

Ultimate Frisbee Rules

1. **The Field:** A rectangular shape with end zones at each end.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. **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 person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Officiating:** Players are responsible for their own foul and line calls.
10. **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.

LEAGUE

GAMES:

During the regular season games are to be played within time allotted (warm up time is included).

UMPS:

A staff member will be provided by SSS to supervise the game, handle disputes, and keep score. However, it will be up to the teams to self ref on a play-by-play basis.

FORFEITS

If your team forfeits a match during the season, the following rules apply:

First Offense: Loss of three games and warning issued.

Second Offense: Three losses and staff reserves the right to remove team from playoffs.

Third Offense: Removal from the league.

If you know in advance that your team is going to forfeit a game, we encourage you to call our office so as to help us schedule your opponent a game.

Teams have until ten minutes past the designated start time to field a full squad. If at that time one team is unable to field a full team (minimum number of players required according to the rules), it will be up to the staff and the opposing captain to determine what is allowable. The full team could also have the opposing team play with the ghost rule if they so choose.

STANDINGS:

The updated standings will be posted weekly, displaying each team's rank within its skill level. Rank is based on winning percentage.

PLAYOFFS:

All eligible teams make the playoffs (teams that have not abused any policies are eligible). In certain situations teams at or near the bottom of the standings may not advance to the playoffs. Check with SSS league coordinator to see if this applies to your league.

Playoffs are single elimination.

Matches are best two out of three format with each game to twenty-one. Teams must win by two with a cap at twenty-three.

Seeding: Teams are seeded according to winning percentage and strength of schedule.

-Speed scoring rules still apply during the playoffs.

-Teams may play more than one match per day.

If a team does not have a full squad (minimum number of players required according to the rules) by ten minutes past the designated start time, they will forfeit the first game of the match. At twenty minutes after the start time the match is over (per staff and opposing team's captain request).

Any questions regarding policies, rules, or eligibility must be addressed before the start of the match.

WAIVERS:

In order to participate in the league, each participant must sign the team waiver. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating.

PLAYER ELIGIBILITY:

Players who have been placed on the roster and signed the waiver are eligible for playoffs. A formal protest may be filed before a playoff game if an opposing player's eligibility is in question. The player in question will be required to provide his/her player information (name, address, phone #, signature) in writing to a SSS staff member prior to the start of the game. This qualifies as an official protest. Any protest made during a game or after a game will NOT be considered a formal protest. The game will then be played in its entirety as scheduled. Teams will be notified of all rulings on the identified eligibility discrepancy by the following business day – decisions will not be made on site. If the protest is proven to be legitimate, it will result in the forfeiture of the game in question. Games subsequent to the protested game may be rescheduled. The above procedure will also apply for any other “logged” protests. All rulings by SSS staff are considered final.

SPORTSMANSHIP:

The idea of SSS is to have fun. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league.

STAFF:

To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

LEAGUE CANCELLATION/RAINOUT:

Leagues may be canceled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. SSS staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the league. Make sure and check with the social club at 512-487-1492. If the league is canceled, SSS staff will call all of the captains and post a message on the website. If a league is canceled on site, SSS staff will attempt to contact those teams still scheduled to play the remainder of the league day/night. Depending on the time of cancellation, some teams will have to be notified on site. If we do cancel, follow next week's schedule (ex. If April 13 is canceled teams should follow the April 20 schedule for their next game). The games that are canceled will be made up at the end of the season if time allows. In extreme circumstances, SSS reserves the right to run a shortened season without a refund of schedule matches on days other than our regularly scheduled league day/night.

PRIZES/ T-SHIRTS:

Each team will receive one shirt for every paid player on the roster. Rosters will be considered final by the second week of the league and used for distribution of T-shirts.

The shirts will be handed out at the sponsor bar during the season. Please look for the announcement at

the league designating which nights the shirts will dispensed. Those teams unable to pick up their T-shirts at the sponsor bar may arrange for another member of the team to pick up their shirt.

The top teams in each division will receive a prize of great emotional, spiritual, and most importantly, social value.

These policies are designed to make the league run as smoothly and safely as possible, and provide continuity for its participants. Each player in the league is responsible for this information: please advise your team of these rules and thanks for playing.