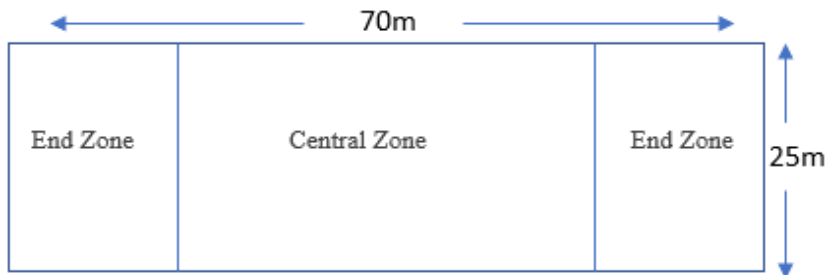


## Basic Rules of Play

Field dimensions: 70m x 25m with 15m long end zones.



- Games are played 5v5
- Games are 20 minutes long
- A win is worth 2 points, a draw is worth 1 point and a loss is worth 0 points
- If a team needs to forfeit a game for any reason on the day, the score for the match will be 8 - 0
- Games will begin & end at the sound of a hooter. At the sound of the hooter to end the game, **the team with the disc** has 2 more throws only, then the game will end. If there are any turnovers after this point (hooter), the game ends. The pull (starting throw) is not included in the '2 more throws'. This means that if the hooter sounds before the pull has been thrown then the game ends
- If scores are even at the end of any finals games, play one more point
- No time outs
- Teams are encouraged to jog back to the line after each point
- Subs can occur in between points OR during a point if there is an injury

### General play

- No contact
- Players must always also avoid any dangerous play
- No running with the disc
- Closest defender to the thrower must stand at least 1m away
- 10 second stall count = person with the disc has 10 seconds to make a throw ONLY if the closest defender standing 1m away counts from 1 to 10
- The pull (first throw of the point) may be dropped without resulting in a turnover

### Spirit of the Game

- No referees. Players to make their own calls. Focus on fair play, integrity & sportspersonship
- Teams encouraged to form a spirit circle following each game
- Spirit scores will be collected following each game. Your team will give a score out of 10 for how spirited your opponent was during the match