LUNCHTIME SOCIAL SPORT
Mixed Ultimate Frisbee Rules

Laws of the Game: Ultimate Frisbee

**Modifications**

**Rules to note:**

**Ratios**
- There must be no more than 3 males on the court and a minimum of 2 female players on the court at any one time

**Team size**
- Teams will consist of at least 5 registered players (max. 12)
- There must be at least 3 players on the court to begin a match
- All players must be registered and ONLY registered players may play for your team
- All team members MUST sign in before taking field
- Teams are required to provide uniforms or matching coloured shirts
- Registered players must play 3 rounds before they can take the court in the finals.

**Match Duration**
- Matches consist of 2 x 12 minute halves – a running clock will start at scheduled time of game
- During finals matches; in the event that scores are level – Extra time will include 3 minutes with golden goal rule applying

**Court boundaries**
- The field dimensions are the same as for Netball i.e. 30m x 15m
- End zones are located

**Stoppages**
- When a player is injured or ill, stoppage of up to 2 minutes is allowed
- The referee shall blow the whistle to restart play and the game is continued from the spot where play was stopped

**Blood rule**
- Any player with visible blood or bleeding on their clothing or person must be substituted immediately.

**Substitutions**
- Unlimited, but must occur during a break in play

Any abuse or gross misconduct directed at officials or other players will result in exclusion from the game, possible suspension of the team from the competition.