



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Norfolk Family YMCA Adult Ultimate Frisbee Rules SPIRIT OF THE GAME

"The integrity of ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount."

"Spirit of the Game. Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behavior are contrary to the Spirit of the Game and must be avoided by all players."

YMCA FACILITY POLICIES

- All YMCA facilities and property are smoke, tobacco, alcohol, and pet free zones.

SPORTSMANSHIP

- If there is any tackling, rough play, targeting, or any unsportsmanlike conduct, the game will be stopped and the player(s) may be ejected. A team may be forced to forfeit the game for unsportsmanlike conduct if deemed necessary by the officials.
- Foul language, trash talking, and taunting which is intended to embarrass, ridicule or demean others will not be tolerated. Officials have the right to determine if any offensive language will result in ejections or suspensions.
- **FOUL PLAY AND FOUL LANGUAGE WILL NOT BE TOLERATED.**

EQUIPMENT

- Teams must try to wear matching shirts, uniforms, or jerseys. Shirts and jerseys are to be tucked in at all times.
- Mouth guards are recommended. Rubber cleats are optional; metal spikes are **NOT ALLOWED**.
- The YMCA will provide Frisbees.
- All jewelry must be removed including watches, earrings, bracelets, etc. **ROSTERS/WAIVERS**
- Players must sign a waiver and the team roster to participate in any game.
- A player cannot play on more than one team.
- To be eligible to play in the league tournament, each player must play in a minimum of 2 regular season games. The only exception to this rule is if a player becomes injured during a league game and is forced to miss the regular season.

GAME TIME/TIME OUTS/OT

- Games are two 20-minute halves (running clock), with a 3-minute halftime. The clock will stop on timeouts and injuries. The clock will also stop after a goal is scored with 2 minutes or less.
- Overtime will be 3-minutes in length and begin with a coin toss to determine the first possession. OT will be played with a sudden death format. The team that starts with the disc they will start from their endzone. Teams may only go into 2 OT's. After the overtime if a team has failed to score then the game will result in a tie.
- During playoffs an overtime sudden death period will continue until the first team scores.
- Each team has one 1-minute timeout per half, no carryover.
- Time-outs may be called only by the team in possession of the disc, except that either team may call timeout between points.
- 1 time-out during OT.
- Officials can stop the clock at their discretion.
- Pulling team has a maximum of 30 seconds after a point is scored to throw the disc to the receiving team regardless of either team's readiness. **GENERAL RULES**
- Games will be played 7 on 7.
- Teams must field a minimum of 5 players at all times.
- If a team fails to get at least 5 players it will result in an automatic forfeit, if teams come to an agreement the game may still be played by swapping players or playing 4 on 4.
- If both team playing fail to appear or don't have enough players without prior notice it will result in a loss for both teams.
- Games will be rescheduled under certain circumstances, if deemed necessary by the Sports Director.
- A coin toss will be used to determine the first possession. The team that loses the coin toss will start the second half with the Frisbee.
- Possessions will begin with a pull (kickoff). The disc may be passed in any direction. If a pass is incomplete, by hitting the ground or it is caught out of bounds, a turnover occurs resulting in an immediate change of possession.
- After a point is scored 30 seconds is allotted for substitutions before the game resumes.
- After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back into play by establishing a pivot foot inbounds.
- A goal is scored when an inbounds player catches a pass in the end-zone of attack.
- The team with the most goals at the end of the game is declared the winner.

OFFENSE

- The Pull: At the start of each half and after scoring, play is started with a pull. The pulling team will throw from their goal line. Both the pulling team and the receiving team must remain in their endzone until the pulling team releases the pull.
- If the pull is caught in bounds, the disc must be put into play immediately where it was caught.
- If the pull is caught out of bounds, it must be brought to the closest point on the sideline and put into play.

