

The Ultimate League

Rules and Regulations

Section A: League Specific Equipment Regulations

1. The use of cleats with metal studs is forbidden in the Ultimate League
2. Equipment to be used in the Ultimate League
 - a. The use of cleats or turf-specific shoes by all participants in the Ultimate League is **STRONGLY** recommended for the safety of all participants in the league.

Section B: League Specific Rules of Play

The Ultimate League is subject to the 2020/21 Rules of Ultimate manual published by USA Ultimate, which can be consulted here: <https://usultimate.org/rules/>

The laws listed below are designed to affirm specific USA Ultimate Rules and denote exceptions to the Ultimate Rules specific to The Ultimate League.

1. The Field
 - a. The total length of the field of play shall be 80 meters. Instead of 20 meters, the endzones shall be 10 meters, and the central zone must be 60 meters.
 - b. The total width of the field shall be 30 meters, instead of the regulation 37.

2. The Players

- a. The Ultimate League is a seven-a-side league, meaning that teams may not have more than SEVEN (7) players on the field at one time during play.
- b. Each team is required to field SIX (6) players at the commencement of a match. Failure to have 6 eligible players present at the start of a match will place the offending team in violation of either the Default or Forfeit policy. See Sections C1 and C3 for more information on these policies.
- c. A team may be allowed to continue a game so long as FIVE (5) eligible players remain on the field. A team may only be allowed to have four players present on the field as a result of an injury or an ejection to one of their players. If a team is unable to maintain the minimum number of players on the field, they will be assessed a 5-0 loss.
- d. In competitive mixed competition, each team may have no more than FOUR (4) self-identifying males on the field at any phase of play.

3. Gameplay Time

- a. The duration of the match is two 25-minute halves, with a 3-minute halftime break
- b. UBC Staff reserve the right to both reduce game time and prematurely end games for reasons related to scheduling or participant safety.

4. Tie/Overtime Rules

- a. Games which end as a draw at the end of regulation during regular season games will be recorded as such
- b. If a tie occurs during a playoff game, gameplay will continue until another point is scored, in a sudden death format

5. Purpose of the Rules - The purpose of the rules of ultimate is to provide a guideline describing the way the game is played. It is assumed that no Ultimate player will intentionally violate the rules, thus there are no harsh penalties for inadvertent infractions, but rather a method for resuming play in a manner that simulates what would have most likely occurred had there been no infraction.
6. Moral Clause - In Ultimate, an intentional foul is considered cheating and is a gross offense against the spirit of sporting conduct. Often a player is in a position where it is clearly to a player's advantage to foul or commit some infraction, but that player is morally bound to abide by the rules. The integrity of Ultimate depends on each player's responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly.
7. Serious Misconduct - Abuse or harassment of any participant, UBC staff member or spectator will not be tolerated. Any action including but not limited to the following will trigger immediate suspension from the Ultimate League pending a review of the incident through the Supplementary Discipline System (SDS) for more information, see section D.
 - a. Physical or verbal abuse of other participants, officials or spectators
 - b. Violent conduct
 - c. Other behavior which an official or staff member deems EXCESSIVE to the rules of the game.
8. Team captains are responsible for ensuring their team members are familiar with the Rules before participating in the Ultimate League, and for ensuring they adhere to them during play.

Section C – League Specific Facilities of Play

1. The Ultimate League will take place at Ken Woods Field and Warren Field.
2. Spectator Policies: While spectators are welcomed and encouraged to attend Intramural Leagues, the following regulations apply:

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- a. Spectators may not enter the playing surface, without express permission of an Intramural Staff member or official.
- b. Spectators must remain within the designated spectator areas, listed below:
 - i. Outside of the fence of the fields