



# Ratio 0 in League Games

## A Step-by-Step Guide



**Flip for Pull**  
Flip to determine who is pulling, from which endzone



**Flip for Minimum Women**  
Flip to determine whether teams will start with a minimum of 3 or 4 women on the field



**Point 1**

Play the first point with the minimum determined by the flip (3 or 4 women)



**Point 2**

Play the second point with the other minimum (3 or 4 women) and then swap every point



**First Point After Half**

Continue to alternate gender minimum after half, alternating from whatever the minimum was the last point before half