

## Facility Rules

- **NO FOOD** on the playing surface. Only eat in the attached building,
- Due to space restrictions, if you're not playing a game you cannot be in the dome,
- There are only 5 minutes between games. Please move quickly and save spirit games for your breaks.

## Game Rules

(similar to C4P for consistency sake):

**Game Length:** 45 mins. No point limit. Half-Time: Half-time occurs after the first point is scored after the 20 minute mark of the game. Half time is 1 minute. After half, teams switch ends, and the team that started the game by receiving the disc starts the half by pulling. *\*it's not exactly half the time, but close enough*

**Game End:** The game ends at the game end time, BUT If the disc is in the air at the end time, play continues until the disc is caught or it hits the ground. If the game is tied when time runs out, teams are to play out the final point.

**Late:** If a team is not at the facility on time, the team waiting at the facility will be given 1 point every 1 minute that the opposing team is late.

**Timeouts:** Each team can use two 45 second timeouts per game. No timeouts can be called in the last 5 minutes of the game: doing so results in a turnover.

**Substitutions:** All subs are made on the fly, but must be done at half court and you must tag the player you are replacing. A sub made without a tag or further than 2.5 m from the center line, is a 1 point penalty (the other team is awarded 1 extra point). A cone will be placed 2.5m on each side of the center line to mark the substitution area.

**Out of Bounds:** All overhanging objects within the court are considered out of bounds. (ropes, flags, wires, etc.) If the disc hits any of these objects it is put into play at that location. If the disc is already out of bounds when it hits an out of bounds object, it is put into play at the point closest to where it first became out of bounds.

**The Pull:** All games start with a pull. Pulls that go out of bounds can be put into play at either: 1. the sideline closest to where the disc went out of bounds 2. the center of the playing field proper (excluding end-zones) closest to where the disc went out of bounds.

**After a point:** The disc can be put into play, by touching the disc to the ground, at the front of the end zone closest to where the point was scored, or at the center of the top of the end zone.