

## **Richmond Hill Ultimate Club – Outdoor League Rules**

The rules outlined below will apply to all existing outdoor leagues run by the Richmond Hill Ultimate Club (RHUC). All outdoor 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 7 players per team on the field at any given time.
- b. 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 (open:female), 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.
  - i. There is no requirement for a player representing the gender with four players on the field to pull for that point; anyone can pull on any given point.
  - ii. Teams may choose to play with more than three females, provided they do not exceed 7 players on the field at any given time (e.g. 3 open players and 4 females, 2 open players and 5 females, etc.).
    1. Teams are not required to match gender ratios beyond 3:4 (e.g. if a team chooses to play with 2 open players and 5 females, the opposing team can still play with 3 open players and 4 females, or 4:3 if they are the endzone choosing the ratio that point).
  - iii. The minimum number of players required per team on the field at any given time is five (with at least two females).
    1. At the start of the game, both teams must meet the minimum on-field requirements. If one team (team B) has less than 5 players and/or less than 2 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 front of their 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. Footblocks are not allowed unless both captains agree to allow them at the start of the game.
- d. 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. Games will begin at 7:00pm unless otherwise stated, but players are encouraged to arrive no more than 30 minutes earlier to warm up in non-playing areas.
- b. It is recommended that halftime be taken after 40 minutes of play, but captains can agree to an alternative arrangement before the game.

- i. After forty minutes of play (or alternative time agreed to by both captains), play will continue until the next point is scored. After that point is completed, teams will take half.
- ii. Play will resume with teams starting opposite to the side they started the game on, and the team that received the disc to start the game will now pull to the opposing team. The endzone that determines gender ratio for each point will flip at halftime as well (i.e., if endzone A chose the ratio the first half, endzone B will choose the ratio for the second half).
- 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. Games will end at 8:30pm unless otherwise stated. Be aware that sunset times vary in the summer, and captains should take this into account when/if agreeing on an alternative end time. Both captains should be in clear agreement regarding game end times prior to starting the game (including which timepiece will be used to determine end time in order to avoid any potential disputes).
- d. 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.
  - i. 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.
  - ii. As soon as a point is scored, the next point begins. For example, if time runs out immediately after team A scores to make it 13-12, another point is played. If tied after that point, another point is played.
- e. Be sure to clear the field immediately after your game ends, as the fields are only permitted for a specific time.
- f. There is no score cap for outdoor leagues.

### **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 two full 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 a significant upgrade from the player they are replacing. This will be at the discretion of the RHUC convenor(s).
  - vi. 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 4:00pm on game day.
- b. Games can be cancelled under any of the following conditions:
  - i. Rainfall exceeds 10 mm of rain within an eight-hour period; and/or
  - ii. Environment Canada forecasts rain to continue into the evening; and/or
  - iii. Environment Canada issues a Severe Thunderstorm/Lightning watch or warning; and/or
  - iv. At the discretion of RHUC; and/or
  - v. At the discretion of Fletcher's Fields
- 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.