

Atlanta Sport and Social Club

Official Ultimate Frisbee Rules

General Rules

1. Schedule - All games are to be played at the time, date and place specified on the schedule.

2. Roster: Each team can have as many players as they choose.

3. Forfeits - Game time is forfeit time.

(Minimum to start a 7v7 match is 5 players {1 female for Co-Ed leagues})

(Minimum to start a 5v5 match is 4 players {1 female for Co-Ed leagues})

(Forfeits will be scored as a 7 – 0 final match score)

a. If you know you may not be able to field a full team, please call an ASSC representative at least **48 hours** in advance if you would like to explore a rescheduling option. If it is within 48 hours of your scheduled game time, and you discover that you cannot field a team, please let us know so that we can notify your opponent! Although your team may end up forfeiting the match, there may still be an opportunity to use the space for practice or pick up games.

- Call: 678-869-4690
- Email: havefun@atlantasportandsocialclub.com

b. 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.

4. 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 official game.

5. Roster Checks

- Roster minimums must be met before week 1 of games.
 - Minimum number of players/roster
 - Minimum number of female players/roster in Co-Ed divisions

Roster checks will be conducted

- During t-shirt delivery
- Before the start of each playoff game

Roster checks may be done once or twice, randomly during the regular season, at the League Manager's discretion.

7. RAIN OUTS - The procedure for possible rainouts shall be to check ASSC's website or call **678-866-1207**.

(We understand games are played indoors however, extreme weather can cause travel or facility issues)

- a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC also 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.](#)

8. Overly Competitive Players: All ASSC sports are intended to be recreational (unless designated as a competitive league at registration.) 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.

Game Play

1. Timing

ASSC Ultimate Frisbee games will be played as a TWO (2) 25-minute halves. Half time will be 2 minutes.

2. Equipment

No jewelry is allowed during ASSC play. A player wearing jewelry will not be allowed to enter or start a game. Hats and glasses are allowed in any ASSC ultimate matches. Cleats are allowed, but not required.

NO METAL CLEATS

NO SCREW IN CLEATS

3. 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

4. The Field

a. **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.

5. In-game rules

5v5

Each team of 5 players 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.

7v7

Each team of 7 players 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.

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.

6. 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.

7. Receiving The Disc

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.

Spirit of The Game

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!

Playoffs

1. The playoffs begin the week after all regular season games have been played.
2. The top four teams with the best records will advance to the playoff rounds.
 - a. Additional teams may be added to the playoffs for larger sized leagues.
3. Tie-breakers will be decided as follows:
 - a. Total standing points
 - b. Point Differential
 - c. Head To head
 - d. Coin Toss

