

Ultimate Frisbee Rules and Regulations (for Years 3 - 6)

The game shall be played between two teams of six players each, minimum 2 girls on court. Four players are required to avoid a forfeit. Each match is 15 minutes long.

Start of the game

Winning team of the coin toss can choose whether to start by pulling or receiving. Each team will be standing at opposite ends of the field.

The Pull

- A. Play starts at the beginning of each period of play, and after each goal, with a pull. The pull consists of one player on the offensive team throwing the disc towards the other end zone.
- B. Players may not cross the goal line until the disc is released. The thrower must be on the goal line or in the end zone when the disc is thrown. As soon as the disc is thrown, all players may move in any direction.
- C. If a member of the receiving team catches the disc, they must put the disc into play from that spot.
- D. If the disc lands out of bounds, the receiving team has a choice to receive a re-throw or play the disc at the closest spot on the boundary line.
- E. If a member of the receiving team touches the disc but fails to catch it, it is a change of possession and the team that threw off regains possession.
- F. If the disc hits the ground before any player contact, the disc will be played from where the disc first hits the ground.

Offensive Play

The goal of the offensive team is to move the disc down field and score a goal by catching the disc in the opposite end zone.

- A. The disc is moved by passing from one player to another.
- B. The disc may be passed in any direction.
- C. The person receiving the disc may not move once they have caught the disc (if there's momentum, limited to 2 steps & discretion of referee)
- D. Once a person has caught the disc they must establish a pivot foot and cannot move that foot.
- E. Traveling (walking with the disc) will result in a change of possession.
- F. The thrower has as much time to throw as needed to get rid of the disc as long as they are not being guarded. If the thrower is being guarded, the thrower has ten seconds to throw
- G. If the player catches the frisbee in bounds then goes out by momentum, the player will keep possession of the frisbee and throw off from where he/she went out.
- H. One foot must be in play to be considered a catch.

Defensive Play

- A. A defensive player may intercept or knock down a pass. A disc can be batted in the air but may not be knocked out of hand.
- B. A defender may guard the thrower, but cannot contact the thrower and must give the thrower 1m cushion. If the defender guarding the thrower encroaches on the 1m cushion, he will be told to move back and the 10 second count will start over.

Turnovers

- A. A change of possession occurs in any of the following situations:

1. An incomplete pass.
 2. A caught pass that is dropped.
 3. An interception.
 4. A pass that goes out of bounds. If the disc lands out-of-bounds, the player will move to where the disc went out of play to put it back into play from there.
- B. When there is a change of possession the disc will be picked up from that spot and put in to play.
- C. A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
- D. An offensive player may not catch their own pass.
An offensive player may catch their own pass if it contacts another player first.
- E. If a defensive player catches a pass it is considered an interception.
- F. If a defensive player tries to catch a pass but drops it, it is considered a knock down, and the defensive player gains possession of the disc.
- G. Traveling (moving the pivot foot) will result in a change of possession.

Scoring

- A. A goal is scored when an offensive player catches a pass in the end zone he is attacking.
- B. A player's momentum may not carry him in to the end zone. The player must go back to the point nearest to him/her and play it from there.

Substitution

- A. Substitutions can only be made:
1. After a goal and before the ensuing throw-off.
 2. To replace an injured player.

Fouls

Delay of Game – If the defensive team picks up the disc or won't let another player delay of game will be called. The penalty will be a free (unguarded) throw from that point.

Guarding – If the defender is within 1m of the thrower, the defender will be told to move back and the 10 second count will restart.

10 Seconds – If the thrower fails to throw the disc within 10 seconds when being guarded, it will be a change of possession at that spot.

Contact - No physical contact is allowed

Modified Captain's Ball Rules and Regulations (for all Years)

Two teams consisting of 10 players each. Each team will be able to field in 7 players (minimum 2 females on court) for each game with 3 players as substitutes. 6 players (minimum 2 females) must be present in order to avoid a walkover.

Each game consists of 2 halves of 7 minutes each. Between the halves, there's a 1 minute break.

