



CVSSC Ultimate Frisbee Rules

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1. Spirit Points: The “Spirit of the Game” is extremely important for all CVSSC leagues and these “spirit points” ratings will factor into the final standings starting for the Spring/09 leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on how fun they were to play against (showed up on time, met the female/male player quotas, called their own fouls, refrained from yelling and had fun). Spirit scores will be kept private until the end of the season, where they will be calculated to account for 25% of the final standings.

*Smile, have fun, play fair, know the rules, and show up on time and you’ll do awesome!

*If you don’t report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, email it to info@comoxvalleysports.ca or call it into Scott at 250.898.7286 by the following day.

2. Weather Policy: It is quite difficult to reschedule games, especially with a number of fields shut down for the summer, so please be prepared to play through some rain during the season. Teams should show up to the field regardless of weather and give 20 minutes grace period for things to clear up (unless it is absolutely disastrous out). That

being said, all teams have the possibility of one make-up game, thereby extending the season another week. Schedules would be adjusted online after the fact.

3. Equipment: Two UPA approved 175-gram discs will be brought to each game by the CVSSC, as well as field cones to mark off the boundaries for each field. Teams can choose to use another disc, however.

- Rubber cleats are allowed. Metal cleats are not allowed.
- Each player must bring a dark shirt and light shirt to each game, or purchase team jerseys from our sponsor Aero Art (\$15 shirts for a single colour front and either name plate or number on the back). Please run the shirt colour past the league coordinator first, so we don't have overlap.

4. Field Set-Up: Approximate field dimensions for our ultimate Frisbee are 35 metres wide by 75 metres long for each field. The CVSSC will typically take larger fields and cone them off to have two games playing by the same field dimensions.

- Please arrive 15 minutes early to help set-up the field and endzones and to warm up. Boundaries and endzones (approximately 10-15 metres deep each) should be coned off. Any spots on the field deemed dangerous should also be coned with a field cone (and possibly attempted to be filled) and reported to the CVSSC to have it dealt with.

- Team captains should also take the time to meet before the game and at halftime to discuss any issues (weather, player quotas, etc...), decide which team goes lights or darks, decide on a timer for the halves, and do RPS (rock, paper scissors) to determine first possession. Possession flips to the other team for the second half.

5. Match Play/Format:

- Games are typically expected to take up a 75-minute time slot (two 35-minute halves and a five-minute halftime). However, teams should agree ahead of time on whether they want to play to a specific point total or time limit for each half and the game. Start times can be anywhere from 6 p.m. to 8 p.m.

- Teams should pick one player (or the CVSSC rep) to time each half. It is typically fair play for both teams to agree on a "last point" before halftime.

- Games are played 5-on-5, with at least two girls on the field at all times, though teams can choose to do their best to match the number of girls on the field if they so choose. In the playoffs, however, teams should do their best to field the two girl quota.

- If a team can only field one girl, they play with four players. If they cannot field a girl at all, they can play with four players and start down five points.

- If a team cannot field at least four players, they will default the game. A score of 15-0 is recorded for a default. But teams should still split up and play for fun – you're there anyways!

- Both teams should keep score and double-check with each other over any discrepancies as the game goes on and at half-time. The captains should report the score and "spirit points" rating to the CVSSC rep after the game.

- A mercy rule will go into effect when a team takes a lead of 10 points or more. The score will freeze and teams are encouraged to play for fun.

- Regular season games can end in a tie. In the playoffs, teams will go to sudden death format. First possession is decided by another game of RPS.

6. Scoring:

- Each score (a Frisbee caught over the endzone line) is recorded as one point.
- For it to be recorded as a score, the player's first point of contact with the ground after catching the Frisbee has to be completely in the endzone. The player must also acknowledge the score.
- Players cannot run into the endzone with the Frisbee. If momentum carries them in, he/she must carry the disc back out of the endzone and put the disc back in play from there.

7. General Rules: Ultimate Frisbee can be an intense and physical sport, but it is one that has always been guided by the "spirit of the game." Players are expected to know the rules, call their own fouls and be guided by the principles of fair play. In our leagues, everyone is also expected to play for "fun first" and value having fun over winning or blowing out an opponent. If there are any issues, the team captains should approach each other and bring up the subject. Team captains are responsible for keeping their own players in line.

- **Starting Play –**
 - RPS determines first possession (receiver of the throw-off) and endzones (which attack/defend first). Possession and endzone flips in the second half.
 - If overtime is needed in the playoffs, another RPS determines possession and endzones.
- **Throw-Off (Huck/Pull) –**
 - A throw-off starts the play at the beginning of each half and after each score. The throwing team has to begin anywhere in their own endzone. The receiving team has to begin with a foot on their endzone line.
 - Prior to the throw-off, the thrower and a player on the other side should both signal their teams are ready with a raised arm before the disc is released.
 - Each time a point is scored, the teams switch direction of attack (aka. "loser walks") and the team that was scored on walks down to the other end of the field.
 - No player on the throwing team can touch the Frisbee in the air or on the ground until the receiving team has touched it. However, if a member of the receiving team tries to catch the disc and drops it to the ground, it is a turnover.
 - If the disc is allowed to hit the ground and roll, the receiving team can stop it with their foot (though not kick it forward) and start play from there. If it rolls out of play, the receiving team takes possession from the sideline where it exited play.
 - If the throw lands out of bounds, the receiving team chooses to: (i) put the disc in play where it crossed the boundary line; (ii) request a re-throw; (iii) Invoke the middle rule by yelling out "middle" and/or clapping hands above head. The receiving team can then take the disc out to the middle of the field, even with the line of where it first exited the field. The player must "check" the disc before commencing play.

