

Competition Rules

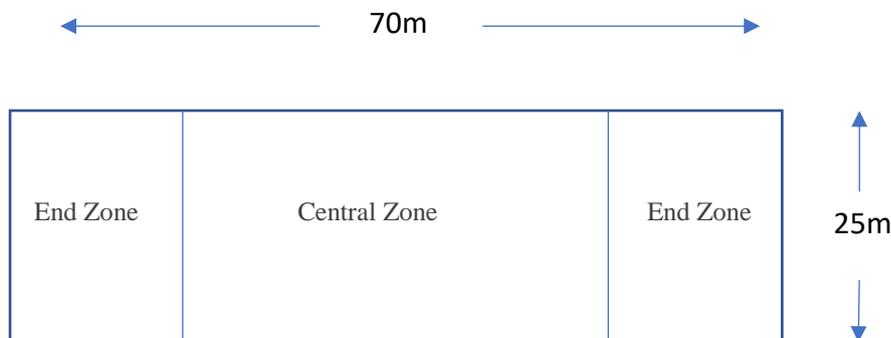
VicFlick Youth Ultimate Rules

THE AIM OF THE GAME

Ultimate is a non-contact, self-refereed team sport played with a flying disc (or Frisbee TM).

Two teams of 5 compete on a rectangular shaped field; at each end of the playing field there is an end zone. Teams generally have up to 10-12 players.

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



The player with the disc is called the thrower. The thrower may not run with the disc. Instead they move the disc by passing to team-mates in any direction.

The defensive team gets possession of the disc if an offensive team's throw is not caught by a player of the same team. Then the defensive team becomes the offensive team and can try to score in the opposite end zone.

THE BASIC RULES

The Pull

Each point starts with a throw-off from the goal line ("pull"). All players must remain in their end zone until the pull is thrown. At the start of the game a toss decides which team throws the first pull. The team that throws the pull will be the defensive team.

When the defensive team is ready to start the point, they will let the other team know by holding the disc above their head. The offensive team acknowledge they are also ready by raising their hand above their head. Once both teams are ready, the defensive team throws the pull.

After a goal is scored, play stops. The team that scored stays in that end zone and throws the pull and becomes the defensive team, therefore teams change their direction of attack after each point.

If the pull lands outside of the playing field the thrower can pick the disc up and start play from the side line where the disc left the field, including the defensive end zone. The pull may be dropped by the offensive team, however any other throw dropped after this is a turnover.

In bounds and out-of-bounds

A disc is in-bounds when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The side lines are not part of the playing field. If you catch the disc in-bounds, and the momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc.

You are allowed to throw the disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field.

If the disc goes out-of-bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field. If the disc flies out of bounds causing a turnover, the opposition team takes the throw from where the disc crossed the line.

No running with the disc

You are not allowed to run while you have possession of the disc (“travel”). After catching the disc while running, you must stop as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot: this is called pivoting.

The 10-second rule

The thrower has 10 seconds to throw the disc. A defender can stand one metre in front of you (remember: no contact!) and count aloud to ten in one second intervals. If the disc is still in your hand at the “t” of “ten” the other team gets possession of the disc.

Turnovers

The defensive team takes possession of the disc (a “turnover”) if the offence fails to catch a pass. This can happen if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player.

Turnovers also occur when:

- The marker reaches “ten” before the disc was thrown
- The disc is handed from one player to another without being thrown
- The thrower catches their own throw without the disc being touched by anyone else

After an in-bounds turnover the other team may immediately resume play at the point where the disc as caught or stopped.

Fouls, Violations and Infractions

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- Contact that is dangerous or affects the outcome of the play is a Foul.
- The thrower may not be defended by more than one player at the same time (“double team”).
- The marker may not come closer than one metre to the thrower (“disc space”).
- The marker may not hit or grab the disc out of the hand of the thrower. They may however try to block the disc with their hands or feet after it is thrown.
- If opposing players catch the disc at the same time, the offensive player gets possession of the disc.
- Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players (“pick”).

Making a call

If you believe you have been fouled by an opposing player, you can call “foul”. If the disc is in the air, play continues until possession is established (a catch or a turnover). If your team gets possession, then play continues, otherwise, play stops immediately.

After play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call “contest” and the disc is returned to the previous thrower. If they agree that there was a foul, they call “uncontested” and, generally, you take possession of the disc. Play is resumed with a “check”: the marker touches the disc in the thrower’s hand and calls “disc in”.

Calling violations such as a double team, fast stall count, disc space, and travelling does NOT stop play. These violations simply adjust play as it occurs.

