

Summer Coed Ultimate Frisbee Rules Summary

10-May-22

All rules not mentioned in the summary will be governed by the AUDL rules.

Page 1 of 5

Equipment

- The game discs will be provided by the Summer 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

- The tournament will be a double elimination tournament.
- Each summer team can have 1 team sign up.

Team Composition

- A team consists of seven (7) players and at least (2) women.
 - **Exception:** *If both teams' captains agree to play even with though a team has fewer women.*
- A team may start and play a game with as few as five (5) players.
- Game time is forfeit time if a team has insufficient players.
 - **Exception:** *If both teams' captains agree to play even with too few players.*
- Any player visibly bleeding must leave the ice and may return with the referee's permission after the wound is cleaned and bandaged; clothing must be changed before a player may re-enter the game if blood is visible and/or present.
- If in the opinion of the referee, a player is exhibiting symptoms/signs or behavior consistent with an "apparent concussion," that player will be removed to seek medical attention and may not return to play until cleared by an appropriate healthcare professional.
- A written medical clearance must be submitted to the Student Activities Office **before** the participant may resume participation in any Collegian Sports competition.

Game Format

- **Length of Game**
 - One 10-minute periods with a 5 min halftime. Time is continuous except when there is an injury, time-out, or a team calls a time-out.
- **Starting & Restarting Play**
 - A coin or disc toss will be conducted by the away team.
 - The winner chooses.
 - Receive the initial pull or,
 - Select the end zone they wish to defend.
 - The other team is given the remaining choice.
 - After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back into play by establishing pivot foot in-bounds.
- **Scoring**
 - A goal is scored when an in-bounds player catches a pass in the end zone of attack.

Summer Coed Ultimate Frisbee Rules Summary

10-May-22

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Page 2 of 5

- The team with the most goals at the end of the game is declared the winner.
- Regular season games that are tied at the end of regulation will end in a tie.
- Playoff games that end in a tie will be determined by a (3) minute overtime periods until a winner is decided.
- **Time-outs**
 - Each team receives one 60 sec. time-out.
 - Time-outs may be called only by the team in possession of the disc, except that either team may call a time-out between points (after a goal, but before the ensuing pull).
 - No time-outs during overtime.
- **Pull**
 - Play starts at the beginning and after each goal with a “pull” – a player on the pulling team throws the disc toward the opposite goal line to begin play.
 - Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
 - On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
 - A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
 - 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.
 - 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, excluding the end zone, nearest to where it crossed the out-of-bounds line.
 - If the pull lands out-of-bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.
- **In & Out-of-Bounds**
 - The perimeter lines themselves are 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 him/her out-of-bounds, the player is considered in-bounds. To continue play, the player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
- **Turnovers occur when:**
 - A pass is incomplete when it is dropped, hits the ground, is caught out of bounds, is 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 (10) before the throw is released.
 - When a turnover has occurred, any member of the team becoming offense may take possession of the disc.

Summer Coed Ultimate Frisbee Rules Summary

10-May-22

All rules not mentioned in the summary will be governed by the AUDL rules.

Page 3 of 5

- 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 player puts the disc into play at the point where it crossed the out-of-bounds line.
- **Substitutions:**
 - May be made after a goal and prior to the ensuing pull.
 - To replace an injured or ejected player.
- **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 him/her.
- **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 (e.g. “stalling one, two, and 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.
- **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 ground contact after catching the disc.
 - If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- **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.
 - After a call, play stops and players remain stationary until the parties involved have resolved the call.

Summer Coed Ultimate Frisbee Rules Summary

10-May-22

All rules not mentioned in the summary will be governed by the AUDL rules.

Page 4 of 5

- If a call is not disputed, 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, or
 - 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

Game Cancellations

- A game may be canceled at any point due to inclement weather.
- If a game is canceled and the 1st half is complete, it is considered a complete game. The score will stand as it was at the end of the 1st half. (Example: If it rains at halftime or in the middle of the 2nd half, the game stands as complete and the score remains as it was when the game was stopped.)
- If a game is canceled and the 1st half is not complete, the game will be rescheduled. The rescheduled game will begin where the canceled game stopped (i.e., time remaining, score, possession of the ball, etc.) (Example: If it rains at the 20:55 mark of the 1st half with the score of Cats 1 – Dogs 2 and Dogs have possession of the ball, the

Summer Coed Ultimate Frisbee Rules Summary

10-May-22

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Page 5 of 5

game will resume at the rescheduled date with the score of Cats 1 – Dogs 2, a time of 20:55 in the 1st half, and the team in possession of the ball [Dogs kickoff] as it was when it was rained out.)

- If possible, games that are canceled prior to being played due to weather or poor playing conditions will be rescheduled. Please check Eagles Nest for exact game times, dates, and locations.

Teams will meet on the ice for prayer 1 minute before the start of each game. The captain of the *home* team prays.