LUNCHTIME SOCIAL SPORT
Mixed Volleyball Rules

Laws of the Game: Ultimate Frisbee

Modifications
Rules to note:

Ratios
- There must be at least 2 female and 2 male players on the court at any one time. (6 players court at a time)

Team size
- Teams will consist of at least 6 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 –

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.