

# Ultimate Frisbee Rules

## First-and-Foremost-For-Fun

**SPIRIT POINTS:** An integral part of all the sports that the Forest City Sport & Social Club offers. It is based on the primary focus of the FCSSC, which is sportsmanship and to have FUN...NOT on competitive and aggressive sport.

### ABOUT FCSSC'S ULTIMATE LEAGUE PLAY

FCSSC plays by official Ultimate Players Association (UPA) rules with seven notable exceptions. The official rules are posted on the UPA website ([http://www.londonultimate.ca/system/files/11th\\_ed\\_Final\\_3\\_6\\_07.pdf](http://www.londonultimate.ca/system/files/11th_ed_Final_3_6_07.pdf)). The highlights are noted below, as well as FCSSC's exceptions. Please review the rules carefully before playing.

#### Summary of the Game:

Ultimate Frisbee is a loose combination of football and basketball, often played on fields normally used for soccer. Per the Official Rules of Ultimate, 11<sup>th</sup> Edition provided by the Ultimate Players Association, "Ultimate is a non-contact disc sport played by two teams. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc."

#### Helpful Definitions:

(as defined in the Official Rules of Ultimate 11<sup>th</sup> edition provided by the Ultimate Players Association)

**Pull** -- The throw from one team to the other that starts play at the beginning of a half or after a goal. It is not a legal pass for scoring. The player on the pulling (throwing) team who possesses the disc and signals readiness is the puller (thrower).

**Completed pass** -- Any catch that results in the team in possession of the disc retaining possession. Any pass that is not complete is incomplete.

**Defensive player** -- A player whose team is not in possession of the disc. A defensive player may not pick up a live disc or a disc in play or call for a pass from the thrower.

**Foul** -- Non-incident contact between opposing players (see II.H for a definition of incidental contact). In general, the player initiating the contact has committed the foul.

**Guarding** -- A defender is guarding an offensive player when they are within three meters of that offensive player and are reacting to that offensive player.

**Incidental contact** -- Contact between opposing players that does not affect continued play.

**Marker** -- The defensive player within three meters of the thrower's pivot or of the thrower if no pivot has been established. If the disc is not in play, a defensive player within three meters of a spot on the field where the disc is to be put into play is considered the marker.

**Pivot** -- The particular part of the body in continuous contact with a single spot on the field during a thrower's possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot.

#### UPA's Simple Rules of Ultimate:

- Initiating Play: Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ("pulls") the disc to the offense.
- 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.
- 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. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offense.
- Substitutions: Players not in the game may replace players in the game after a score and during a timeout. No subs on the fly.
- Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- Fouls: When a player initiates contact on 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.
- Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.

- Spirit of the Game: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

### **Starting the Game**

Start of the game:

1. Teams captains toss a coin (or the disc) to determine which team will throw and receive the initial pull and which end zone each team will defend. The second half begins with a reversal of the initial choices.
2. Play starts at the beginning of each half and after each goal with a pull.
  - After signalling readiness, players on the pulling (throwing) team may move anywhere in their end zone, but their feet may not cross the vertical plane of the goal line until the disc is released.
  - After signalling readiness, players on the receiving team must be in contact with the goal line that they are defending without changing location relative to one another.
3. After the disc is released, it is in play and any player may move in any direction. Should players move out of acceptable position before the disc is released off-side is called and a re-pull ensues. The call must be made before any player on the receiving team touches the disc.
  - a. receiving team offsides: receiving team starts with the disc at the midpoint of the end zone they are defending, after players set up and a check is performed.
  - b. pulling team offsides: receiving team starts with the disc at midfield, after players set up and a check is performed.
4. A player on the throwing team may not touch the pull in the air before a member of the receiving team touches it. If this violation occurs, the receiving team may request a re-pull immediately.

### **After a Goal:**

1. After a goal, the teams switch their direction of attack and the scoring team pulls.
2. The team that scored becomes the puller (throws to the other team, who gain possession). The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play.

### **FCSSC's variations on the Official Rules:**

1. FCSSC plays 5 on 5 (not 7-on-7, see below).
2. Field size is recreational, not official (see below).
3. You cannot score from behind your own half (see below).
4. FCSSC plays games to 19 points or 1.5 hours (1 hour indoors), whichever comes first (see below).
5. Foot blocks are not permitted and are considered fouls.
6. Pulls going through an opponent's end zone will be brought back in to play from the front line of their end zone.
7. Zone defence IS allowed.

### **Number of Players:**

- 5 players are permitted per team are permitted on the field.
- A team can play with a minimum of 4 people, as long as two (2) of the players are women and two (2) of the players are men.

### **Game Length:**

- Games are completed when either one team reaches 19 points or after 1 1/2 hours (1 hour indoors) of play unless otherwise indicated (ie. double headers).
- If regulation time has expired in the first half, the teams should "play out the point", with this point counting towards the final score.
- Games in the regular season can end in a tie. See below for play-off tie-breaking rules.
- Teams may call a one (1) minute time-out per half if needed except in the final 10 minutes of play.

### **Field Set-Up:**

Official 5-on-5 field size is approximately 35 to 40 paces wide and 55 to 60 paces long with end zones 8 to 10 paces deep

### **Half Rule:**

You may not score from a pass thrown before the halfway line. If an offensive player does catch a disc in the end zone that was thrown before half, the defensive team receives the disc on their own goal line.

### **Zone Defense:**

Zone defense is permitted, though man-to-man defense is most common with our 5:5 ultimate.

**Playoff Tie Breaking:**

If the game is tied when regulation time has expired, then one more point is to be played in order to break the tie. (A flip of the disc decides who will receive the throw).

**Foul Weather:**

In the event of foul weather or severe weather (i.e. electrical storms etc.) games should immediately be stopped and players should take cover away from open spaces. Wait 15 minutes; if the severe weather passes, continue play. If it does not and the game was in the first half, the game must be re-played. If it was in the 2nd half, then the score at that time of when the game is stopped will count as the final score.

**Sportsmanlike Conduct Required at all Times!**

FCSSC requires sportsmanlike conduct from all members at all times. Competitive, aggressive and unsportsmanlike conduct such actions as taunting opposing players, aggressive physical contact during play, belligerent intimidation, intentional infractions, or other "win-at-all-costs" behaviour are contrary to the spirit of the game and FCSSC and will not be tolerated. ANY INTIMIDATING, ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER GAME PLAY AND MAY RESULT IN LEAGUE EXPULSION.

Because Ultimate is a relatively new sport and one in need of more new players, it is our hope that experienced teams will assist in the promotion and clarification of the spirit of the game and the rules. If a team or person is unclear on the rules, please explain it to them to enhance the Ultimate experience and not to put them at a disadvantage. This will ensure that all games that are played are heading to a higher and more enjoyable level. This is the *ultimate* in sportsmanship!