

Richmond Hill Ultimate Club – Indoor League Rules

The rules outlined below will apply to all existing indoor leagues run by the Richmond Hill Ultimate Club (RHUC). All indoor leagues will follow the [USAU 2022-23 edition rules](#), with any exceptions being indicated below.

I. Game Rules

- a. All games will be played with no more than 6 players per team on the field at any given time.
- b. The gender ratio will be 4:2 (open:female).
 - i. Teams may choose to play with more than two females, provided they do not exceed 6 players on the field at any given time (e.g. 3 open players and 3 females, 2 open players and 4 females, etc.).
 1. Teams are not required to match gender ratios (e.g. if a team chooses to play with 3 open players and 3 females, the opposing team can still play with 4 open players and 2 females).
 - ii. The minimum number of players required per team on the field at any given time is four (with at least one female).
 1. At the start of the game, both teams must meet the minimum on-field requirements. If one team (team B) has less than 4 players and/or no females, then the team that satisfies the minimum requirements (team A) will begin to accrue points in accordance with the following:
 - a. If five minutes has passed after team A has signalled readiness to begin, and team B does not yet meet the minimum requirements, team A will be awarded a point.
 - i. Teams signal readiness by having the minimum number of players standing at the back of the endzone, ready to receive the pull or ready to pull.
 - b. Team A will be awarded one additional point for every minute after that until team B is able to satisfy the minimum requirements.
 - c. If 15 minutes passes and team B is still unable to satisfy the minimum requirements, team B will forfeit the game and team A will win by a score of 11-0. Team B will receive a spirit score of 0, and team A will receive a spirit score of 10.
 - d. If team B is able to signal readiness before the 15 minutes has elapsed, then the game will begin with the current score (e.g. if team B is ready 8 minutes after team A has signalled readiness, then the game will start with team A up 4-0).
- c. Stall counts will be to 8, not 10.
 - i. If the thrower has not released the disc at the first utterance of the word "eight", it is a turnover.
 - ii. All stall count adjustments due to violations, fouls, calls, etc. will be as outlined in the USAU rules, minus two stall counts.
 1. For example, instead of a contested stall coming in on stall 8 for the first call, the stall count will come in on stall 6.
- d. All games will use speedpoint rules.
 - i. Pulls & Scoring
 1. There are only two pulls in a game: one to start the game, and one after half-time.
 2. When a team scores a point, the receiving player will immediately place the disc on the ground closest to where the point was scored.
 3. The team that was just scored on is now on offense, and the offense must play the disc from where it was scored (i.e. the disc cannot be walked up to the front of the endzone).
 - ii. Substitutions
 1. Players can substitute during a point ("on the fly").
 2. Players must sub on/off at the midline of the field near the player they are subbing off for. The player subbing on must high five (or clearly indicate) the player they are replacing before entering the field.

3. If the offensive team is caught with too many players on the field, it is a turnover.
- e. Footblocks are not allowed unless both captains agree to allow them at the start of the game.
- f. Teams are allowed one 60 second timeout per half. No timeouts can be called in the last five minutes of the game.

II. Game Length

- a. All games will be 55 minutes in length, unless stated otherwise.
 - i. Games will start on the hour and end fifty-five minutes past the hour (e.g. 9:00pm – 9:55pm).
 - ii. Be sure to clear the field immediately after your game ends, as there may be other games/rentals on the field after you.
- b. All games will take a two-minute half-time after thirty (30) minutes of game play unless captains agree on an alternative arrangement before the game.
 - i. At thirty minutes past the hour, play will continue until the next point is scored. After that point is completed, teams will take half.
 - ii. Play will resume with teams switching sides, and the team that received the disc to start the game will now pull to the opposing team.
 - iii. We *highly recommend* that captains take the opportunity to confirm that both teams have the same score, to avoid any discrepancies late in the game.
- c. There is no score cap for indoor leagues.
- d. All games will end *immediately* at fifty-five minutes past the hour. If the disc is in the air when time runs out, the result of the throw stands; otherwise, play stops immediately. Ties are allowed in regular season games.
 - i. If the game is an elimination playoff game, and the score is tied at fifty-five minutes past the hour, then play will resume until the next point is scored.
- e. For determining game start/end times, the clock inside the dome will be used.
 - i. If there is no visible clock inside the dome, captains must agree on a timepiece before the game to avoid any potential time disputes.

