

RULES OF THE ULTIMATE GAME 4 ON 4 OF THE FEDERATION QUEBECOISES D'ULTIMATE (FQU)

Created on October 26, 2008 in a general meeting

INTRODUCTION:

The rules of the game of FQU's 4x4 are based on those of the 11th edition rules of the UPA. However, some changes were brought in and they are listed below.

Caution: The document that you read does not suffice to understand the rules of ultimate, as only the modified articles from the 11th edition are mentioned. As such, knowledge of the UPA rules is strongly recommended before reading ahead.

Each paragraph begins with a number in brackets that refers to the chapters within UPA's rules. An asterisk (*) comes with the number when the corresponding statement is changed. If there's no asterisk, then the statement is simply meant as a reminder.

Spirit of the game: FQU strongly encourages sportsmanship and fair play. The competitive game is encouraged, but never at the expense of the respect between other players, the rules and the love of the game.

[III] PLAYING FIELD

[III.A*] A game is played on a rectangular *field of play* of 18m wide by 30m long, which includes the 2 *end zones* of 2.5m deep.

(insert drawing of field here)

[III.B] The playing field proper is the playing field excluding the end zones.

[III.C] The goal lines separate the playing field proper from the end zones and are part of the playing field proper.

[V] LENGTH OF GAME

[V.A] Game to goals: A game is played until one team first reaches or exceeds the game total, with a margin of at least two goals or until a cap is reached.

[V.A.1.a*] There is no "point cap" in a game.

[V.A.1.c*] A “hard time cap” determines the end of a game no matter the state of the disc. However, if the score is tied, teams end the current point in play. The hard time cap suggested is 50 minutes.

[V.B*] Halftime begins when a team reaches 9 points and lasts 2 minutes.

[VI] TIME-OUTS

[VI.B*] In a standard game, each team has one time-out per half BEFORE the last five minutes of game time.

[VI.B.2*] A time-out lasts 60 seconds.

[VI.B.6*] If the disc is live or in play and the thrower attempts to call a time-out when the team in possession has no time-outs remaining OR there’s less than five minutes in the game, it is a turnover and play stops.

The two captains must highlight to the players the start of the last five minutes of play, unless the organizers of the game give the signal, for instance, by a distinct sound.

[VIII] STARTING AND RESTARTING PLAY

[VIII.A] Start of the game:

[VIII.A.4] If only one team fails to signal readiness for the start of a scheduled game, the opposing team may be awarded goals by the event organizer at a rate of one goal for every five minutes elapsed after the posted start time.

[VIII.B] Pull:

[VIII.B.1*] The game begins at the start of each half with a pull. There’s no pull after a point.

[VIII.B.2*] “Montreal alias Sherbrooke alias Quebec city rule.” When a goal is scored, the disc is placed in the end zone at the spot where it was caught. The disc will be put into play at that spot by the team that got scored against, by means of a check or self-check. The team that just scores is now on defense.

[VIII.B.3*] Each team must have a minimum of 2 and a maximum of 4 players on the field in order to signal readiness.

[VIII.B.6*] If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:

[VIII.B.6a*] If the disc initially hits and remains in-bounds, it is put into play where it first hit the ground in-bounds (which includes the end zones)

[VIII.B.6b*] If the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field proper where it first hit the ground.

[VIII.B.6c*] If the disc initially hits in-bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field where it first hit the ground.

[VIII.B.6d*] If the disc initially hits an out-of-bounds area, the receiving team may put the disc into play at the middle of the field or at the brick, as per the UPA rules (see [VIII.B.6d] of the UPA 11th edition rules for details).

[VIII.C] Time between pulls:

[VIII.C.1*] The receiving team must signal readiness to play within twenty seconds after the previous goal was scored. All the offensive players must have established a stationary position anywhere on the playing field before the end of the twenty seconds. Any movement after this time and before the disc is checked in is an infraction.

[VIII.C.2*] The pulling team must release the pull before the later to occur of:

- a. Thirty seconds after the previous goal was scored; or
- b. Ten seconds after the receiving team signaled readiness.
- c.

[XIV] THE MARKER

[XIV.A.1] The stall count consists of announcing “stalling” and counting from one to ten loudly enough for the thrower to hear.

FORMAT OF THE GAME IN A MIXED DIVISION

1. In mixed division, the ratio of men:women is defined as 2:2-3:1.
2. At the start of each point, the team offensive team decides if the point will be played with a composition of 2 men and 2 women, OR 3 men and 1 woman.
3. The defensive team must have the same men:women ratio as the offensive team.
4. If the defensive team has less than four players on the field, the number of men (respectively of women) cannot be higher than the number of men (respectively of women) of the ratio determined by the offensive team.

5. As is the tradition in Quebec, the defensive team may decide to play with the 2:2 ratio even if the offensive team has chosen the 3:1 ratio. The reverse is not allowed.

FOOT BLOCKS

Foot blocks are allowed to block to the disc, but only if the movement is done safely. Captains can agree before the game on to disallow them.

TIE BREAKERS

If a tie occurs in the standings, the following rules will be used:

1. A tie breaker applies to all teams that are tied in the standings.
 - a. If, after a rule numbered X, all the teams are still tied, the rule X+1 will apply.
 - b. If, after the application of the rule, some teams are still tied but not all the teams, we separate the teams in groups et we come back to rule 2 with each group individually.
2. Standings of Wins/Losses considering all the games between the teams involved.
3. Differential of points for and against, considering all the games between the teams involved.
4. Points for, considering all the games between the teams involved.
5. Points against, considering all the games between the teams involved.
6. Differential of points for and against, considering all the games.
7. Points for, considering all the games.
8. Points against, considering all the games.
9. Draw