself.
  - a. If a disc is caught by both the defense and offence, then possession goes to the offence.
- 12. No defender can be within one disc space (disc diameter) of the player in possession of the disc.
- 13. Only one defender may be within a 10-foot radius of the player with the disc.
  - a. Another defender may enter the 10-foot radius and continue the count provided they remain within the 10-foot radius.
- 14. The defender ('the mark') may count to 8-seconds ('stalls'). The disc holder must throw the disc by the "T" sound in eight of stall eight.
- 15. Beginner – Only traditional, backhand throws will be allowed. If a disc is thrown using any other type of throw, the opposing team will take possession of the disc where the throw occurred.

## **Part H: Penalties, Fouls, and Misconducts**

- 1. If contact takes place, a foul may be given to the player who initiated the contact.
  - a. Players are responsible for their own foul and line calls.
  - b. A player called for an infraction may contest that call if that player believes the infraction did not occur.

- c. If the call is uncontested, the fouled player gains possession at the spot on the playing field closest to the spot of the infraction.
      - i. If the foul is contested, the disc reverts to the thrower.
2. If the player continues to receive fouls, they will sit out for the rest of the game (at the discretion of the official).
3. An infraction may only be called by a player on the infringed team who recognizes that it has occurred and is currently on the field, unless specified differently elsewhere.
  - a. The player must immediately call violation or the name of the specific infraction loudly.
  - b. Players also resolve their own disputes.
    - i. The official may get involved if needed.
4. Common Fouls/Violations:
  - a. Travelling: If the player with possession of the discs lifts or moves their pivot foot, their defender may call a travelling violation. A travelling violation results in a stoppage in play (the game clock will continue to run). All players must return to their field position at the time of the call, while the disc is returned to the thrower.
  - b. Throwing Fouls: A throwing foul may be called when there is non-incident contact between the thrower and marker.
    - i. The disc in a thrower's possession is considered part of the thrower.
    - ii. In general, any contact between the thrower and the extended (*i.e.* away from the midline of the body) arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary.
    - iii. Any contact initiated by a thrower with the body (excluding arms and legs extended from the midline of the body) of a legally positioned marker is a foul on the thrower.
  - c. Receiving Fouls: If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.
  - d. Disc Space: If a defender is marking the thrower at a distance less than one disc diameter, the thrower may call a disc space violation. The mark must correct their defensive positioning and re-start their stall counts.
5. If a defender is marking the thrower at a distance greater than 10 feet, the thrower may call a far count violation.
  - a. The mark must correct their defensive positioning and re-start their stall counts.
6. A defender cannot attempt to remove the disc from an offensive players grasp.

7. Positioning After a Call:
  - a. If no pass is thrown or attempted before the thrower stops play by acknowledging the call, all players return to the locations they occupied when the call was made.
  - b. If a pass is thrown or attempted before the thrower acknowledges the call or the call is made after the throwing attempt and if possession reverts to the thrower, all players return to the locations they occupied at the earlier of:
    - i. Time of the throw.
    - ii. Time of the call.
  - c. If the result of a play stands, players return to the locations they occupied when play stopped.
  - d. After a travel call, the thrower must return to the location occupied at the time of the infraction.

### **Part I: Playoff Specific Rules**

1. If a game is tied after regulation, the team captains will toss a disc (Like flipping a coin.)
  - a. Whoever wins gets to decide to:
    - i. Choose to receive or throw (Pull) the disc.
    - ii. Choose which side of the field their team will start.
  - b. If the player who wins the toss selects option i, the opposing team captain will select option ii and vice versa.
  - c. The first team to score will win the game.

### **Part J: Tie-Breaking Procedures**

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
  - a. The team having the higher S.O.C. will be ranked higher.
  - b. The team with the fewest defaults and forfeits will be ranked higher.
  - c. The team with the fewest defaults will be ranked higher.
  - d. The team having won the head-to-head match will be ranked higher.
  - e. The team having the best ratio of points for/against will be ranked higher.
  - f. The team having the better point differential will be ranked higher.
  - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at [leagues@uwaterloo.ca](mailto:leagues@uwaterloo.ca) and they will be more than happy to explain and clarify any questions.