



## 2022 Nibley City Recreation Ultimate Frisbee Rules

Ultimate Frisbee is a non-contact, self-officiated disc sport played by two teams of 4 players.

- 1. Objective of the Game:** is to score goals. Goals are scored when a player catches any legal pass in the endzone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to the other players. The disc can be passed in any direction (forwards, behind, etc.). If a pass is incomplete, a turnover occurs.
- 2. Playing Field:** Ultimate Frisbee fields are 30 x 18 meters for 2<sup>nd</sup>-5<sup>th</sup> Grade. 40 x 27 meters for 6<sup>th</sup>-8<sup>th</sup>. End zones 5 meters deep.
- 3. Player Equipment:** A team shirt will be issued at or before the first game along with a frisbee to keep for each player to practice at home. Although athletic shoes are permitted, cleats are recommended (steel cleats are not permitted), and a water bottle is essential to keep your athlete hydrated and playing their best. During cold or inclement weather, players may wear clothing under their jersey.
- 4. Team Equipment:** Coaches are issued a team bag complete with frisbees (Soft JStar) and cones, for practices and games. End zone pylons will be available to the coaches at the park.
5. Teams are allowed up to **4 players** on the field at a time.
- 6. Games will consist of a 10-minute, learn 2 play portion, with two 20-minute halves of play time.** The first 10 minutes will be used as a practice time to learn more of the skills and rules of Ultimate Frisbee. Afterwards the players will implement the skills they just learned in a game. There will be a 3-minute break between halves.
- 7. Starting Play:** The Away Team will provide and throw the frisbee off to the Home Team. The Away Team also gets to choose which way to attack. Each point begins with both teams lining up on the front of opposite end zone lines. The away team throws ("pulls") the disc to the home team. The second half begins with a reversal of that.
- 8. Movement of the Disc:** A player may not run while holding the disc. The disc is advanced by passing it to the other players. The disc can be passed in any direction (forward, backward, etc.). The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- 9. Change of Possession:** When a pass is not completed (ex: out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
- 10. Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 11. Non-Contact:** Players must attempt to avoid physical contact during play. Screens are not allowed.

Continues on Next Page

12. **Fouls:** When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession were retained. If a player feels like they have been fouled, the player must raise his/her hand. Fouls may include: pushing, slapping the disc from the thrower's hand, and/or blocking. Your goal is to block the disc, not a player. If a foul is called and agreed upon, the play starts back to the spot where the foul took place.

13. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes. If the two players agree that a foul occurred, the disk goes to the spot of the foul. If the two players disagree, redo the play. Encourage players to be honest.

14. **Timeouts:** A timeout stops play. Each team has two team timeouts per half in a standard game. A team timeout lasts 60 seconds. A timeout can be called out whenever the coach needs one. Timeouts must be announced verbally and signaled by forming a "T" with one hand and the frisbee. The disc is then placed on the ground at the pivot spot.

15. **In- and Out-of-Bounds:** The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of-bounds.

16. Coaches will manage the game with the High School Volunteer and will encourage **fun and fair developmental play**.

17. This is a recreation league Ultimate Frisbee program where players, coaches, and parents are expected to adhere to **the Spirit of the Game**. Parents cannot intervene with players and/or plays.

18. **The Spirit of the Game:** The foundation of the rules in Ultimate is Spirit of the Game, which places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and the basic joy of play. At the end of each game both teams will sit with one another (every other player) and comment on how the other players did. This will take 5-7 minutes.

19. Any scrimmage/game situation not addressed by the rules above may be clarified if applicable using the regular season rule book (available through <https://usultimate.org/rules/>)