

Ultimate Frisbee Rules

Equipment

- 1) All jewelry must be removed including watches, earrings, bracelets, etc.
- 2) Metal cleats are prohibited. Sneakers or plastic cleats must be worn. No sandals.
- 3) Glory Days Sports will provide the game play Disc. If both teams agree to use a different Disc, that is okay. Teams will need to bring their own “warm-up” disc.

The Field

- 1) Field dimensions are 70 yards X 40 yards with 25 yard end zones.

Players

- 1) The game will be played between two teams of 7 players. Each team must have 6 players on the field in order to begin the game. Coed teams must consist of at least three (3) women and may start with no fewer than (3) three women.
- 2) Team roster's can consist up to 13 players.

Periods, Time Factors, Substitutions

- 1) The winner of the pre-game toss shall have the first choice of options:
 - a) Receive the throw
 - b) Which goal to defend
- 2) A game consists of 2 – 20 minute running halves.
- 3) Half time is 10 minutes in length.

- 4) Each team is allowed two 1 minute timeouts per half; timeouts not used in the first half are not carried over into the second half.
- 5) The game will be played between two teams of 7 players. Each team must have 6 players on the field in order to begin the game. Co-Rec teams must consist of at least three (3) women and may start with no fewer than (3) three women. Regular season games can end in a tie. During the playoffs, play continues until one team is up by two points or an additional three points have been played. If at this point, the score remains tied, a final point is played. Teams are allowed one 1 minute timeout in overtime.
- 6) Games/halves will end on a completed point.

THE GAME (Summary Rules)

- 1) Initiate Play - Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense.
 - a. Both teams must raise one hand to signify they are ready.
 - b. The receiving team (offense) must all have at least one foot on their goal line prior to the throw.
 - c. The throwing team (defense) may move around in their own goal, but may not cross the line until the disc is released.
- 2) Scoring - Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- 3) Movement of the Disc - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc and should stop within 3 steps of catching the

disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

4) Change of Possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. After a score, the team scored upon will walk to the opposite side of the field and await the throw-off.

5) Substitutions - Players not in the game may replace players in the game after a score and during an injury timeout. Not on the fly.

6) Non Contact - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

7) Fouls - When a player initiates contact with another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Throwing Fouls:

a) A throwing foul may be called when there is contact between the thrower and the marker.

b) Contact occurring during the follow through (after the disc has been released) is not sufficient grounds for a foul, but should still be avoided whenever possible.

c) When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower, after a check, at the location where the throw initially took place.

d) If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

e) If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

Catching Fouls:

a) A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.

b) If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.

c) If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, it is considered "harmful endangerment" and is a foul.

d) Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.

e) If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul) with the exception of a force-out foul) occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

- If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.

- If offsetting catching fouls are called by offensive and defensive players on the same play, the disc reverts back to the thrower after a check.

8) Violations:

Traveling:

1) The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a travel and results in a stoppage of play and a check.

2) Traveling occurs when:

The thrower loses contact with their pivot spot.

The catcher takes more steps than are required to stop after catching a pass.

The receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop.

Stripping:

1) No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, either player may call "strip."

2) The player in possession then picks up the disc and play continues unhalting from the point where the contact occurred.

3) If a count was in progress as the disc was stripped, the count is halted, and when the player regains possession, the count restarts at zero (0).

4) A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone is a goal.

Positioning:

1) Picks:

a) A pick occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.

b) A pick can be called only by the obstructed player and must be announced by loudly calling "pick" immediately after it occurs.

2) When the disc is in the air, players must play the disc, not the opponent.

3) The Principle of Verticality: All players have the right to enter the air space immediately above their torso to make a play on a thrown disc. If contact occurs in the airspace immediately above a player before the outcome of the play is determined (e.g., before possession is gained or an incomplete pass is effected), it is a foul on the player entering the vertical space of the other player.

4) A player who jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of take-off and that the direct path between the take-off and landing spot was not already occupied.

10) Self Refereeing - Players are responsible for their own foul and line calls. A GDS monitor will be present at all games and help resolve disputed calls. The GDS monitor's call is final.

The Thrower

- a. The thrower is the offensive player in possession of the disc, of the player who has just released the disc.

- b. The thrower must establish a pivot foot and may not change that pivot foot until the disc is released.
- c. The thrower had the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.
- d. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- e. The thrower may throw the disc in any way they choose.
- f. A defensive player who establishes possession of the disc becomes the thrower, but may not throw the disc before they establish a legal pivot foot. To do so is a traveling violation.
- g. For alive disc to be put into play, the thrower must establish a pivot at the appropriate spot on the field, and touch the disc to the ground.
- h. Stalling: see The Marker section e.**

The Marker

- a. Only one defensive player may guard the thrower at any one time; that player is the marker.
- b. The marker may not straddle (i.e. place their foot on either side of) the pivot foot of the thrower.
- c. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not to encroach into this area once it is established.

- d. The marker cannot position their arms in such a manner as to restrict the player from pivoting.
- e. Once a position is established, the marker will count out loud the stall count of 10 seconds (one: one thousand, two: one thousand, etc.).

– If the disc is not released at the count of 10, a turnover results.

The Receiver

- a. The receiver is any offensive player either in the act of catching the disc, or not in possession of the disc.
- b. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
- c. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
- d. **Force-out Foul: If an air borne player catches the disc and is** contacted by an opposing player before landing, and that contact causes the player to land out-of-bounds instead of in-bounds, or out of the end zone instead of in the end zone, it is a foul on the opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul occurs in the end zone being attacked and results in the player landing outside the end zone a goal is awarded.