

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 unless both captains agree to allow foot blocks at the start of the game.

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 in regular season games, 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. In playoffs, if time runs out and the point is finished and the game is tied, one final point is played to determine a winner.

Games will be self-officiated. Please be respectful of all teams and players. Fighting will not be tolerated in this league. Players and/or teams can be suspended and/or expelled from the league (with no refund) at the discretion of the league organizers. Captains are responsible for ensuring their team engages in a respectful and appropriate manner.

Substitute players can only be used if they have signed the waiver prior to stepping onto the fields and have been added to the roster as a substitute player. If a team uses players that have not signed a waiver, or been added to the roster, 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.