

# Ultimate Frisbee Rules Summary

*All rules not mentioned in the summary will be governed by USA Ultimate.*

9-Aug-23

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## Equipment:

- The game discs will be provided by the Collegian Sports Department.
- Rubber and molded cleats, turf shoes, or running shoes may be worn. No metal cleats.
- Equipment representing possible hazards to participants will not be permitted. NO hats, jewelry, exposed metal or hard, unyielding plastic on braces, casts, etc. will be allowed. Only medical alert bracelets are permitted and must be taped to the wrist.

## Competition Format

- Single or double elimination tournament (dependent on number of entries).
- 1 team maximum from each collegian.
- A team consists of seven (7) players maximum.
- A team may start and play a game with as few as five (5) players.
- No substitutes are allowed
- Games are self-officiated.
- The winner of each game is responsible for reporting their game result to the collegian sports manager on duty.

## Field and Boundaries

- The playing field will be the dimensions of the collegian flag football field (100yds. x 40yds.) with two end zones on each end being 10 yds deep.

## General Rules

- A game consists of one 10-minute period with a running clock.
- **NO** contact is allowed
- A player in possession of the disc during play has 10 seconds to release the disc.
- The opposing players defending the player in possession of the disc are allowed to verbally count the 10 seconds.
- The team with the most points at the end of the game is declared the winner.
- If the score is tied at the end of regulation, a 3-minute overtime period is played.
- If the score is tied at the end of overtime, multiple overtime periods will be played until a winner is determined.

## Beginning of Match

- A game of "rock, paper, scissors" will determine the start of the match

### Collegian Sports:

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850-478-8496, ext. 2740

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- The winning team may choose to receive the initial pull or select the end zone they wish to defend. The other team is given the remaining choice.
- After a point ends, it is recommended that players begin the next point within 90 seconds.
- 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 in-bounds.

## Scoring

- A goal is scored when an in-bounds player catches a pass in the end zone of the attack.
- Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.

## Time-outs:

- Each team receives one 1-minute time-out.
- Time-outs may be called only by the team in possession of the disc,
  - **Exception:** that either team may call a time-out between points (after a goal, but before the ensuing pull).
- No time-outs are given during overtime.

## Pull

- Play starts at the beginning and after each goal with a “pull”
- On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
- The receiving team must be on their own side of the field to receive.
- A player on the team with the pull throws the disc toward the opposite goal line to begin play.
  - The player throwing the pull must wait until the opposing team is in position to receive by raising a hand to indicate readiness to receive.  
***Penalty:** The player throwing will be allowed one more rethrow. If multiple offenses, a new thrower will be selected.*
  - The player throwing must yell “Ultimate” to signal the pull.
- After the disc is released, all players may move in any direction.
- No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
- If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.

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- If the receiving team allows the disc to fall untouched to the ground and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field,
  - **Exception:** If the initial pull lands in the end zone or out-of-bounds, the receiving team will gain possession on the line nearest to where it crossed the end zone or out-of-bounds line.

## **In & Out-of-Bounds**

- The perimeter lines themselves are considered out-of-bounds.
- A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds.
- For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds.
- If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
- If a player makes a catch in-bounds and momentum then carries them out-of-bounds, the player is considered in-bounds.
  - To continue play, the player carries the disc to the point where they went out-of-bounds and puts the disc into play at that point.

## **Turnovers**

- A pass is incomplete when it is:
  - Dropped
  - Hits the ground
  - Is caught out of bound
  - Is blocked
  - Is 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.
- If the player in possession of the disc during live play reaches 10 seconds before the throw is released, the player must place the disc on the ground where they are positioned for the opposing team to restart from that spot.
- When a turnover has occurred, any member of the opposing may take possession of the disc.
- To initiate 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 team puts the disc into play at the point where it crossed the out-of-bounds line.

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## The Thrower

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

## The Marker

- Only one player may guard the thrower at any one time; that player is the “marker.”
- May not straddle the pivot foot of the thrower.
- Must be at least one disc’s diameter between the bodies of the thrower and the marker at all times.
- Cannot position his 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.
  - If the thrower has not released the disc by the count of 10, a turnover results.
  - If a turnover from a stalling 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.

## 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.
  - **Exception:** if the receiver catches the disc while running, he may throw a pass without coming to a stop, but only so long as he releases the disc before the third contact to the ground after catching the disc.
- If offensive and defensive players catch the disc simultaneously, the offense retains possession and the defense is supposed to release the disc to allow the offense to make a continuing play

## Fouls & Violations

- A foul is a result of physical contact between opposing players
- A violation generally is any other infraction of the rules.
- When an infraction (a foul or violation) occurs:
  - The offending player loudly calls out the infraction (e.g., “Travel”, “Foul”, etc.)
  - A player called for an infraction may contest that call (by loudly calling “contest”) if that player believes that he did not commit the infraction.

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- After a call, the play stops and players remain stationary until the parties involved have resolved the call.
- If a call is not disputed, the play resumes in a way simulating what most likely would have occurred without the infraction.
- **Examples:**
  - 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 receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred.
- If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position he 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 hands.
  - **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; to do so is a pick.
- 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. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

## Player Conduct

- Acts of unsportsmanlike conduct, including unnecessary roughness, arguing with the Game Official, fighting, abusive language directed towards officials/opponents, will result in a player(s) being ejected from the game. Recommended penalties include:
  - Warning: for unintentional unsportsmanlike conduct
  - Ejection: for intentional unsportsmanlike conduct or following the issuance of a warning for a particular individual.

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