

COMPETITION RULES FOR 2023 GREAT LAKES MIXED REGIONAL CHAMPIONSHIPS

Game Totals: All Games to 15

Round Lengths: Half cap 45 min.; Soft cap 90 min.; Hard cap 105 min.; Round time 120 minutes total.

Halftime: 7 minutes. Halftime length does not include the time between pulls (Rule 9.C). For example, the receiving team must signal readiness (rule 9.C.3) 8:10 after the start of halftime.

Caps:

*At the **halftime cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the halftime target has not yet been reached by one team, one is added to the higher score and the resulting number is the new halftime target.

*At the **soft cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the game total has not yet been reached by one team, one is added to the higher score and the resulting number is the new game total.

*At the **hard cap**, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the score is tied, play continues until one additional goal is scored. Otherwise, the game ends. The team with the most goals at the end of the game is the winner.

Timeouts: 2/half for each team regardless of game length, caps or point totals.

Mixed Division Gender Ratio Rules:

1. **Determining the ratio**

All Mixed games will use the "prescribed ratio" rule (also known as Rule A in the official [WFDF Rules of Ultimate 2022-2024 – APPENDIX v1.0](#)):

Ratio Rule A ("prescribed ratio" rule):

At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting the gender ratio for the first point. For the second and third points the ratio must be the reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats until the end of the game (half time has no impact on the pattern).

2. **All Mixed games** will use the "majority pull" rule"

Each point, a player representing the gender match-up with four players on the field must pull for that point. That is, if there are four women-matching players a woman-matching player must pull.

3. **For all Mixed games**, if a team cannot match the on-field personnel ratio of all seven players on the team determining the personnel ratio for the point, then it must play with fewer than seven players, but no less than 5, matching the personnel ratio with as many players as possible.

4. **Personnel Ratio Violation**, Violations of the prescribed personnel ratio and how they are handled are described in 2022-2023 Official Rules of Ultimate (9.B.3.a).

2. Majority Pull Violation: Violations of the majority pull rule will be handled the same as an offside violation (9.B.4.d), but instead of calling "offsides," the offense should call "majority pull violation." Like with offside violations, after the first majority pull violation, any subsequent majority pull violations should be handled as described in 9.B.4.d.2. Majority pull rule violations accumulate separately from offside/false start violations. In games with observers, either the observer or a player on the field may call the violation.

5. **Substitutions**

Player substitutions can be completed only:

1. after a goal and before the substituting team has signaled readiness; or
2. to replace injured players, replace players with illegal equipment, or to resolve an incorrect personnel violation. In this case, the opposing team may substitute a like number of, or fewer, players. In the Mixed Division the substituting players must be of the same gender match as the player they are replacing.