

# Riverbend Bible Church Sports Camp 2023 - Ultimate Frisbee Rules

## Team Dynamics

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A team must consist of:

- 7 male players on the field at all times.

Substitutions occur only after a point is scored.

- There is no limit on the number of substitutions so long as there are no more than 7 players.

## Game Play

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- The field is set up so that there are two 'end-zones' at each end with a playing area in the middle.
- A point is scored by throwing to a teammate in the end-zone you are attacking and having them catch it.
- Players remain in the end zone they started after each point is scored, however you will swap starting endzones after half time.
- You must catch the disc cleanly inside the endzone (i.e. your feet are not touching the line at all).
- The line is out.
- At the start of the game, the toss is done and the defending team pulls and the attacking team receives.
- After each point is scored, the team that scored will remain in the scored zone and raises the frisbee in the air to indicate they are ready. The attacking team will be in the opposite end of the field and raise their hand to indicate they are also ready. The team with the frisbee (the defending team) will then throw the frisbee to the other team as a sort of kick-off that is called a 'Pull'
- You have 10 seconds to throw the disc once the pull has been made.
  - o If possession is maintained after 10 seconds, then it is a turnover, but only if the person marking them has been counting.
  - o The 10 seconds will be counted by the closest defensive player saying "Stall one...stall two...stall three..." through to ten. If 'ten' is reached and the offensive player still has the disc, then it is a turnover.
  - o The 'stall count' may only be initiated once the defender is within 3 meters from the offensive player with the disc.
- You cannot run with the disc; however, you may slow yourself down after catching it (Each subsequent step must be shorter than the last, within reason).
- The defence may defend the offensive player with the disc no closer than a disc width from their body (30cm). Any acts of intimidation will result in a stand down (Just like netball where the defending player will be required to stand beside the player with the frisbee and allow them to throw unhindered).

- A turnover can occur when:
  - o The player has taken more than 10 seconds to throw the disc.
  - o The disc touches the ground.
  - o The disc goes out of bounds.
  - o An intercept is made (an intercept does not need to be caught, if the disc is hit and then touches the ground, the turnover stands).
- When a turnover occurs, possession changes hands and the game continues, no stoppage of play.
- The disc may not be removed from the hands of the offense by the defender. To do so would occur in the offense retaining possession and the stall count returning to '0'.
- Contact between offensive and defensive players should be avoided. Any contact made will result in a foul and possession will either remain with the person who was trying to catch the frisbee, or, if that person initiated the contact, then a turnover will occur.
- If a foul occurs, then play stops and everyone must return to where they were when the foul occurred (to the best of their ability).
- To start play again the person defending the person holding the frisbee must count down from 3-1 and then say "Disc-in" to signal that everyone can begin moving again.

## Note

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A reminder that Ultimate is a non-contact, and normally, self-refereed sport. It fosters honesty, integrity and good sportsmanship on the court or field.

For the sake of Sports Camp, there will be a referee present to help the game run smoothly. The referee must be treated with respect at all times and their final call stands.

See you on the field!