- Trick plays are allowed on the throw-off to encourage the spirit of the game, unless team captains agree not to allow them before the start of the game. A trick play is an attempt to catch the disc in the air in a tricky manner. And if it fails, the team maintains possession. However, a player cannot attempt to regularly catch the disc, drop it, and call “trick play.”

- **The Thrower** (offensive player in possession of disc) –

- If the disc is on the ground, any member of the offensive team can take possession and become the thrower. But that person has to put the disc into play.

- The thrower must establish a pivot foot and not change it until the throw is released.

- The thrower has 10 “stall” counts from a marker (his/her defender) to move the disc, or it will result in a turnover.

- **The Marker** (defensive player guarding the thrower) –

- There can only be one marker on the thrower at any one time.

- The marker cannot straddle the pivot foot of the thrower (give some breathing room – at least a disc’s distance between bodies, arms out to the side, not reaching out in front).

- The marker clearly calls “stall” and counts 10 stalls (“stall one, stall two, stall three” etc...) once the marker has taken up his/her defensive position and the thrower has picked up the disc.

- A turnover results if the thrower does not release the disc by stall ten. If this happens, the thrower should put the disc down and any one on the now-offensive team can pick it up and become the thrower on offence.

- **The Receiver** –

- Bobbling to gain control of the disc is permitted, but cannot be intentional.

- A disc must be caught before it comes into contact with the ground to be a fair catch.

- The receiver must take as few steps as possible to come to a stop and establish a pivot foot after catching the disc. However, the receiver can also throw the disc before the third step to continue play.

- Tie goes to the offence if an offensive player and defensive player catch the disc at the same time.

- **Positioning/Contact** –

- All players should do their best to avoid contact in any way possible, especially dangerous/unsafe contact.

- The marker cannot contact the thrower.

- When the disc is in the air, players must play the disc, not the opponent.

- Feet blocking is not allowed.

- Picks (intentionally obstructing an opponent from the path they’re trying to take, most often committed by the offence) are not allowed. If it happens, and it affects the play, re-play it. If it does not affect the play, play on.

- **Substitutions** –

- Subs can happen: (i) after a goal and before the ensuing throw-off; (ii) at the half; (iii) to replace an injured player.

- **The Check** –

- The disc is “checked” each time play stops due to a foul, injury or out of bounds.
- All players should stop as quickly as possible when play is halted and remain in that position until the disc is checked and play is restarted.
- The “check” is done by: (i) marker handing the disc to the thrower; (ii) the thrower presents the disc to the marker and he/she taps it with his/her hand; (iii) tapping the disc on the ground if there is no defensive player nearby.
- The thrower should call “disc in” before commencing play.
- The player that retrieves the disc is the one that should throw it.
- **Out of Bounds** –
 - The perimeter lines are all out of bounds.
 - If a disc goes out of bounds, it is a turnover and put back in play where it first went out of bounds by the opposing team.
 - The disc can fly out of bounds and bend back in bounds, and defensive players can make a play on a disc that is out of bounds.
 - For a catch to be in-bounds, however, the receiver’s first contact with the ground after the catch must be fully in bounds (one foot down in bounds).
- **Turnovers** –
 - An incomplete, intercepted, knocked down, or out of bounds pass results in loss of possession and the defensive team becomes the offence
 - These situations also call for a loss of possession and a check: (i) marker reaches maximum number of stalls; (ii) the disc is handed from one player to another; (iii) the thrower intentionally deflects a pass to himself/herself or a teammate; (iii) the thrower catches his/her own throw.

8. Fouls and Infractions:

- Teams are expected to call their own fouls and team captains are expected to make sure their teammates know the rules, follow them, and properly call them. Be loud if you are calling an infraction.
- Some Violations include: (i) picks; (ii) traveling (moving the pivot foot, taking more steps than needed after a catch); (iii) strip (no defensive player can touch the disc while in the hands of the thrower); (iv) double-team (only one marker is permitted to guard the thrower and others must be at least three metres away); (v) physical contact (a foul can only be called by the person who was fouled).
- Generally speaking, when these violations happen, play reverts back to the thrower or point of foul, a check is made, and the play resumes. The same happens if there is disagreement over whether a foul was committed. It’s a fun sport, so put it back in the hands of the thrower and play on.

9. Rough Play: This is a non-contact league and physical play is to be avoided. There is no blocking allowed and no interference. All plays are to be directed at the disc, not the body. Anyone reported as being overly aggressive, physically or verbally, can be suspended from the league at the CVSSC’s discretion.

10. Alcohol Policy: CVSSC rents public facilities for all its leagues and tournaments. These facilities, unless otherwise stated, are unlicensed. As such, the consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is not allowed and done so at your own risk.

11.Scores, Standings, Schedules and Playoffs:

1. Schedules will be posted with 48 hours before the first game, though they can change due to weather, field cancellations, compete levels, etc. It is up to team captains and players to double-check their sked online before each game.
2. Scores and “spirit points ratings” should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not at the game, both teams should email the final score to info@comoxvalleysports.ca by the next afternoon. If only one team submits a score by then, that score will be used in updating the standings.
3. The standings will be determined by number of points (two points for a win; one point for a tie) as 75% the total with the spirit points ratings factored in for the other 25%. The first tie-breaker will be points, then spirit points, then point differential.
4. The playoffs will be scheduled to take up as many as three weeks of the season, or as little as one. All teams make the playoffs, but typically only the top four finishers have a shot at the championship. This allows for closer, “funner” games.
5. Playoff matches will be set by the CVSSC based on the standings at that point.

**Ultimate Frisbee is a fun, fast-paced sport that can be a blast. Please remember that this league is fun-first and there shouldn't be any problems. Have a great time, a great work-out and get some points!

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.