Scoring

You score a goal (1 point) if you catch the disc in the end zone that you are attacking. If you are in the air, your first point of contact must be in the end zone. If your foot touches the goal line, it is not a goal. After a goal, play stops and teams swap which end zone they are defending. Games run for 30 minutes and upon the siren/whistle being blown to signal the end of the game, the team with the disc has two throws remaining (excluding the pull).

Substitution of players

After each point you may substitute as many players as you want. During a point a player may only be substituted due to an injury. After an injury, play stops and the other team may also substitute a player, if they wish.

Spirit of the Game

Spirit of the Game (SOTG) is one of the core elements in Ultimate Frisbee. It is similar to fair play and sportsmanship, but there is a much higher emphasis put on it in Ultimate.

There are no external referees; Ultimate is a self-refereed sport, thus maintaining SOTG is essential. The players are solely responsible for following and enforcing the rules, even at World Championship level. Players must know the rules, be fair-minded and truthful, explain their viewpoint clearly and briefly, allow opponents a reasonable chance to speak and resolve disputes as quickly as possible, using respectful language.

Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules or the basic joy of play.

Examples of Good Spirit

- Informing a team-mate if you think they have made a wrong or unnecessary call or caused a foul or violation
- Retracting a call when you no longer believe the call was necessary
- Complimenting an opponent for good play or spirit
- Introducing yourself to your opponent
- Reacting calmly towards disagreement or provocation

Self-Officiating and SOTG

Self-officiating is a new concept for most and is one of the most challenging parts of learning the game of Ultimate. The challenge is finding a balance between teaching the rules of the game while also allowing students to make their own calls and resolve conflicts independently.

The rules of Ultimate begin with the assumption that every player is going to play by the rules. There are no penalties for breaking rules, only methods for continuing play as though the violation did not occur.

Players should be mindful of the fact that they are acting as referees and must:

- Know the rules;
- Be fair-minded and objective;
- Be truthful;
- Explain their viewpoint clearly and briefly;
- Allow opponents a reasonable chance to speak;
- Resolve disputes as quickly as possible, using respectful language;
- Make calls in a consistent manner throughout the game;
- Only make a call where a breach is significant enough to make a difference to the outcome of the action

There are several strategies to facilitate learning while encouraging students to retain ownership of the game.

Example: A receiver is knocked over while trying to catch the disc.

The receiver calls a foul, play stops, and the defender has an opportunity to agree with the call (“Yes, I fouled you”) or disagree (“No, I contest that foul call. I believe you tripped on your own”).

If the defender agrees with the call, then the receiver takes the disc and play resumes as though the foul never happened.

If the defender disagrees with the call, then the disc goes back to where the throw originated, for a re-play.

Students can develop an understanding of the rules by discussing their own calls on the field. It is important for the instructor to allow some independent interaction between the students.

If the students are not able to come to an agreement within a reasonable period of time, an instructor may step in to assist. Try asking students questions to help guide their conversation and promote the development of independent problem-solving skills. Some examples of types of questions are:

- What do you think happened or caused that to happen?
- From your point of view, did the receiver catch the disc in or out of bounds?
- Did your hand hit the thrower's hand before or after the disc was released?
- Could you have caught the disc if there was no contact?
- What do you think the fair outcome is for both teams?

While teaching the self-officiating process in this way can be more time-consuming than simply giving students the answer, it can help them to develop conflict-resolution strategies that will benefit them on and off the Ultimate field.

Things to Remember:

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- The thrower has only ten seconds to throw, but is only valid when the marker administers the stall count.
- A stall count must start with saying “stalling” and then counting from one (1) to ten (10) in one second intervals.
- The thrower may not be defended by more than one player at the same time (double team).
- The defender may not come closer than within **1 metre** from the thrower (disc space)
- The defender may not hit or grab the disc out of the thrower's hand. They may however try and block the disc with their hands or body after the disc has been thrown.
- If opposing players catch the disc at the same time, the offensive player retains possession of the disc.
- Players are not allowed to create shepherds, blocks or screens to obstruct the path of defensive players.
- If the disc rolls along the ground, possession must be taken from the point where the disc comes to rest or the nearest point on the boundary line of the ‘Central Zone’.
- When calling a violation make it loud and clear, play does not stop and players on the field adjust accordingly.
- When calling a foul make it loud and clear, play stops and players on the field discuss the foul call and adjust accordingly.
- Play resumes when the defending player will touch the disc in the thrower's hand to signal the restart of play (‘disc check’)
- In Ultimate, it is acceptable to “agree to disagree”. Players should refrain from loud, heated arguments, and focus on resolving the issue quickly and calmly. Otherwise for any unresolved calls, reset play and the disc goes back to the previous throw “Back to Thrower”.



These rules have been adapted from the World Flying Disc Federation's rules website rules.wfdf.org – complete rules of Ultimate may be found here. You can also view rule scenario videos and gain official standard or advanced rules accreditation.