

MATCH REGULATIONS –ULTIMATE FRISBEE

- Uf.1. The game is played according to the Ultimate Players Association 11th Edition rules unless contra indicated below.
- Uf.2. A regulation game has 7 in the team and an unlimited number of interchange players.
- Uf.3. The Field is 110m long (consisting of two 23m End Zones and a 64m Playing Field) and 37m wide. The games can be played on modified size pitches with the range of dimensions to be between: Length: 100 – 110m & Width: 35 – 40m
- Uf.4. The game has 4 x twelve minute quarters. Half time break is 7 minutes and quarter time breaks are 3 minutes.
- Uf.5. There is no provision for a Team Time-Out. Injury Time-Outs and Technical Time-Outs can be called.
- Uf.6. Substitutions can occur at any time so long as the player coming off has left the field of play before the other player enters the field of play.
- Uf.7. Each point begins with the team to defend throwing from their end zone (pull) to the other team. The receiving team can start from between their end zone to the half way line. Both teams are to signal they are ready for the throw. If the receiving team touches the pull and it then hits the ground, it is considered a dropped disc and results in a turnover.
- Uf.8. Play commences from where the Frisbee hits the ground rather than where it rolls to.
- Uf.9. To score a point, a player must catch a legal pass in the defence's end zone.
- Uf.10. A "Callaghan Goal" is not permitted. Only attacking players can score.
- Uf.11. After a goal, the team that was defending takes 'the walk' back to the half way line.
- Uf.12. The disc can be thrown in any direction. Players receiving a pass need to stop as quickly as possible and then establish a pivot foot. Players are allowed to regain their feet if they fall over in the act of catching the disc and then establish a pivot foot.
- Uf.13. The person with the disc has 5 seconds to throw it. The defender guarding the thrower initiates a stall count by saying "stalling". Calls such as "one Mississippi, two Mississippi etc," are encouraged to avoid a 'fast count'.
- Uf.14. Only one player is allowed to defend the Thrower at any one time.
- Uf.15. When a pass is not completed (ie out of bounds, drop, block or interception), the defence immediately take possession of the disc and becomes the offence. A defender deflecting the disc does not impact upon the changeover of possession if the pass is not completed.
- Uf.16. Once a player has possession of the disc, the disc must leave the hand before possession is gained by a team mate.
- Uf.17. No physical contact is allowed between players unless it is accidental while both players are vying for the disc while in the air. Screens are not permitted. A foul occurs when deliberate contact or screening occurs.
- Uf.18. When a foul disrupts possession, play resumes as if the possession was retained.
- Uf.19. If any error by the defensive team occurs within their own goal area then the offensive team must take the free pass from outside the scoring zone.
- Uf.20. The match is to be self-officiated by the students however, the home team is to supply a match supervisor who shall make a ruling over any disputed calls.
- Uf.21. If the teams cannot determine who is at fault in a foul or rule infraction, the disc goes back to the previous thrower to start play again.
- Uf.22. Sportsmanship and fair play is to be stressed with players made aware of the "10 Simple Rules" and "The Spirit of the Game". Competitive play is encouraged but never at the expense of respect between players, adherence to the rules and the basic joy of play.
- Uf.23. **Mixed Ultimate (Recreational)** There must be at least two players of each gender on the field throughout the game (2:3 or 3:2 if minimum players consist of 5).

Mercy Rule:

Losing team takes possession after each goal from the half way line when down by 10. Maximum winning margin: 10 goals.

Tied Grand Final:

In the event of a tied final, an extra 5 minutes is played each way. If the score is still tied at the end of this time, a shared premiership is awarded.