



Ultimate Frisbee - Game Play Rules & Guidelines

General

1. All players are on the team's roster.
2. Players must have signed Intramural Waiver form prior to participation.
3. All players must present their valid Sask. Polytech ID card to participate.
4. Respect of others and enjoyment of the game is the priority.
5. Have fun!

Players

1. Maximum number of players on the field is six. Minimum of five to begin an official game.
 - a. A roster of 6-10 people is encouraged.
 - b. Each team is encouraged to have at minimum one female on the roster, though it is not mandatory.
2. If a team has fewer than five players at match start time they will be granted five minutes (after scheduled start time) to wait for rostered players to show up. After the five minutes is up, the match is defaulted.
 - a. Exhibition match can take place following default if teams want to share players and play for fun.

Game Play

1. Teams should be assembled and ready to begin play at least 5 minutes prior to the scheduled start of their game.
2. Games will last until one team reaches a score of at least 10 goals (win by two), or until a team scores 12 goals. There will be a five-minute halftime when once a team reaches 6 goals.
 - a. Each game is up to 45 minutes, including warm up and half time.
 - b. If the game time elapses and no one has scored 10 goals, the team with the highest goal count will be the winner. If tied, game will remain a tie.

3. The captains will play rock, paper, scissors to determine pull, receive, or side. The winner chooses one of the following: a) to receive or throw the opening pull; or b) an end zone to defend. The other team is given the remaining choice.
4. Each game and point begins with both teams lining up on the front of their respective end zone lines. The defense throws ("pulls") the disc to the offense. This initiates play. The pull is allowed to hit the ground untouched, and put into play as follows:
 - a. If the disc hits and remains in-bounds, the disc is put into play at the spot where the disc comes to rest.
 - b. If the disc initially hits in-bounds, then becomes out of bounds before being touched by the receiving team, the disc is put into play at the spot on the playing field (i.e., excluding the end zones) nearest to where it last crossed the perimeter line before becoming out-of-bounds.
 - c. If the pull is caught, the disc is put into play at the spot on the playing field nearest to where the disc was caught. If the pull is touched by the receiving team before the disc hits the ground and then hits the ground, it is considered a dropped pull and results in a turnover.
5. 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 ("handler") has ten seconds to throw the disc. The defender ("marker") counts out the stall count as follows: "Stalling 1, stalling 2,..stalling 10." If the handler fails to pass the disc after ten seconds it is a turnover.
6. Change of Possession: When a pass is not completed (i.e., out of bounds, drop, block, interception) the defense immediately takes possession of the disc and becomes the offense. There is no stoppage of play on a turnover.
7. Substitution of players may be made only after a goal and before the ensuing pull, before the beginning of a period of play, or to replace an injured player.
8. Each time the offense completes a pass in the defense's endzone, the offense scores a point. To initiate play again, the scoring team pulls the disc to the opposing team from the endzone in which they just scored.

9. No physical contact is permitted between players. Picks and screens are also prohibited. A foul occurs when contact is made.
10. Fouls are the result of physical contact between opposing players. The player who has been fouled or the person who caused the contact may call a foul. The foul must be called loudly and immediately following the contact. A throwing foul may be called when there is contact between the thrower and the marker, prior to the release of the disc by the thrower. Contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should still be avoided whenever possible. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception or knock down. Whenever a foul or violation occurs that stops play, players must resume their respective position at the time the foul or violation was called. To initiate play again, it is the responsibility of the thrower and marker to agree upon the correct count before the check.
11. Self-Officiating: Players are responsible for calling their own fouls and line calls. Players resolve their own disputes. If the player committing the foul disagrees with the foul call, the play is simply redone.
12. Playoffs to be determined and posted at a later date.

Notes

1. Defaulted games will receive a score of 11-0 on the scoresheet.
2. Games cancelled or postponed due to conflicts with gym times will be rescheduled if possible. If a game cannot be rescheduled, the game will be officially recorded as a tie.
3. Wellness Coordinators will keep the score.
4. If Wellness Coordinators feel at any time your footwear is not suitable for the gym, they will ask you to change footwear or ask you to leave the gymnasium floor area.
5. Wellness Coordinator will ensure:
 - Game Play Rules and Guidelines are being followed
 - Captain responsibilities are maintained
 - Safe play
6. **Unacceptable/Unsportsmanlike Conduct enforced.**
Behaviour displayed by the players and spectators is expected to be encouraging, sportsman like, cooperative, fair, honest and inclusive. Any behaviour that endangers others and/or is considered disrespectful will not be tolerated. If a team or a player has

displayed offensive behaviours or unsportsmanlike behaviour endangering others such as:

- Discrimination of any kind
- Violence and/or abuse; physical, sexual, or verbal
- Profane or obscene language
- Defamatory, inflammatory, insulting, or disrespectful comments
- Argumentative, Intimidating, Demonstrative
- Deceitful or Unfair

Player(s) and/or spectators who choose to display unacceptable and/or unsportsmanlike conduct will be subject to the league rules and guidelines, which include a procedure of ejection from the sport for the remainder of the season.

The procedure is as follows:

- *1st offence*: The team or player will be warned by a Wellness Coordinator.
- *2nd offence*: The team or player will be ejected from the game and asked to exit the facility. The incident will be on record.
- *3rd offence*: The team or player will be ejected from the game and suspended until the incident report is reviewed by league management. At this point there is a possibility of being suspended or discontinued for the remainder of the season pending the extremity of the incident(s).