- The player who catches or picks up the disc after a pull must be the player who puts the disc into play.
- If the receiving team attempts to catch the disc on a pull and drops the disc, this is a turnover and the pulling team then becomes the offense immediately where the turnover occurred.
- If the pull is thrown out the back of the endzone, rolls into the endzone, or rolls out the back of the endzone, the receiving team will bring the disc to the center of the goal line and put the disc into play. No moving along the goal line. Get to the center of the goal line, establish a pivot foot and put the disc into play.
- The team that scored stays in that end zone and throws the pull and becomes the defensive team. So, teams change their direction of attack after each point.
- When a team's attack has started players may move in any direction in the field of play.
- ONE foot must be established in bounds when catching the disc.
- After a stoppage of play (out of bounds, foul, turnover) a tap of the disc on the ground signifies the player possession the disc is ready to resume play.
- The disc must be tapped on the ground, or tapped by the defensive player, before the disc can be put into play after a stoppage of play. After tapping the disc, the defensive player who is marking the throwing player can begin their stall count.

IN and OUT-OF-BOUNDS

- A disc is in-bounds when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The side lines are not part of the playing field. If you catch the disc in-bounds, and then momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc.
- You are allowed to throw the disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field.
- If the disc goes out-of-bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field.
- The perimeter lines themselves are out-of-bounds.
- The thrower may pivot in and out of bounds, provided the pivot foot is in-bounds.

TURNOVERS

- A turnover occurs when:
 - A pass is incomplete (dropped, hits the ground, is caught out-of-bounds, blocked, or intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
 - The marker's count reaches the maximum number (7) before the throw is released.
 - When a turnover occurs, any member of the team becoming offense may take possession of the disc.
- To initiate a play after a turnover, the person picking up the disc must put it into play at the spot of the turnover. If the disc landed out-of-bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.

- **Substitutions** may be made after a goal, before the beginning of a half, or to replace an injured or ejected player.

THE THROWER

- Any member of the offensive team may take possession of the disc.
- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- The thrower may pivot in any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.

THE MARKER

- 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 7 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 7 audibly at one second intervals. (Ex. Stall 1, Stall 2, Stall 3..)
 - If the thrower has not released the disc by the count of 7, a turnover occurs. If this call is disputed, the thrower gets the disc back with the stall count coming in at 6 seconds.
 - If the defense switches markers, the new marker must restart the count at one.
- It is the marker's responsibility to pay attention to the thrower's pivot foot. If the thrower switches pivot feet, or moves their pivot foot in a manner that is more than just a pivot, this is a travel.
 - If an egregious travel occurs and the marker calls it, play stops and the count restarts where the count was at when the travel occurred.

THE RECEIVER

- 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.
- If the receiver catches the disc while running, he/she may throw a pass without coming to a stop so long as they release the disc before the third ground contact after catching the disc.
- If the offensive and defensive players catch the disc simultaneously, the offense retains possession.

FOULS & VIOLATIONS

- A foul is the result of physical contact between opposing players.
- The offending player must loudly call out the infraction (e.g. Travel, Foul).
- A player called for an infraction may contest the call by loudly calling "contest", if that player believes they did not commit the infraction.

- After a foul or travel is called, all players must stop and remain in their positions until the call is resolved and the disc is brought back into play by a tapped disc.
- If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction (e.g. if a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count).
- If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position they occupied when the disputed infraction allegedly occurred.

Infractions Include:

- Foul: contact between opposing players.
- Fast count: when the marker counts at intervals of less than one second.
- Double-team: when more than one defensive player is guarding the thrower within 10 feet.
- Disc space: if the marker touches or is less than one-disc diameter away from the thrower.
- Travel: when a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- Strip: when a defensive player knocks the disc out of a thrower's hand.
- Pick: obstructing the movement of a player on the opposing team. **POSITIONING**
- Each player is entitled to occupy any position on the field not occupied by another player.
- Picks: no player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team.
- When the disc is in the air, players must play the disc, not the opponent.
- Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents

INJURIES

- Clock will stop on injuries.
- An injured player whose injury caused a play to be halted must leave the game for at least one drive.
- A player that suffers an apparent loss of consciousness may not return to play without written authorization from a physician.