

## **VUL 4v4 Rules**

Version 1 (Jan.25, 2012)

### **Introduction**

The rules of 4-on-4 ultimate are based on the 11th edition rules from USA Ultimate, with the exception of certain superseding modifications listed here. This document is not sufficient to understand all of the rules, since only departures from the published 11th edition are listed. Thus, a good understanding of the Rules of Ultimate is highly recommended as a prerequisite before reading this document.

Each paragraph starts with a bracketed number that refers to a corresponding rule in the 11th edition USA Ultimate Rules of Ultimate handbook. If there is an asterisk beside the corresponding number, this rule has been modified. The absence of an asterisk simply reminds players of an unchanged, conventional 7-on-7 rule. Wherever one of the rules below conflicts with an 11th Edition rule, the expectation is that the rule described herein takes precedence.

### **Rules**

#### [III]Playing Field

[III.A\*] The playing field is a rectangle measuring 18 metres wide by 30 metres long. The end zones are 3 metres deep. The brick mark is a point equidistant from both sidelines and 5 meters from the back end zone line.

If the indoor area does not allow these dimensions, the field size can be modified to fit into the space available.

#### [V]Game Length

##### [V.A] Timed Game

[V.A.1.a\*]There is no limit to the number of points scored in a game.

[V.A.1.c\*]A hard time cap is the ending of the game once a predetermined time of play has elapsed and after the current scoring attempt is completed. If the score is tied, play continues until one additional goal is scored. Unless indicated otherwise, the hard time cap occurs after 50 minutes have elapsed since the official start of the game.

##### [V.B\*]Half Time

A half time cap is the pause partway through the game once a predetermined time of play has elapsed and after the current scoring attempt is completed. The pause lasts two minutes. Unless otherwise indicated, the half time cap occurs after 25 minutes have elapsed since the official start of the game.

#### [VI]Time-Outs

[VI.B\*] Team Time-Out: In a standard game, each team has the right to one team time-out per half until the final five (5) minutes of the game.

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

[VI.B.6\*] If the disc is live or in play and the thrower attempts to call a timeout while

- (i) the team in possession has none left, or
- (ii) there is only five minutes remaining in the game, a turnover results and play stops. Both captains must notify their players when there is five minutes left in the game unless an official is present and keeping time.

[VIII] Starting and Restarting Play

[VIII.A] Start of the game

[VIII.B] Pull

[VIII.B.1\*] Play starts at the beginning of each half with a pull.

[VIII.B.2\*] (removed)

[VIII.B.3\*] The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their teams' readiness to begin play. Each team must have a minimum of 2 players and a maximum of 4 players on the line to signal they are ready to play.

[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\*] (i) If the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped (XVI.E)
- (ii) If the disc initially hits in-bounds and subsequently becomes out-of-bounds, it is put into play wherever it first crosses the perimeter line of the playing field following ground contact.

[VIII.B.6d] If the disc initially hits an out-of-bounds area, the receiving team may put the disc into play:

- (1) at the spot determined by IX.H; or
- (2) after signaling for a brick or middle by fully extending one hand overhead and calling "brick" or "middle" before gaining possession of the disc, either at
  - (a) the brick mark closest to the end zone that the receiving team is defending if "brick" was called, or
  - (b) the spot on the long axis of the playing field proper nearest to the spot determined by IX.H if "middle" was called.

[VIII.C.]Time Between Points

[VIII.C.1\*] The offensive team must signal they are ready to play no more than 20 seconds after the point has been scored. All offensive players must establish their stationary position anywhere on the field before the end of the 20 seconds. Any movement after the 20 seconds has lapsed and before the disc has been checked in is not permitted

and is an infraction.

[VIII.C.2\*] The team on defence must check the disc in play after the lesser of two elapsed times:

- 30 seconds after the preceding point was scored, or
- 10 seconds after all offensive players are established in their field positions

## XI. Scoring

[XI.E\*] 1. After a goal is scored, the player who caught the scoring pass must leave the disc on the playing field as near as estimable to the first point of end zone contact while in possession (according to XI.A.1).

2. After a goal is scored, play stops and the teams switch their direction attack. The team becoming offense takes possession of the disc where it was placed according to XI.E.1.

3. Once any substitutions have been made in accordance with VII.A.1, play is restarted with a check (VIII.C).

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

## [XVI.L\*]

### Footblock Violation

A footblock is defined as the deliberate interception of a pass at its point of release by a raised foot (or lower leg). The thrower may call a violation on anyone making a footblock attempt within 3m of his person.

## Mixed Game Format

In mixed play, the ratio of men to women is 1:1.