III. Spirit of the Game and Disciplinary Action

- a. Spirit of the Game is introduced in the 2022-23 Official Rules of Ultimate (2. A-C.) as follows:
 - i. "Spirit of the Game is a set of principles which 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. All players are responsible for knowing, administering, and adhering to the rules. The integrity of ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount. It is assumed that no 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 most likely would have occurred absent the infraction. An intentional infraction is cheating and considered a gross offense against the Spirit of the Game. Players are morally bound to abide by the rules and not gain advantage by knowingly committing an infraction, or calling one where none exists."
- b. Spirit scores will be assigned a rating, ranging from 0 (poor) to 4 (excellent) in five major categories. The ratings will be totalled for a combined score out of 20. A typical Ultimate game would see a rating of 2 in each category for a score of 10. The extremes (0/20 and 20/20) would represent the worst and best games in the history of Ultimate, respectively. For any categories that are assigned a 0 or a 4, an explanation is required for the reasoning behind that rating.
 - i. The five spirit categories are:
 1. Rules Knowledge and Use
 2. Fouls and Body Contact

3. Fair-Mindedness
 4. Positive Attitude and Self-Control
 5. Communication
- ii. For an overview of the categories and what would qualify as each rating, you can review the example behaviour sheet for the Spirit of the Game category scores [here](#).
 - c. Ultimate is self-officiated, and it is each player's responsibility to be aware of and adhere to the rules.
 - d. In all discussions and/or disagreements, be respectful to all parties involved.
 - e. Incidents of poor spirit and/or aggressive behaviour will be dealt with on a case-by-case basis. RHUC reserves the right to suspend and/or ban players, spectators, coaches, and/or teams *without* refunding league fees as deemed necessary.
 - i. In the event of a team or players on a team exhibiting poor spirit and/or aggressive behaviour, RHUC can take disciplinary action on the captain of that team.

IV. Substitute Players & Rosters

- a. Substitute players can only be used if they have signed the waiver prior to stepping onto the fields.
 - i. If a team uses players that have not signed the waiver, that team will lose by default.
- b. For playoffs, substitute players may be used under the following conditions:
 - i. The player has been added to the team's roster as a substitute player before the roster deadline.
 - ii. Without the substitute player(s), the team would not have enough players to field 2.5 lines.
 - iii. The number of substitute players does not exceed the number of rostered players playing in that game.
 - iv. The substitute player has played at least three regular season games with that team.
 - v. The substitute player is not rostered on another team in the same league (any player can only participate with one team during playoffs).
 - vi. The substitute player is not a significant upgrade from the player they are replacing. This will be at the discretion of the RHUC convenor(s).
 - vii. Should a team require substitute players but have none available based on the above requirements, exceptions may be granted at the discretion of the RHUC convenor(s), and will be dealt with on a case-by-case basis.

V. Captain Responsibilities

- a. Captain responsibilities include, but are not limited to:
 - i. Representing their team to the other members of the league and league convenor(s).
 - ii. Discussing with the opposing captain before the game to determine important information.
 - iii. Keeping their team/players calm in tense situations.
 - iv. Educating their players on the rules of Ultimate.
 - v. Keeping track of score.
 - vi. Reporting game score and spirit score in a timely manner after each week's games.
 - vii. Ensuring that all players that play for their team have completed the waiver prior to stepping onto the fields.

VI. Game Cancellations

- a. RHUC will do its best to post any game cancellations on its website by 5:00pm on game day.
- b. Games can be cancelled at the discretion of the Richmond Hill Ultimate Club and/or the Aurora Sports Dome.
- c. Depending on the circumstances of the cancellation, RHUC may attempt to provide a makeup game to compensate for the cancellation but is not required to do so.