Co-ed Indoor 4vs4 Ultimate Frisbee

*Note: 11th Edition American Ultimate Leagues rules apply with the following exceptions modified from the Halifax Ultimate Indoor Rules:

- **Timing:**
  - Games are 55 minutes in length (i.e. a 1pm scheduled game would run until 1:55pm).
  - Team Captains are to mutually agree on an official time piece before the start of the game. Once the time piece hits the 55 minute mark the time cap has been reached and the game ends.
  - A disc is considered dead as soon as the game ends, regardless of the state of the disc.
  - Ties are allowed during regular season play. In the event of the tie during playoffs, rather than stopping at the 55 minute mark, teams will play out the point to determine the winner.

- **Flip:**
  - Prior to the start of the game team captains will flip the disc (call face up or down) to decide the following:
    - Who starts Offence/Defense
    - Which end a team will start on
    - What color to wear – for our intramural programming we will have pinnies to provide teams with.

- **Substitutions:**
  - Subs are on the fly. Players must sub at approximately half and tag in the subbing player. A physical tag MUST be made for a player substitution. Two cones approximately 2.5 meters apart will be used to highlight the appropriate substitution area that both teams will use.

- **Gender Ratio:**
  - 4 players will be on the court at a time for each team.
  - At least one minority gender player must be present on the court at all times. So the ratio could be any of the following: 1M:3F; 2M:2F; 3M:1F.

- **Point Cap:**
  - There is no point cap for indoor.
  - Teams are responsible for recording their own scores and score flip charts will be provided.
- **Continuous Play:**
  - Once a point is scored the disc is left in the end zone and the play begins from where the point was scored. There are two options:
    - The scored on team can take the disc to the front of the end zone, in line with where the point was scored, tap it in, and begin play; or
    - The scored on team can take the disc to the center front of the end zone, tap it in, and begin play.

- **Half Time:**
  - Half time occurs after the first point is scored after the halfway time mark (i.e. if a 1pm start time, half time will occur after the first point scored at 1:28pm, as the game ends at 1:55pm).

- **Obstructions:**
  - During play if the disc hits any obstruction (e.g. the ceiling, curtain, wall ...), the result is a turnover and the disc is to be put back into play at the spot closest to where the disc hit the obstruction.