

## D.I.C.S. Inc. Ultimate Frisbee Rules (Mini Games)

**The Field:** A rectangular shape with end zones at each end.

### **Equipment:**

**Disc:** The disc used during game play should be one of the official D.I.C.S. league Ultimate Discs which are USA Ultimate approved.

**Shirts:** Each player must wear their official D.I.C.S. jersey or bring one black shirt and one white shirt with them to the field. Once the teams are decided the player will wear the corresponding shirt to the team they have been selected to play on.

**Length of Play:** The play clock is set to 1 hour and 30 minutes at the beginning of the first game. The clock is continuous and will not be stopped during the course of play. Each mini game will be played up to 5 points. Once a team has scored 5 points they win the game. After a game two new team captains will be assigned and new teams will be picked. Playing will continue in this fashion until the play clock has stopped.

**Coin Toss:** The team captains shall have a coin toss to decide who gets first pick. The losing team in the coin toss will decide which color they want to be, receive disc first, and decide which end of the field they would like to start on. If there is an uneven amount of players the team which won first pick will get the extra player.

**Initiate Play:** Play starts at the beginning of each half and after each goal with a "pull", a player on the pulling team (defense) throws the disc toward the opposite goal line to begin play. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand. If the disc lands out of bounds on the pull, the team that gained possession may play the disc from anywhere on the field lateral to the location where the disc went out of bounds.

**Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point.

**Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc.

**The Thrower:** The person with the disc ("thrower") has ten seconds to throw the disc. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

**The Marker (Defense):** Only one player may guard the thrower at any one time; that player is the "marker". There must be at least one disc's diameter between the bodies of the thrower and the marker at all times. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting. The defender guarding the thrower ("marker") counts out the stall count; a player in possession of the disc has 10 seconds to release a throw. The marker must be within 10 feet of the person with the disc before beginning the stall count. The stall count consists of the marker counting to 10 audibly at one second intervals (Examples: "stalling one, stalling two, stalling three . . .", 1-1,000 count, or Mississippi count). If the thrower has not released the disc by the utterance of the word "10" it will result in a turnover. If this call is disputed, the thrower gets the disc back with the stall count coming in at "stalling 8". If the defense switches markers, the new marker must restart the count at one.

**The Receiver:** After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot. Exception: If the receiver catches the disc while running, she/he may throw a pass without coming to a stop, but only so long as she/he releases the disc before the third ground contact after catching the disc. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

**Turnover:** When a pass is not completed (e.g. out of bounds, dropped, blocked, intercepted, or stalled), the defense immediately takes possession of the disc and becomes the offense.

If no effort is made to resume play on a change of possession due to a dropped or blocked Frisbee the defensive team may call a delay of game. Calling a delay of game will cause the offensive team to have 10 seconds to start their possession. The defender may then touch the Frisbee while it is still on the ground and begin an initial stall count to "10". Once the disc is picked up by the offensive team the counter must restart their stall count.

**Out-of-Bounds:** A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds. If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where she/he went out-of-bounds and puts the disc into play at that point). If the disc travels out of bounds in the end zone a turn over occurs and the opposing team starts with the disc at the front of the goal line.

**Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

**Fouls and Violations:** When a player initiates contact on another player a foul occurs. A violation is any other infraction of the rules. The closest person from the opposing team must call out the foul or violation. If the player committing the foul/violation disagrees with the call, they can contest. After a call, play stops and players remain stationary until the parties involved have resolved the call. If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. Examples: 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back from the point of the foul with a new stall count; or 2) If a thrower is fouled but the pass was completed then the receiver will continue with the play from the point of reception; or 3) If a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position she/he occupied when the disputed infraction allegedly occurred.

**Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

**Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.