

## Social League Ultimate Disc Rules Semester 2 2017

- 1) A team must consist of:
  - a. 5 players on the court at all times
  - b. Minimum one female on the court
  - c. You are allowed to play with more females, as long as the other team matches your gender split
- 2) No team can take the court with fewer than four players
  - a. If you do not have a female, then you will play with four players
- 3) Games are 30 mins long, 15 mins each half
- 4) Substitutions occur after a point is scored
  - a. There is no limit on the number of substitutions as long as there is one female on the court and no more than 5 players

### Game Play

- The court is setup so that there are two 'end-zones' at each end with a playing area in the middle
- Points are scored by throwing to a team mate in your attacking endzone and having them catch it
- Players swap ends after each point is scored
- You must catch the disc cleanly inside the endzone (i.e your feet are not touching the line at all)
- The game, and for every point afterwards starts with the attacking team putting their hand up to indicate they are ready and the defending team will throw from within their end zone to the other team.
- You have 10 seconds to throw the disc (heaps of time!!) so don't panic
  - o If possession is maintained after 10 seconds, then it is a turnover
- You cannot run with the disc; however you may slow yourself down after catching it (within reason!)
- You may defend close to the person with the disc (no 3-foot rule), however any acts of intimidation will result in a stand down

## Turnovers

- 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
- When a turnover occurs, possession changes hands and the game continues

### **Note:**

A reminder that ultimate disc is a non-contact and normally a self-refereed sport and by doing so it fosters honesty, integrity and good sportsmanship on the court.

For the sake of this social league, there will be a 'referee' present to help the game run smoothly. The referee is also in their right to retire any player at any time if they deem they are not playing with good sportsmanship, or are exhibiting continuous intentional contact.

Don't forget to have fun!