



# ULTIMATE FRISBEE RULES

## // QUICK LINKS

[Player Eligibility](#) // [Game Play](#) // [Golden Rule](#) // [Shirt Notice](#) // [General Policies](#)

## // PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
  - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
  - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

## // GAME PLAY

The rules listed are included for simplification and clarity. Standard rules and policies of USAU 12th Edition Rule Book apply.

1. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

2. To start the game, a disc toss will be conducted by the team captains.
  - a. The winning team can choose to receive the initial pull, throw the initial pull, or select which end zone they wish to initially defend.
  - b. The second half begins with an automatic reversal of the initial choice.
3. Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
  - a. If the pull is caught on the playing field, the disc is in play where it was caught. If the disc is caught outside the playing field, the disc is put into play at the spot on the playing field nearest to where it was caught.
  - b. If a player on the receiving team touches but does not catch the pull and the disc then hits the ground, it is considered a dropped disc and results in a turnover.
  - c. If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:
    - i. If the disc initially hits the ground and remains in-bounds, it is in play where it comes to rest or is stopped.
    - ii. If the disc initially hits the ground in-bounds and then becomes out-of-bounds, it is put into play at the spot on the sideline closest to where it went out-of-bounds.
    - iii. If the disc initially hits an out-of-bounds area, it is put into play at the spot in the middle of the field closest to where it went out of bounds.
    - iv. If the disc is pulled out the back of the endzone, it will be put into play at the "Brick" mark, a spot 10 feet in front of the endzone.
4. A goal is scored when an in-bounds player catches a pass in the end zone of attack. Each time a goal is scored, teams switch their direction of attack, with the scoring team pulling to their opponent.
  - a. The player's first point of contact must be completely in the end zone. If the player touches the goal line, it is not a goal and play continues until a score or turnover.
5. When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
  - a. When a turnover has occurred, any member of the team becoming offense may take possession of the disc and put it in play at the spot of the change of possession. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it went out of bounds.

- b. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
6. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc.
  - a. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
  - b. The thrower must establish a pivot foot that is in bounds. The thrower may pivot in any direction, including out of bounds, but may not pivot into the marker.
  - c. The marker must be within ten (10) feet of the person with the disc before beginning the stall count.
    - i. If the thrower has not released the disc by the "T" in ten, it results in a turnover. If this call is disputed, the thrower gets the disc back with the stall count coming in at "stall 8."
    - ii. If the defense switches markers, the new marker must restart the count at one.
  - d. Each player is entitled to occupy any position on the field not occupied by another player, including the space immediately above them. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.
  - e. The receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot after making a catch. The receiver may throw a pass without coming to a stop, but only so long as they release the disc before the third ground contact after catching the disc.
7. Players are responsible for making and resolving their own calls, including fouls, violations, and in/out of bounds. Players are expected to operate in good faith when calling fouls, violations, and contests – meaning players should deal honestly with each other and admit fault when they are wrong.
  - a. After a call, play stops and players remain stationary until the parties involved have resolved the call.
  - b. Fouls: Physical contact between players, including picks or screens, is not permitted. When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
  - c. Infractions include:

- i. Foul: Contact between opposing players, including when a defensive player knocks the disc out of the thrower's hands (strip).
- ii. Fast count: When the marker counts at intervals of less than one second.
- iii. Double-team: When more than one defensive player is guarding the thrower within 10 feet.
- iv. Disc space: If the marker touches or is less than one disc diameter away from the thrower.
- v. 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.
- vi. Pick: When an offensive player's movement causes the guarding defender to be obstructed by another player.
- vii. Vision Blocking: If the marker deliberately blocks the thrower's vision, it is a vision blocking violation.

## // GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

## // SHIRT NOTICE

**During week 2 of the season, all players will be given DC Fray shirts for their team that are required to be worn for the duration of the season. Failure to wear the DC Fray team shirt for a game will result in a player not being able to play in that week's game. Wearing the designated season's team shirt will be required during both the regular season and playoffs in order to participate in the game.**

## // GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

Because our mission is to make fun possible, these policies make it easier for people to get involved with and build community through social sports.

All registrations are on a first come, first serve basis. Any roster that does not reach our official size (based on each sport) is eligible to receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field a team each week.

### // Roster Size Chart

<b>Sport</b>	<b>Promotion Size</b>	<b>Official Size</b>	<b>Max Roster Size</b>	<b>Woman Minimum</b>
Ultimate Frisbee	10	12	14	0

### // Teams & Substitutions

1. A maximum of seven (7) players can be on the field
  - a. Teams must have the required minimum 5 players to start the game
  - b. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
  - c. Teams may play a “legal game” with less than the required minimum number of players with the opposing team’s consent. Teams who agree to play under these conditions will lose the option of receiving a forfeit win and the outcome of the game will stand as is. Team’s must notify the Host before the start of the game.
2. Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.

- a. All substitutes must be a registered player on another team and/or in another Fray league that is currently in play.
  - b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game and the outcome of the game will stand as is.
3. Teams must designate a captain prior to the start of the game.

## // Field Set Up & Game Duration

1. The field is a rectangular shape with end zones at each end marked by cones. A regulation field is 70 yards x 40 yards with endzones 15 yards deep, though field size may be adjusted to fit the space available.
2. All games are first to thirteen (13) or fifty (50) minutes games with **no new game after 45 minutes**, whichever comes first. Halftime will be taken once a team reaches 7 points or at 25 minutes, whichever comes first.
  - a. Hard time cap will go on once fifty (50) minutes have elapsed. Once the score attempt in progress when hard cap goes in is completed, the game will be over.
3. Each team will receive 1 time out per half. Time outs must be called by the player in possession of the disc or after a goal is scored. Unused time outs do not carry over.
  - a. Time outs are not permitted during hard time cap or during overtime in the playoffs.
4. Regular Season Games can end in ties. Playoff games will continue until a winner is decided.

## // Equipment, Uniforms & Facility Use

1. All equipment will be provided and will consist of cones and a game disc.
2. Players should make every effort to wear the official Fray division shirt.
3. Metal cleats are not allowed.
4. If an individual or team violates the facility's Code of Conduct, they may be asked to leave and a refund will not be issued.

## // Playoffs & Standings

1. Playoffs are determined after the regular season has concluded and are based on scheduling and other league logistics. Playoffs are not guaranteed.

2. Standings are sorted based on teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
  - a. Head-to-head matchups
  - b. Score differential
  - c. Points For
  - d. Points Against

## // Forfeits

1. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
  - a. **First Forfeit** - Loss of game and warning issued
  - b. **Second Forfeit** - Loss of game and Fray reserves the right to remove the team from the playoffs.
  - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. In the case of a forfeit, the final score recorded as 8-0

## // Weather Cancellations

1. One week is built into the end of each season
2. All players will be notified via email if games are canceled
3. If more than one weather cancellation occurs, Fray will try to find another week if possible to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit normal scheduled game duration and more than half the game has been played, the game shall count as the full game