



# 5v5 Ultimate Frisbee Rules



**Updated May 25, 2022**

*Ultimate Frisbee is a loose combination of football and basketball, often played on fields normally used for soccer. Per the Official Rules of Ultimate, 11th Edition provided by the Ultimate Players Association, "Ultimate is a non-contact disc sport played by two teams. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc."*

## 1. Pre-Game – Equipment, Game Time, Fields

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is alright and stop the game to seek appropriate help as required. **This rule supersedes all others!**

**Equipment/Set-Up:** FCSSC will provide all game equipment, however, teams are encouraged to bring their own discs for warm-up and practice. In addition, FCSSC's Game Coordinator will set up the field according to the following dimensions:

- Total field length - 60 paces
- Between the end zones - 50 paces
- End zones - each 5 paces
- Total field width - 35 paces
- A pace is approximately 3 heel-to-toe steps.

FCSSC's Game Coordinator will keep score when possible (ie. Only one game running a time). If the FCSSC Game Coordinator is unable to keep score, we ask that each team select a player to assist in keeping score. Each player should bring both light and dark coloured shirts to each and every game.

**Game Time/Default:** Please arrive 15 minutes early so that you can start your games on time. Games are 55 minutes in length, with a 5-minute break at halftime. Teams may call a one (1) minute time-out per half if needed except in the final 10 minutes of play. Teams are comprised of five (5) players with a minimum of two (2) women and two (2) men. A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people, as long as two (2) of the players are female and two (2) are male. Captains may agree to waive the rules regarding gender minimum but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

## 2. In Game – UPA Rules, FCSSC Variations, Starting the Game, After a Goal

FCSSC plays by official Ultimate Players Association (UPA) rules with seven notable exceptions. The official rules are posted on the UPA website ([http://www.londonultimate.ca/system/files/11th\\_ed\\_Final\\_3\\_6\\_07.pdf](http://www.londonultimate.ca/system/files/11th_ed_Final_3_6_07.pdf)). The highlights are noted below, as well as FCSSC's exceptions. Please review the rules carefully before playing.

### **UPA's Simple Rules of Ultimate:**

- **Initiating Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ("pulls") the disc to the offense.
- **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.

### **FCSSC's variations on the Official Rules:**

1. FCSSC plays 5 on 5 (not 7-on-7).
2. Field size is recreational, not official.

• **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.

• **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offense.

• **Substitutions:** Players not in the game may replace players in the game after a score and during a timeout. No subs on the fly.

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

• **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.

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

3. You cannot score from behind your own half. If an offensive player catches a disc in the end zone that was thrown before half, the defensive team receives the disc on their own goal line.

4. FCSSC plays games to 19 points or 55 minutes, whichever comes first.

5. Foot blocks are not permitted and are considered fouls.

6. Pulls going through an opponent's end zone will be brought back in to play from the front line of their end zone.

7. Zone defence IS allowed, though man-to-man is most common in our leagues.

### Starting the Game

1. Teams captains toss a coin (or the disc) to determine which team will throw and receive the initial pull and which end zone each team will defend. The second half begins with a reversal of the initial choices.

2. Play starts at the beginning of each half and after each goal with a pull.

- After signalling readiness, players on the pulling (throwing) team may move anywhere in their end zone, but their feet may not cross the vertical plane of the goal line until the disc is released.
- After signalling readiness, players on the receiving team must be in contact with the goal line that they are defending without changing location relative to one another.

3. After the disc is released, it is in play and any player may move in any direction. Should players move out of acceptable position before the disc is released off-side is called and a re-pull ensues. The call must be made before any player on the receiving team touches the disc.

a. receiving team offsides: receiving team starts with the disc at the midpoint of the end zone they are defending, after players set up and a check is performed.

b. pulling team offsides: receiving team starts with the disc at midfield, after players set up and a check is performed.

4. A player on the throwing team may not touch the pull in the air before a member of the receiving team touches it. If this violation occurs, the receiving team may request a re-pull immediately.

### After a Goal:

1. After a goal, the teams switch their direction of attack and the scoring team pulls.

2. The team that scored becomes the puller (throws to the other team, who gain possession). The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play.

## 3. Post-Game – Departure & Score Reporting

**Discrepancies:** All games are self-refereed. Any disputes will be discussed amongst the two team captains. Please play honestly and call your own infractions (in the kitchen, net, etc). If a dispute cannot be settled the point should be re-served

**Score Reporting:** Captains from each team are responsible for reporting or confirming game scores within 48 hours of the completion of the game. Scores can be reported or confirmed via our website at [www.forestcityyssc.ca](http://www.forestcityyssc.ca). Score reporting reminders are NOT sent via email in the new system, so captains are asked to remember to log in to their accounts to report the scores.

**Departure:** Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and FCSSC members will need to depart at that time.