



Ultimate Frisbee Rules
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Teams

- Each team will consist of 5 players on the field at all times.
- Teams are encouraged to have subs; however a roster can include no more than 10 players.
- Substitutions may only be made during a stoppage in play.
- Each team must have at least 2 females on the field at all times.

Equipment

- Synergy Sports Club will provide all the frisbees and field equipment (pylons etc.) for all games.
- Players are encouraged to bring both a white and dark shirt to make spotting teammates during play easier. SSC will provide coloured pinnie's for a team if it is hard to distinguish between the two teams colours.
- Metal cleats are not to be worn at anytime.

The Game

- The object of the game is to advance the frisbee down the field by using a series of throws and catches, ending in the opposing teams end zone.
- The game begins with a coin toss to decide who will throw-off and who will receive.
- A player is allowed to take up to two steps after catching the frisbee, after which they must pass the frisbee to another player.
- A player may only hold the frisbee for 5 seconds, if a player does not throw the frisbee in this time it will be turned over.

- If the frisbee is thrown but not caught by the same team that threw the frisbee, it is a turnover and the opposing team will gain possession from wherever the frisbee landed.
- The frisbee may not be handed from one player to another
- If a player catches the frisbee out of bounds it is a turnover.
- If a player throws a frisbee out of bounds the opposing team gains possession from wherever the frisbee went out.
- Games consist of two 20 minute halves with a 5 minute warm up and 5 minute half time break.

The Throw-Off

- The team who is throwing off must stand with at least one foot touching their goal line.
- The receiving team must stand with at least one foot touching their goal line until the frisbee is released by the thrower.
- The receiving team has two options when receiving the throw-off. 1) The first option is to catch the frisbee cleanly out of the air and proceed to play. 2) The second option is to allow the frisbee to land on the ground, the receiving team can then play the frisbee from wherever it has landed.
- If the receiving team attempts to catch the frisbee, and a player touches the frisbee without catching it, it is a turnover and the opposing team gains possession from wherever the frisbee lands.
- If the team that is throwing-off throws the frisbee out of bounds the receiving team has two options. 1) They can have the team that is throwing off re-throw the frisbee. 2) The receiving team can take possession of the frisbee from wherever the frisbee crossed out of bounds.
- No player on the throwing team may touch the frisbee while it is in the air during the throw-off.
- If the frisbee is rolling off the throw-off a player on the receiving team may stop the frisbee with their foot, but may not kick the frisbee forward.

Defending

- The team who is defending may intercept a throw from the opposing team. This obviously results in a turnover and play continues.
- The defending team may “bat down” a frisbee that is in flight, the defending team would then take possession of the frisbee and go on offence.
- Only one person may defend a thrower, at no time can players “double-team” a thrower

- A defender may not bat the frisbee out of an opponent's hand. They must wait for the frisbee to be in flight before attempting to knock it down.
- A defender can be no closer than arms length from a thrower, meaning they cannot be draped over the thrower not allowing them to throw.
- If a defender and opposing player catch both catch the frisbee the "tie" goes to the defender. This is considered a turnover and the defender gains possession.
- The player defending the thrower is referred to as "the marker". The marker is responsible for calling out the 5 seconds that a thrower has to move the frisbee.

Scoring

- In order to score a team must pass the frisbee into the opposing teams end zone. The frisbee cannot be walked or ran across the goal line.
- After each score the teams change ends. This is to allow for any wind advantage to be equalled out.
- One point is awarded for each goal.
- In order for a receiver to be considered in the end zone, their first point of contact with the ground must be in the end zone.
- If a player's momentum carries them into the end zone the player must return to the point where he/she caught the frisbee and resume play from there.
- If a player lands and is straddling the goal line (one foot in the end zone and one foot out) this is not considered a score. The player must pass to a teammate in the endzone to complete the score.

Out of Bounds

- Out of bounds is considered any area that is not within the field limits. The field limits will always be marked by pylons.
- A frisbee is considered out of bounds when it makes contact with the ground outside of the playing surface.
- If a player catches the frisbee and lands with one foot out of bounds it considered an incomplete pass and results in a turnover.
- If a player catches the frisbee in bounds but their momentum takes them out of bounds this is considered a complete pass. The player is allowed to return to the spot in which they caught the frisbee and resume play.
- To restart play from out of bounds a player must throw the frisbee in from the sideline.

Violations and Penalties

Obviously with any type of sport, game, or competition in general, there can be a competitive nature; however the SSC has a fun first, win second philosophy, because the reason we all come to play is to HAVE FUN! The following are the explanations of the different penalties that can be given by a GM throughout the course of a match.

- **Warning-** this is like a yellow card in soccer it is a warning given to a player by the GM.
- **Minor Violation-** The player will sit the remainder of the game and can return the following game. The team will play shorthanded for the remainder of the game.
- **Major Violation –** The player will sit the remainder of the game and will also sit the next game. The team will play shorthanded for the remainder of the game as well as the following game in which the player sits.
- **Ejection-** The GM may choose to eject a player from a match if he/she deems it necessary. If this happens the player is to leave the gym immediately and the case will be reviewed by SSC to determine if further action needs to be taken. If a player is ejected the team may field 6 players the match following the players ejection.

The following is a list of violations that may cause a team to lose GAS pts from their opponent or the GM. The GM may also issue anything from a warning to an ejection depending on the severity of the infraction.

- Yelling at the opponent or the GM
- Arguing a call with opponent or the GM
- Displaying any sort of unsportsmanlike behaviour

Gamesmanship and Sportsmanship Points

In order to encourage a fun first atmosphere Synergy Sports Club scores teams not only for a win or loss but also on Gamesmanship and Sportsmanship Points or GAS points. A team can receive anywhere from +2 to -2 GAS points in a game.

Each team will be given 2 GAS pt ratings per game. One will be given by the other team and one will be given by the GM. The following chart shows a description of the criteria a team is to use when scoring an opponent.

Rating	Definition
+1	The team made a genuine attempt to call their own infractions. They had a fun first attitude and we would enjoy playing them again.

0	The team was OK. They called some of their infractions but often neglected to call them. We had an alright time playing them but they could improve on their sportsmanship and/or accountability.
-1	The team called little to none of their infractions and was often too aggressive or intense. They showed poor sportsmanship and we would not want to play them again.

- It is your team's responsibility to have someone report the opponents GAS pt rating to the GM. If a team fails to report their GAS pt rating to the GM their team will be given a GAS pt rating of 0 for that game.
- The GM uses similar criteria to score a team's GAS pt rating. The GM score and the score given by the other team will be a team's overall GAS pt rating for that game.
- If a team decides to give another team a GAS pt rating of -1 a grievance must be filed with the league explaining why you chose to give the team a -1. A detailed email explaining the reasoning for the -1 must be sent to andrew@synergysportsclub.com by 5pm the following day.
- If no email is received explaining why the team chose to give a -1, the teams score will be changed to a 0.
- For tournament play if a rating of -1 is given then a written statement of why a team chose to give a -1 to an opposing team must be given to the GM or the tournament manager.