



Carleton University Leagues & Intramural Rules & Regulations: Ultimate Frisbee

Table of Contents:

| | |
|--|----------|
| Part A: Code of Conduct | 2 |
| Part B: Spirit of the Game | 2 |
| Part C: General Information | 2 |
| Part D: Game Supervision | 3 |
| Part E: Equipment | 3 |
| Part F: Rules: COVID-19 Updates | 3 |
| Section 1: Players | 3 |
| Section 2: Time | 4 |
| Section 3: Boundaries | 4 |
| Section 4 General Play | 5 |
| Section 5: The Pull | 5 |
| Section 6: In-bounds and Out-of-bounds | 5 |
| Section 7: No running with the disc | 6 |
| Section 8: 10 Seconds | 6 |
| Section 9: Fouls, Violations & Infractions | 6 |
| Section 10: Turnovers | 6 |
| Section 11: Making a Call | 7 |
| Section 12: Substitutions | 7 |
| Section 13: Timeouts | 7 |
| Section 14: Spirit Timeouts | 7 |
| Section 15: Scoring | 8 |
| Section 16: End of Game | 8 |
| Part G: League Standings & Points | 8 |
| Part H: Forfeits & Defaults | 8 |
| Part I: Tie Breaks | 8 |
| Section 1: If two teams are tied at the end of the regular season | 8 |
| Section 2: If three teams are tied at the end of the regular season | 9 |

| | |
|---|-----------|
| Part J: Playoff Format | 9 |
| Part K: Weather conditions (Outdoor season only) | 9 |
| Part L: Cancellation Policy | 9 |
| Part M: Personal Injury | 10 |

Part A: Code of Conduct

- Please see link to Carleton University Intramural & Adult League Player Code of Conduct

Part B: Spirit of the Game

- Carleton University Intramural Ultimate Frisbee League relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate Frisbee Field. Actions such as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other "win-at-all costs" behaviour, are contrary to the spirit of the game and must be avoided by all players.

Part C: General Information

- Participants may play for one Ultimate Frisbee team per league per semester.
- The intramural league is open to students, staff/faculty, and alumni who have an active gym membership only.
- Team Captains must have all of their players registered on the official team roster in the Fusion IM portal.
- All participants **MUST** be registered or they will **NOT** be permitted to play. Under some circumstances spares will be allowed.
- Players in attendance must check in with the league official or organizer. Individuals are responsible for ensuring that their attendance is recorded. Players must participate in 5 or more games to be eligible for playoffs. This includes approved spares. Some exceptions can be made.
- All players must present a valid student card to league organizer or official. Failure to do so will result in player not being permitted to participate in the game.
- Team Shirts will be given out at the beginning of each season and must be worn to each game.

- Intramural Ultimate Frisbee shall be governed by the current W.F.D.F. Rule Book combined with Carleton University League rules.
- Fighting is strictly prohibited. Anyone who fights will be automatically removed from the league. If an official feels that a player attempts to injure an opposing player deliberately the player will be removed from the league. A zero tolerance policy is in effect.

Part D: Game Supervision

- All games are self officiated (no referees), therefore, teams are required to call their OWN violations. They are expected to be honest and keep a high level of sportsmanship and safety at all times. If you feel your opponent is not being accountable, your team captain may politely intervene to discuss rules called or uncalled. We rely on your spirit of sportsmanship and honesty to keep the matches pleasant for all. If there is a dispute and an agreement cannot be reached, don't waste time arguing the play - simply redo the play.
- There will be one league organizer provided for all games. League organizers are responsible for checking eligibility and signing in players. League organizers are to be treated with respect. All organizers decisions are final. Any abuse of organizers will result in a game misconduct and possible ejection from the league. Team Captains should be dealing with the league official on behalf of their team and are responsible for the conduct of their teammates.

Part E: Equipment

- Any elbow, hand, finger, wrist or arm guard, cast or brace made of any hard substance even though covered with soft padding shall always be declared illegal.
- No jewelry, earrings, nose rings etc.
- The on-site staff member will bring cones and Frisbees.
- Cleats are allowed but metal spikes are not permitted.

