



ISCA Games 2025

Rules and Regulations **Ultimate Frisbee**

1. LAW OF THE GAME

The normal rules of Ultimate Frisbee shall apply.

2. REPRESENTATION

A team is allowed to field up to 14 players, with 7 players in the game. (minimum 2 ladies). The offensive team will dictate the gender ratio for each point. Unless otherwise agreed upon by captains, they may play either a 5:2 or 4:3 men:women ratio.

3. FORMAT

A win is worth 3 points and a draw is worth 1 point, no points for loss. The top 2 teams will compete for the Gold and Silver medal and the next 2 teams will compete for Bronze. In the event of two teams finishing on the same amount of points, their cumulative plus/minus difference in 'touchdowns' scored will be the next deciding factor. If still tied, the result in the head to head match will be the tiebreaker - a special 5 minute game between the two teams will be played. If still tied after 5 minutes, the game will become sudden death on the next touchdown scored. A period of 20 minutes for round robin games, 30 minutes for semifinal and final games. No time-out allowed.

4. GENERAL RULES / SCORE

- a) To begin the game, players from each team line up on their end zones, and the defense team pulls (throws) the disc to the other team as a "kick-off". The pull is started by a member of the defending team raising one arm with the disc to show that they are ready to pull the disc and begin play. The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin often an ultimate frisbee disc is used for the toss.
- b) If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:
 - If the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped.
 - If the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field proper (i.e., excluding the end zones) nearest to where it first crossed the perimeter line to become out-of-bounds.

- If the disc initially hits in-bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds.
- If the disc initially hits an out-of-bounds area, the receiving team may put the disc into play:
 - i) At the spot where it went out of bounds
 - ii) After signaling for a brick or middle by fully extending one hand overhead and calling brick or middle before gaining possession of the disc, either at
 - the brick mark closest to the end zone that the receiving team is defending if brick was called, or
 - the spot on the long axis of the playing field proper nearest to the spot it went out of bound if middle was called.
- c) If the pull is caught, the disc is put into play at the spot on the playing field nearest to where it was caught.
- d) The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop (maximum three steps), and then can only move their non-pivot foot. Upon receiving the disc, a player has 10 seconds to pass it, if not it will be considered as a turnover. This period is known as the "stall", and each second is counted out (a stall count) by a defender (the marker), who must be standing at least one foot away from the thrower. A player may keep the disc for longer than ten seconds if no marker is within three meters, or if the marker is not counting the stall; if there is a change of marker, the new marker must restart the stall from zero.
- e) A 'touchdown' point is scored when a player catches a pass in the end zone his team is attacking. After a touchdown is scored, the teams exchange ends. The team who just scored remains in that end zone and the opposing team take the opposite end zone. The game is re-initiated with a pull by the scoring team.
- f) An incomplete pass results in a change of possession. When this happens the defense immediately becomes the offense and gains possession of the disc where it comes to a stop on the field of play, or where it first traveled out of bounds. Play does not stop because of a turnover.
- g) Reasons for turnovers:
 - a. Throw-away — the thrower misses his target and the disc falls to the ground.
 - b. Drop — the receiver is not able to catch the disc.

- c. Block — a defender deflects the disc in mid-flight, causing it to hit the ground. Possession goes to the defender, regardless of who touched it last.
 - d. Interception — a defender catches a disc thrown by the offense.
 - e. Out of bounds — the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
 - f. Stall — a player on offense does not release the disc before the defender has counted out ten seconds.
- h) Play may stop for the following reasons:
- a. A foul is the result of contact between players, although incidental contact (not affecting the play) does not constitute a foul. When a foul disrupts possession, the play resumes as if the possession were retained. If the player committing the foul disagrees with (contests) the foul call, the disc is returned to the last thrower. The foul will be called by the player themselves. The competition is based on the spirit of the game and integrity of the player.
 - b. A violation occurs when a player violates the rules but does not initiate physical contact. Common violations include traveling with the disc, double teaming, and picking (moving in a manner so as to obstruct the movement of any player on the defensive team).
 - c. Teams are allowed to substitute players after a point is scored or for injured player after an injury time out. In the case of an injury substitution, the opposing team is allowed to make a substitution for a non-injured player.
 - d. Players are responsible for foul and line calls and obvious violations. Players are responsible for calling any contact fouls and stall count violations. This creates a spirit of honesty and respect on the playing field. It is also the duty of the player who committed the foul to speak up and admit his infraction.
- i) A disc becomes out-of-bounds when it first contacts the out-of-bounds area, contacts an out-of-bounds offensive player, or is caught by an out-of-bounds defensive player.
- j) The disc may fly outside a perimeter line and return to the playing field, and players may go out-of-bounds to make a play on the disc.

- k) If an in-bounds defender gains possession while airborne and becomes out-of-bounds while still in possession of the disc, the play is treated as if the defender was out-of-bounds when possession was gained.
- l) To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:
 - a. the disc completely crossed the perimeter line;
 - b. the disc contacted an in-bounds player;
 - c. the disc contacted a defensive player; or
 - d. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the perimeter line.

5. REFRESHMENT

All teams are to provide their own refreshments.