

RHUC League Rules

All games will begin at the specified time with a 10 minute warm up, but players are encouraged to come earlier to warm up in non-playing areas. Games will be broken into two 40 minute halves. The last point will be played out.

All stall counts go to 10.

The gender ratio will be determined using Ratio Rule B. At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting which end zone is “end zone A”, with the other end zone becoming “end zone B”. At the start of each point the team that is at end zone A must choose the gender ratio (either 4:3 or 3:4). This process applies for the first half of the game. For the second half, at the start of each point the team that is at end zone B must choose the gender ratio.

Foot blocks are not allowed in Intermediate and Recreational leagues unless both captains agree to allow foot blocks at the start of the game. Foot blocks are allowed in Competitive leagues.

Each team is allowed one 60 second time out per half. No timeouts can be called in the last 5 minutes of the game.

Games will be played until the time cap is reached. If the time cap is reached, teams will play out the last point. Ties are acceptable, but if teams would prefer to play out the final point to determine a winner, both captains must agree to do so BEFORE the start of the game.

Games will be self-officiated. Please be respectful of all teams and players. Fighting will not be tolerated by the league. First offence will result in a warning, second offence will result in a 3 game suspension, and third offence will result in expulsion from the league. The penalty may be extended if the league organizers deem it necessary.

Substitute players can only be used if they have signed the waiver prior to stepping onto the fields. Non-league players can substitute for a team a maximum of two (2) games in a season. If a team uses players that have not signed a waiver, that team will lose by default.

Game Cancellations

Games can be cancelled under the following conditions:

- a) Rainfall exceeds 10 mm of rain within an eight hour period; and/or
- b) Environment Canada forecasts rain to continue into the evening; and/or
- c) Environment Canada issues a Severe Thunderstorm/Lightning watch or warning; and/or
- d) At the discretion of RHUC
- e) At the discretion of Fletcher's Fields

RHUC will post any game cancellations on its website by 4:00 PM on game day.