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McGILL INTRAMURALS ULTIMATE 5v5 RULEBOOK

Updated – August 2025

Sections **highlighted yellow** are major rule changes for the 2025-26 season.

ID. CARDS

- Before the start of intramural games, students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five (5) minute delay to the start of the game will be granted if a team has an insufficient number of players to begin.
- The amount of time that the start of the game was delayed will be subtracted from the first half of play.
- Should a team still not have the minimum required number of players following this delay, the offending team will default the game. The offending team will automatically lose the game **20-0**. If both teams do not have enough players, it will be considered a double default.
- The defaulting team will be deducted 3 points in the standings
- The defaulting team is also subject to a \$60 Default Fee (IM Handbook article 6.1).
- This fee must be paid [online](#) before the team's next game or the team will be disqualified from their respective league.
- To begin the game, each team must have a minimum of four (4) players to start the game, signed in and ready to play.

EQUIPMENT

- A 175-gram UltraStar Discraft disc is used, or whatever is agreed upon by the captains.
- Helmets, gloves, or any other protective equipment is permitted as long as the safety of other participants is not jeopardized (discretion of game officials).

UNIFORMS

- PINNIES WILL NOT BE DISTRIBUTED.

- The home team is required to wear a white shirt and the away team is required to wear a dark shirt. NO LIGHT GREY ALLOWED. See Article 4.1 (McGill Intramural Uniform Policy) of the IM Handbook

RULES

- Ultimate is a self-officiated game i.e.. players call their own fouls and resolve all disputes amongst themselves.
- There are **no "referees"** in ultimate, however, the game official (Timer) may be consulted for rule interpretations.
- Teams should keep track of the score. The game supervisor (Timer) will, however, keep a tally in the event of a dispute.
- The USAU 2022-2023 Official Rules of Ultimate govern the McGill Intramural Ultimate league with the exceptions noted below:"

PLAYERS

- Games are played 5-on-5
- MIXED - Minimum: 2 male matching players* and 2 female matching player* + any 5th player
- Should a team, at any given time (due to ejections or injuries), be unable to align at least 2 male matching players* AND 2 female matching players*, that team will forfeit the game

*To better enable players of all gender identities to play, we have adopted more inclusive terminology when referring to players. Now, players are classified as either "male-matching" or "female-matching". Players are asked to choose what gender to wish to "match up" against but are not required to specify a gender. For the purposes of our program, the terms 'male' and 'female' are inclusive of two-spirit, trans, and gender non-conforming members of our community. We have trained our staff to understand gender as a spectrum and encourage individuals to self-select where they feel they belong within the participation structure. McGill Recreation welcomes and encourages all participants

GAME TIME

- Games will consist of two 22-minute halves (running time).
- The last two minutes of the game will be stopped time if the difference in the score is two (**2**) or less. The timer will notify both teams when it is the last two (2) minutes.
- The final possession will be played out. The timer will notify teams when it is the final possession. The game ends as soon as the disc is dropped, turned over or is scored.
- Each team will have one 30-second time-out per half. A time-out may not be used in the last five (5) minutes of the second half. The timer will notify each team of the 5-minute warning
- No overtime (except playoffs)

FIELD

- Indoor ultimate is played on two combined Tomlinson Fieldhouse courts
- Endzones are 5 yards in depth

GAME PLAY

- The teams will flip a disc to determine who will pull
- There will be a PULL to start the game and to start the second half. If a PULL goes through the endzone it is brought to the front of the endzone.
- The 10-second stall count is replaced by a 7-second stall count. In every situation where the stall count usually goes back 5 (ex. Contested foul), the stall count will go back to 4.
- There are NO PULLS after a score. When a team scores, the player who has possession of the disc raises it over their head to indicate a score. After the score has been indicated, the player then places the disc gently on the ground at the first point of contact where the goal was

scored. The opposing team then takes possession of the disc and CANNOT walk the disc to the front of the goal line. They must put the disc into play from where the score occurred and the disc was placed.

- If a team turns the disc over in their own endzone, the other team will take possession at the front of the goal line (walk it out of the endzone to the front line).
- Players sub on the fly. There will be a designated "substitution" area (defined by cones set up on each team's sideline – 3 yards from the midfield line). Each player exiting the field must make contact (high five) with the player who is replacing them. The contact must be made in the substitution zone or a maximum of 1 yard from the substitution zone. The player cannot run halfway onto the field to make the substitution.
- If the disc goes out of bounds, it is put back in play at the point where it crosses the line. If the disc goes out of the back of the endzone it is restarted from the front of the endzone.
- Scoring from endzone to endzone is permitted

OVERTIME

- In the event of a tie at the end of regulation time during playoff games, there will be a 5-minute overtime period.
- Before overtime, the captains will flip the disc to determine which team will start