Part F: Rules

Section 0 Game Rule Changes during COVID-19:

1. Marking:

- Stalling:** The marker must announce when they start the count by stating "stalling". Effort should be made to make this announcement and any subsequent stall counts away from the thrower's face.
- Silent Stalls (1-5):** The marker will silently count the first five stalls in their head rather than state them aloud.
- Regular Stalls (6-10):** The marker will announce once they reach Stall 6 and will continue to count aloud until Stall 10.

- d. **Disc-space:** The marker must provide 1 metre in disc-space (approx. 3 discs wide). Players are encouraged to mark even further away.
2. **Spirit Timeout:** Similar to an injury call, any player at any time can call a Spirit Timeout to stop play if they are no longer comfortable playing due to players not respecting the new rule adaptations for Stage 3. This timeout must only be called with Spirit of the Game in mind. Captains are encouraged to discuss the issue(s) at hand and resolve them amicably. If teams are unable to come to a resolution, the game ends immediately without a score. Captains must email the league (Leagues@carleton.ca) to discuss the incident.
3. **Disc Swap:** At half-time, teams must swap out the disc used for the first half with a newly sanitized disc. Teams are encouraged to swap out discs or re-sanitize discs often.

Equipment:

- Each team captain must bring 1 sanitized regulation playing disc.
- The home team captain is responsible for bringing sanitized cones and setting up the field.
- Participants must not share general equipment, such as water bottles, jerseys, or gloves.
- Participants should not bring communal supplies (e.g., snacks).

League Rule Changes:

- Teams will consist of no more than 12 participants. Teams will be grouped into divisions of 4 teams.
- Divisions will remain consistent (i.e. same group of participants) throughout the entirety of the session or league.
- Teams will not be allowed to bring spare players outside of its league. If teams are missing players, they are encouraged to play a shorter bench, small game size (4v4 / 5v5), or borrow players from teams in their division.
- If a player is permanently injured, they can be replaced by a full-time substitute.
- Teams should avoid physical celebrations like post-game high fives or group activities in close proximity, such as spirit circles and team huddles.

Sideline and Spectators:

- Spectators may not enter the ultimate field (110x40 yards).
- When parents bring their child to the league game or training session, they should always maintain a 2 metre distance from others. Parents should watch from outside the ultimate field (e.g. unused adjacent field away from sideline).
- If a field shares a sideline with another field, neither group should use the communal sideline.

- If opposing teams must share one sideline, they should not “walk the sideline” and stay on their half of the field.

Health Checks & Sanitizing

- Captains and coaches must take weekly attendance by using Zulu's attendance tracker. Captains can review and modify their team's attendance after the game.
- Captains and coaches will perform brief health checks, especially for youth participants, before starting each group training or league game.
- All participants and coaches are required to sanitize their hands before each league game or group training. It is recommended to sanitize after training as well.
- Participants that leave the league game or team training (e.g., bathroom break) will be required to re-sanitize their hands before rejoining the group.

If you or a family member contracts COVID-19 or opts to self-isolate in lieu of testing, inform Leagues@carleton.ca by email or telephone.

- Section 1: Players

- Games will be played 6 vs 6.
- Coed Teams must have a minimum gender ratio on the field at all times. (3:3 or 4:2). If a team does not have the required gender ration they must play one player down. Recommended that teams carry enough players to substitute and maintain ratio. Gender is defined by what is officially stated on the player's Carleton student ID or valid identification.
- A minimum of 4 players per team are required to start a game. Should a team have 4 or 5 players, the team captains may discuss playing 5v5 or 4v4 but a team can refuse. Should a team refuse, the game will be played 6v5 or 6v4 accordingly.
- A grace period of 10 minutes will be given to teams that do not have enough registered players to start the match. Failure to field a team of at least 4 players after the grace period has ended will result in a forfeit by that team.
- Teams may pick up other players at the discretion of the opposing team's captain and approval of the League Organizer. This game may be counted in the standings if agreed to by the opposing team.
- All players must be signed onto the team roster and wearing numbered shirt of the same colour.
- Teams must have their roster set prior to playing their first game.

