



ULTIMATE FRISBEE

SPIRIT OF THE GAME
COMPETITIVE PLAY IS IMPORTANT, BUT NEVER AT THE EXPENSE OF
FOLLOWING THE RULES, RESPECTING OTHER PLAYERS, RESPECTING THE
BAR/FACILITY, AND HAVING FUN!

I. General Rules

- A. **SCHEDULE:** All Games are to be played at the same time, date, and place specified on the schedule.
- B. **ROSTER:** Each team can have as many players as they choose.
- C. **FORFEITS:** Game time is FORFEIT Time. We encourage all players to arrive at the field 10 minutes before the game starts.

At the discretion of the League Ambassador, they may add a 10 minute grace period from the game time in order to avoid a forfeit, but the game clock will start on game time.

i. Minimum to start the game varies on format size:

Format	Minimum # of Players to Start official game (# of gender minority players to avoid a forfeit)	Maximum number of gender majority players on the field
5 V 5 Mixed	4 (1 gender minority)	4
5 v 5 OPEN	4	No gender requirement
7 v 7 Mixed	5 (1 gender minority)	5
7 V 7 OPEN	5	No gender requirement

ii. Forfeits will be scored as a 7 – 0 final match score



- iii. Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be removed from the schedule. Refunds are not distributed in these instances.
- iv. If you are aware of any dates that will not work for your team, please let your team captain know to put in a schedule request before the start of the season. Team captains can put a schedule request with additional payments through the website

D. NO SHOW OFFICIALS: Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator). Games will not be rescheduled. Game will count as an official game.

E. ROSTER CHECKS:

Roster checks will be conducted before the start of each playoff game. Roster checks may be done randomly during the regular season, at the League Ambassador's discretion.

F. RAIN OUTS: Check ASSC's website for possible rainouts. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.** [Review the weather policy here.](#)

G. SPORTSMANSHIP: Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of an ASSC staff member.

- i. If a player creates unsafe playing conditions where the game cannot be continued, the violating team will be disqualified from the game and it will count as an automatic forfeit.

1. PLEASE KEEP IN MIND THAT THIS IS A SOCIAL LEAGUE INTENDED FOR FUN!

II. Equipment

- Jewelry (Including glasses) must be secured in place during ASSC Play. Referees or League Ambassadors may determine that jewelry can be dangerous and ask the player to remove them during or before the game. Any jewelry that is reflective or may have lights must not be worn on the wrists.
- Cleats are allowed, but not required. Metal cleats and Screw-In Cleats are BANNED from ASSC play. Anyone deemed playing with metal or screw-in cleats will be immediately disqualified from the game.
- Games will be played with discs weighing 160g-200g, with 9"-11" in diameter



III. Format

A. FIELD SPECIFICATIONS

- The field specifications may change depending on the field location and may vary slightly.
- 5v5:
 - The field size is 65 yards by 30 yards with end zones on both ends that are 10 yards deep.
- 7v7:
 - The field size is 70 yards by 35 yards with end zones on both ends that are 20 yards deep

B. SCORING:

5v5 -First team to 15 points or the team with the highest score after regulation wins

7v7 -First team to 13 points or the team with the highest score after regulation wins

Mixed Leagues - ALL gender minority SCORES (Throwing or Catching) are worth TWO (2) scores.

C. GAME PLAY TIME AND HALFTIME

- Games will be played as a TWO (2) 25-minute halves.
- Half time will be 3 minutes

D. MERCY:

There are no mercy rules in Ultimate Frisbee

E. TIMEOUTS

There are no timeouts in Ultimate Frisbee

IV. Gameplay

- Each team lines up on their own end zone line at the beginning of a point. Once both teams have indicated that they are ready to start, the defense throws ("pulls") the disc to the offense.
- After scores or at the start of the game, during a throw-off,
- The team with possession of the disc has to complete a pass in the defense's end zone in order to score a point. Play is then restarted at the team's respective end zones.
- The player with possession of the disc ("thrower") cannot move around the field, except for the use of a pivot foot. The disc can only be moved elsewhere on the field through a pass to a teammate, and must be done within ten seconds. The defender guarding the thrower ("marker") does the counting.
- If a pass goes out of bounds, is dropped, blocked, or intercepted it is considered a turnover. The defense immediately becomes the offense and can take the disc.



