Family Camp Ultimate Frisbee Tournament Rules

FIELD

A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

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. Each team shall have 1 timeout per game lasting 1 minute.

Team

Up to 14 players per team. Only 7 on the field at a time. Each team must have at least two females on the field during play. All players must be 12 years of age or older.

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 – preferably within 90 seconds. Each game shall last 30 minutes or until 7 points whichever comes first. Halftime shall be 5 minutes after one team scores 4 points. If the game is tied after 30 minutes, a soft cap shall be announced by the observer and the game shall be played to the first to two points more than the current score, if less than the hard cap of 7. If tied at 5 or 6 points, the game shall continue with the first to 7 being the winner. At least one female player must touch the frisbee during the possession leading to a goal.

Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate (a female player must have received a disc in every possession). Players may not run with the disc. Players may take up to three steps to stop after a reception. Immediately after reception, a pivot foot must be established. The player with possession of the disc may not lift this pivot until after the release of the disc. During a change of possession involving a blocked or dropped pass the person taking possession of the disc (thrower) has 10 stall counts to pick up the disc, and 10 stall counts to release the disc. The defender guarding the disc (marker) counts out the stall count **aloud** approximately 1 second each. No body part of the marker may come within one frisbee diameter of the thrower; there may be only one marker guarding the thrower. Picks and screens (the blocking of the marker by an offensive player) are also prohibited! These activities constitute a foul.

Change of Possession

When a pass is not completed (i.e. out-of-bounds, drop, block, interception), or on the "pull" if there is an unsuccessful attempt made to catch the frisbee, the defense immediately takes possession of the disc and becomes the offense. The Frisbee must then be "tapped in'' at resumption of play.

Substitutions
Players not in the game may replace players in the game after a score and during an injury timeout.

Non-Contact
No intentional physical contact may be made between players! If contact is made during the game, players will be out until the next point is scored.

Fouls
When a player initiates contact with another player a foul occurs (Incidental contact may occur, but not blatant bumping/physicality). 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, unless there is an appeal to an **Observer**. Actions demonstrating reckless disregard for the safety of other players are considered a dangerous play, and are treated as a foul. If another player is able to avoid contact, a foul may still be called if there is reasonable certainty that contact would have taken place otherwise. **Foul language will disqualify a player for the entire tournament.**

Self-Refereeing
Players are responsible for their own foul and line calls. Players should resolve their own disputes, even when an official is present. Two players close to the disputed area should be able to resolve the dispute. Other players in close proximity may be called on to help with resolution. Players that commit fouls are encouraged to call fouls they commit. (see **Spirit of the Game)**

Observers
Each game shall have an observer whose responsibility it is to track time limits, and resolve disputes between players. Any player directly involved in a dispute may request a resolution by the observer. After a play is resolved by an observer, play resumes by “tapping” in the frisbee. The observer shall also have the responsibility to censure or eject players for any **Spirit of the Game** infractions.

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.