- Adding players to a roster must be done through the organizer after the first game.
- A team may not bring more than 2 extra players to a game (Maximum number of players during a game is 14).
- **Section 2: Time**
 - Each match will begin five minutes after the hour and will last 60 minutes.
 - Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. NO additional time will be awarded at the end of halves to make up for time lost.
 - Should an opposing team not have enough players after an additional 5 minutes from the start of the game (ex. 9:10 pm), the ready team may begin to count points.
 - 1 point is added to the waiting teams score for each 5 minutes waiting.
 - Should the maximum number of points, 5, be reached, the opposing team forfeits the game.
 - There is no OT during the regular season.
- **Section 3: Boundaries**
 - Game is played on a half sized football field.
 - At each end of the playing field there is an end zone. Each team defends one endzone.
- **Section 4 General Play**
 - Captains do a rock, paper, scissors game to decide who throws and who receives.
 - Ultimate is a non-contact, self-refereed team sport played with a flying disc (or Frisbee).
 - Two teams of six players compete on a playing field about the same length as a football field, but narrower.
 - At each end of the playing field there is an end zone. Each team defends one endzone.
 - They score a goal if one of their players catches the disc in the opposite end zone.

- The player with the disc is called the thrower. The thrower may not run with the disc. Instead they move the disc by passing to team-mates in any direction.
 - The defensive team gets possession of the disc if an offensive team's throw is not caught by a player of the same team.
 - Then the defensive team becomes the offensive team and can try to score in the opposite end zone.
- **Section 5: The Pull**
 - Each point starts with a throw-off from the goal line ("pull"). All players must remain in their end zone until the pull is thrown. At the start of the game a toss decides which team throws the first pull.
 - After a goal is scored, play stops. The team that scored stays in that end zone and throws the pull and becomes the defensive team. So, teams change their direction of attack after each point.
 - If the pull lands outside the playing field the thrower can either start play from the side line where the disc left the field, or from the "brick" mark closest to their end zone. The thrower indicates they are choosing the brick option by raising their hand and calling "brick".
- **Section 6: In-bounds and Out-of-bounds**
 - A disc is in-bounds when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The side lines are not part of the playing field. If you catch the disc in-bounds, and then momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc.
 - You are allowed to throw the disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field.
 - If the disc goes out-of-bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field.
- **Section 7: No running with the disc**
 - You are not allowed to run while you have possession of the disc ("travel"). After catching the disc while running, you must stop as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot: this is called pivoting.

- **Section 8: 10 Seconds**
 - The thrower has 10 seconds to throw the disc. A defender can stand in front of you (remember: no contact!) and count aloud to ten in one second intervals. If the disc is still in your hand at the “t” of “ten”, the other team gets possession of the disc.

- **Section 9: Fouls, Violations & Infractions**
 - Ultimate is a non-contact sport. Physical contact should always be avoided.
 - Contact that is dangerous or affects the outcome of the play is a Foul.
 - The thrower may not be defended by more than one player at the same time (“double team”).
 - The marker may not come closer than one disc diameter to the thrower (“disc space”).
 - The marker may not hit or grab the disc out of the hand of the thrower. They may however try to block the disc with their hands or feet after it is thrown.
 - If opposing players catch the disc at the same time, the offensive player gets possession of the disc.
 - Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players (“pick”).

- **Section 10: Turnovers**
 - The defensive team takes possession of the disc (a “turnover”) if the offence fails to catch a pass, if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player.
 - Turnovers also occur when:
 - the marker reaches “ten” before the disc was thrown
 - the disc is handed from one player to another without being thrown
 - the thrower catches their own throw without the disc being touched by anyone else
 - the offensive team tries to catch the pull, but drops it
 - After an in-bounds turnover the other team may immediately resume play at the point where the disc was caught or stopped.

- **Section 11: Making a Call**
 - If you believe you have been fouled by an opposing player, you can call “foul”. If the disc is in the air play continues until possession is established (a

catch or a turnover). If your team gets possession, then play continues, otherwise, play stops immediately.

- After play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call “contest” and the disc is returned to the previous thrower. If they agree that there was a foul, they call “uncontested” and, generally, you take possession of the disc. Play is resumed with a “check”: the marker touches the disc in the thrower’s hand and calls “disc in”.

- **Section 12: Substitutions**

- After each point you may substitute as many players as you want. During a point a player may only be substituted due to an injury. After an injury, play stops and the other team may also substitute a player, if they wish.