Twist element

This captain's ball game will not be played with a normal ball. A choice of 3 different balls are offered: Bouncy ball, rugby ball and balloon. Team 1 will choose the ball to be used in the first half. In the second half, the other team will choose a ball which hasn't been used to play with.

Substitutions

A substitute player is allowed to enter the court only after the player that is being substituted has left the court. Substitution will be allowed at any point of the match. If more than required number of players are found on court playing, the team will be liable to a walkover.

Start of Game

Team which wins coin toss can choose which type of ball to be used in first half. Teams to stand in their captain's half of the court and a player from each team is chosen to compete for ball toss in the center. Gameplay begins from there.

Scoring a Goal

- Ball must be caught in captain's hands for at least 3 seconds, with captain remaining on chair.
- Ball must be released from the shooter's hands into captain's.
- Players can only score past within the half of the court which their captain is at.
- After a goal is scored, defensive team starts ball from opponent's back line.

Attacking

- A minimum of three passes must be made before attempting to throw to the captain.
- Captain must be on chair at all times, but is allowed to jump and land on chair to catch ball.
- Attackers can jump from inside court to outside court to score, but ball must leave their hands before they land out of court.
- For balloon: If it bursts, the team which last touched the balloon will give up possession to the opponent's team.
- Captains are only allowed to be switched at half time (unless in cases of injury)
- Ball is awarded to opposing team when a team last touches a ball before it goes out of court.

Defending

- Defenders not allowed to contact the captain of the opposing team.
- Defender not allowed to hit ball out of opponent's hands and required to give at least a 1m cushion to player with ball.

Fouls

Defensive fouls include:

- Contact on the ball (when ball is hit out of player's hands by opponent)
- Contact on the player or captain
- Obstruction (not giving 1m cushion to opponent who is holding on to the ball)
- Verbal abuse towards players or referees

Other fouls

- Traveling foul: players are not allowed to run/walk with ball. They can only take one step after catching the ball
- Players in stationary position with the ball can only take one step with the other foot in same position (pivot foot). Players cannot change their pivot foot.
- Holding foul: players cannot hold possession of the ball for more than 3 seconds
- Stepping foul: players are not allowed to jump with the ball and land without releasing the ball.
- Bouncing/rolling/kicking foul: players are not allowed to dribble the ball kick or roll it. Players are not allowed to catch a ball, drop it, and catch it again.

Referees will blow for fouls and a change of possession will be awarded.

Warnings/Sending off

The Referee has sole discretion over exercising warnings/sending offs in regard to additional penalties for the above-mentioned fouls.

The following offenses warrant a first warning/sending off (up to referee's discretion)

- i) Unbecoming attitudes shown by Players
- ii) Swearing or cursing without foul language
- iii) Profanity / Foul language
- iv) Rough Play
- v) Throwing the ball at Players to intentionally hurt them
- vi) Dangerous plays which might hurt Players
- vii) Not respecting the referees' decision

Tie

In the event of a tie, extra time will be played. Extra time shall be 3 minutes, divided into two halves of 1.5 minutes each with no interval in between. During extra time, the "golden goal" rule applies, meaning that the winner of the game is the first team to score a goal. The decision on who to start the game for extra time will be decided by a jump ball at the centre of court.

Tagball Rules and Regulations (for Years 1- 2)

1. Players start in 2 teams. The team who gets to start with the ball will be chosen by scissors-paper-stone.
2. All players start in the centre third and are not allowed outside this area.
3. The team starting with the ball must pass the ball around the court to each other and try to get close enough to members of the opposing team to tip them with it.
4. The ball is not allowed to be thrown at them. The attacking team must hold onto the ball and get close enough that they can stretch out to touch them whilst the ball is still in their hands. The most they can move is to pivot around only 1 foot.
5. If a player is tagged they must leave the court.
6. If a player steps out of the court, he/she must leave the court.

7. If a player in the team being chased manages to intercept a pass this allows someone that has already been eliminated to re-enter the game.
8. If a player drops the ball or throws it out of the court, then possession changes.
9. Continue until only 1 member from either team is left and then the round ends.
10. Play as many rounds in 15 minutes. The team that won more rounds wins the match.