- You can only replace players in the game if there is an injury or after a point is scored.
- Limited-contact: Physical contact is not allowed between players, and this includes picks or screens. When contact is made a foul occurs.
- Fouls: If the foul disrupted possession of the disc, play restarts as if the possession was kept. If the player who made the foul disagrees with the call, play restarts as it was before the foul occurred.
- Self-Officiating: The player who is fouled is responsible for calling the foul. Yelling, “foul” to alert the players on the field, does this. If there are disputes, they must be resolved by the players themselves.

Marking The Disc

- Only one player may guard the thrower at any one time; that player is the “marker.”
- The marker may not straddle the pivot foot of the thrower.
- There must be at least one disc's diameter between the bodies of the thrower and the marker at all times. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- Stall count: The period of time within which a thrower must release a throw.
- A player in possession of the disc has 10 seconds to release a throw.
- The marker must be within 10 feet of the person with the disc before beginning the stall count.
- The stall count consists of the marker counting to 10 audibly at one-second intervals (e.g. “stalling one, two, three . . .”).
- If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8.”
- If the defense switches markers, the new marker must restart the count at one.

Receiving The Disc

- The disc cannot be handed from player to player; it must be passed.
- The thrower cannot catch his or her own pass; some other player must touch the disc first.
- Bobbling to gain possession of the disc is permitted, only if it is purposeful, a call of traveling will result.



- After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
- Exception: If the receiver catches the disc while running, s/he may throw a pass without coming to a stop, but only so long as s/he releases the disc before the third ground contact after catching the disc.
- If offensive and defensive players catch the disc simultaneously, the offense retains possession.

The Throw-Off

- Play starts at the beginning of each period and after each goal with a throw-off.
- After each goal, the teams switch directions.
- No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.
- If the receiving team attempts to catch the disc but doesn't catch it, the throwing team will take possession at its stopping point. The disc can be knocked down, but not knocked forward. Any disc knocked forward will be placed at the original spot of incident.
- If the disc lands untouched by the receiving team; possession starts at the stopping point of the disc.
- If the throw-off lands out-of-bounds past the 20-yard line or flies through the end zone; play begins on the 20-yard line.
- If the throw-off lands out-of-bounds before the 20-yard line, play begins from the sideline at the point where the disc went out of bounds.

Out of Bounds:

- The disc may fly outside any boundary lines and may return to the field of play.
- To be considered in-bounds, a receiver must gain firm possession of the disc and have first point of contact with the ground, for example a foot, completely in bounds.

Violations:

- **Travel:**
 - The thrower must keep all or part of the pivot foot in contact with a single spot on the field. If the pivot foot is lifted off the ground, traveling will be called.
- **Stripping:**



- No defensive player may touch the disc while it is in the hands of the thrower.
 - If contact occurs and the thrower drops the disc, the count stops until the thrower picks up the disc and continues with play.
 - The defensive player will have to back up 5 yards (15 feet) to allow a free throw from the offensive player.
- **Double Teams:**
 - Only one marker is permitted to guard the thrower.
 - No other defensive player may establish a position within 3 yards (9 feet) of the thrower unless they are guarding another offensive player.
- **Pass Interference:**
 - No player can impede another player from receiving the disc.
 - Penalty against the defence will be at the spot of the foul & if the penalty occurs in the end zone, then the disc will be brought out to the one- (1) yard line and play continues.
 - If the penalty is against the offense, an automatic turnover will occur.

V. PLAYOFFS

A. GENERAL INFO

- i. The playoffs begin the first week after all regular season games have been played.
- ii. MANDATORY ID checks will be done by your League Ambassador before playoff games
 1. Rosters are finalized on Weeks 5 (or 6). If there needs to be a substitute or a replacement, please do so before the roster cutoff date.
 - a. ASSC may make special exceptions under certain circumstances
 - b. Any teams found playing a non-rostered player will automatically forfeit and be counted as a loss.

B. SCORING AND GAMEPLAY

- In the event of a tie during the playoffs, there will be a five-minute overtime period or until the team scores to 15 (5v5) or 13 points (7v7)
- If after this overtime period and a tie still stands, overtime will repeat until we have a winner

C. SEEDING



The top four teams with the best records will advance to the playoff rounds.

- Additional teams may be added to the playoffs for leagues with 13 or more teams.
- Tie-breakers will be decided as followed:
 - Total Standing points
 - Point Differential
 - Head to head
 - Coin Toss