- **Section 13: Timeouts**

- Teams are limited to 1 timeout per half.
- Timeouts are limited to a maximum of 90 seconds.
- If a team calls a second timeout in the same half and drops the disc, no timeout will be completed - it will be considered a turnover.
- A team cannot call a timeout in the last 5 minutes of a game.

- **Section 14: Spirit Timeouts**

- Should a team act particularly unsportsmanlike or consistently break the same rules, the opposing team can call a “spirit timeout.”
- This timeout does not count towards the maximum number of timeouts per half and can be as long as required.
- During this time, both team captains will meet to talk out the issue.
- Should there be more than 1 spirit timeout in a game, the intramural official must be contacted and will decide on further actions. This can result in one of the following corrective measures:
 - The issues being resolved without actions being taken.
 - Banning a player or several players from the rest of the game.
 - Ending the game.

- **Section 15: Scoring**

- It is the responsibility of both team captains to submit the score of the game to the on-site staff immediately following the game.
- You score a goal if you catch the disc in the endzone that you are attacking. If you are in the air, your first point of contact must be in the endzone. If your foot touches the goal line it is not a goal. After a goal, play stops and teams swap which end zone they are defending.

- **Section 16: End of Game**

- When the whistle blows with 5 minutes left to go.
- Games in the regular season can end in a tie. There is no OT in regular season.

Part G: League Standings & Points

- Teams will be awarded 2 points for a WIN, 1 point for a TIE, 0 points for a LOSS. - There will be NO overtime in Round Robin play.
- Standings will be posted weekly on the Carleton website.

Part H: Forfeits & Defaults

- Please arrive 15 minutes early to warm up and start your games on time. Do not go on the field if another game is being played.
- Teams not meeting the player requirements at game time (25 minutes past the hour) will default the game.
- If you are unable to attend your scheduled game, please have your captain use the default (no point penalty) or forfeit (point penalty) function in Fusion IM at least 10hrs prior to the game.

Part I: Tie Breaks

- **Section 1: If two teams are tied at the end of the regular season**
 - 1. Head-to-head
 - 2. Most wins
 - 3. Goal differential
 - 4. Most goals scored
 - 5. Fewest goals allowed
 - 6. Coin-Flip

- **Section 2: If three teams are tied at the end of the regular season**
 - 1. Best winning percentage between the team involved
 - 2. Most wins
 - 3. Goals +/- (For and against)
 - 4. Coin flip

Part J: Playoff Format

- Format will vary according to the number of teams in the league, league structure and facility availability. The Playoff schedule will be posted here:
<https://rec.carleton.ca/TeamRankings>
- In the playoffs, if a game is tied at the end of regulation time, the game continues until a team has scored a point to break the tie.

Part K: Weather conditions (Outdoor season only)

- Games are played rain or shine (but not during lightning and not if the city closes the fields). See cancellation policy below.
- Always show up to the game even if it's raining as the weather can change very quickly. At the start of the game the captains are to make the decision if the games are to be cancelled. If lightning cancels any game, the rest of the games are cancelled for the night.
- Lighting Policy:
 - If thunder is heard within 30 seconds of seeing lightning, games will be postponed. All participants must leave the playing area and seek shelter in a building or an automobile. Never stand under trees, in an open field or under an umbrella. Games will resume 30 minutes after the thunder and lightning have moved away. If thunder and lightning are still present 30 minutes after, the game will be cancelled and the score counts as it was when the game was stopped. Halfway point of the game must be reached (20 minutes) in order for the game to count towards the league standings.

Part L: Cancellation Policy

- In the event that games are cancelled due to facility closures, the following policy will be applied:
 - First Cancellation: Games are not rescheduled or refunded
 - Second Cancellation: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.
 - Third Cancellation or more: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.

Part M: Personal Injury

- Any player injured must let the Official know so proper paperwork can be completed.
- Any player who is bleeding shall be removed from the game immediately.
- The clock will be stopped and resumed once the player is removed. If the blood is removed from all playing surfaces and has stopped, or has been completely covered with a bandage, the player may return to the game.
- The League Organizer will have the authority to decide if the player shall return to the game. Intramural Sports is a volunteer activity where players participate at their own risk. Participants should understand that they are responsible for any and all costs arising out of injury or property damage through participation.



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