



## TORONTO ULTIMATE CLUB 4-on-4 FORMAT RULES

- With the exception to the special 4-on-4 rules listed below, tournament rules will be based on the standard 11<sup>th</sup> edition rules from UPA.

**Arrival Time/Captain's Meeting:** Please ensure your complete team arrives at Lamport no later than 3:30pm. We will be starting the first set of games exactly at 4:00pm. All captains are required to attend a brief captain's meeting in the lobby outside the door to the bubble at 3:45pm. Captains will be responsible to help set up the cones for the field of their first game.

**Playing Field:** The traditional indoor fields at Lamport will be divided into rectangular thirds measuring approximately 18 meters by 30 meters with end zones 3 meters deep. (Fields may be modified to fit available space)

**Game Format:** We will be playing Co-Ed with a standard ratio being 2:2 male to female. At the beginning of each game the captains can agree to play an alternative ratio of 3:1 either way. If the defensive team has less than four players on the field, the number of male players may not exceed the number of male players on the offensive team.

**Stall count:** Stall count will be to 10

**Game Length:** All games will be 30 minutes long running time. There is no limit to the amount of points scored during a game. There will be a hard time cap at 30 minutes; if teams are tied one final point is played out until a score.

Half time takes place when one team scores 9 points or at 15 minute mark, whichever comes first. Half time lasts 2 minutes.

**Timeouts:** Teams have the right to 1 (60 second) timeout per game. No timeouts may be called in the last 5 minutes. Both captains must notify their players when there is five minutes left in the game.

**Defense:** Teams may not play zone defense. Only man-to-man defense is allowed.

**Starting & Re-Starting the Game:** There will be a Pull at the beginning of the game, and to start the second half only.

The 'brick' mark for a 4-on-4 field will be approximately 5 meters from the end zone.

**Substitutions:** You may sub only in the time between points (No subbing on the fly).

**Time Between Points:** New offensive team must initiate play by picking up the disc no more than 15 seconds after the previous point has been scored. Substitutions for both teams should be made only during this 15 second window.

After 15 seconds, offensive players must establish a stationary position anywhere on the field. Any movement after the 15 seconds has lapsed before the disc has been checked is not permitted and is considered an infraction.

The team on defense must check the disc in play 5 seconds after offense picks up the disc (20 total seconds from previous score)

**Foot blocks:** Foot blocks are generally not allowed. Captains can agree to allow foot blocks prior to stating an individual game.

**Tie-Breakers:**

If teams are tied with identical records, the following tiebreaker rules will decide the higher seed:

- a) A teams win/loss record against the concerned team
- b) A team with a greater overall point differential (points for – points against)
- c) A team with the greater number of total points scored
- d) A team with fewer total points scored against