



McGill University
Athletics & Recreation
475 Pine Avenue West
Montreal, Quebec, Canada
H2W 1S4

Université McGill
Sports et activités physique
475 avenue des Pins ouest
Montréal (Québec) Canada
H2W 1S4

Tel: (514) 398-7000
Fax: (514) 398-4901
www.mcgillathletics.ca

McGILL INTRAMURALS OUTDOOR ULTIMATE 7v7 RULEBOOK

Updated – August 2026

Sections **highlighted yellow** are major rule changes for the 2026-27 season.

ID. CARDS

- Prior to 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 **10-0**. If both teams do not have enough players, it will be considered a double default.
- To begin the game, each team must have a minimum of five (5) players to start the game, signed in and ready to play.
- The default score is automatically 10-0

EQUIPMENT

- A 175 gram disc is used or whatever is agreed upon by the captains.
- Shoes with metal cleats are illegal.

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 (black/navy). NO LIGHT GREY ALLOWED. See Article 4.1 (McGill Intramural Uniform Policy) of the IM Handbook.
- We suggest bringing both white and dark shirts to the field just in case. On IM Leagues the home team is always displayed on the left side and the away team on the right.

RULES

- Ultimate is a self-officiated game ie. 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 rules ([full rulebook](#) / [basic rulebook](#)) govern the McGill Intramural Ultimate league with the exceptions noted below:

PLAYERS

- Games are played 7-on-7
- **MIXED** - Minimum: 3 male matching players* + 3 female matching players* and any 7th player
 - Should a team, at any given time (due to ejections or injuries), be unable to align at least 3 male matching players* AND 3 female matching players*, that team will forfeit the game
- **PLAY-FUN** = OPEN no gender requirements

*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 **(2)** 22-minute halves (running time).
- When the game clock reaches the end of each half, the scorekeeper will call out "***last possession***". Once the team that has possession loses the disc or scores the play is dead and the half is done.
- The last two **(2)** minutes of the game will be stopped time if the difference in the score is two **(2)** or less.
- No overtime (except playoffs)
- One (1) 30-second time out per half. Time-outs will not be carried over. You will lose your timeout if not used in the first half.

OUT OF BOUNDS

- The disc is out-of-bounds when it strikes a goalpost or the tennis court fence.

SUBSTITUTIONS

- Substitutions can be made only:
 - 1) after a goal and before the ensuing throw-off,
 - 2) to replace an injured player, or
 - 3) at the halftime break.

OVERTIME

- ONLY IN PLAYOFFS
- Coin flip to determine which team will throw off. Sudden death first team to score.