ULTIMATE FRISBEE RULES (Modified for Inter-School Ultimate Frisbee Tournament 2025)

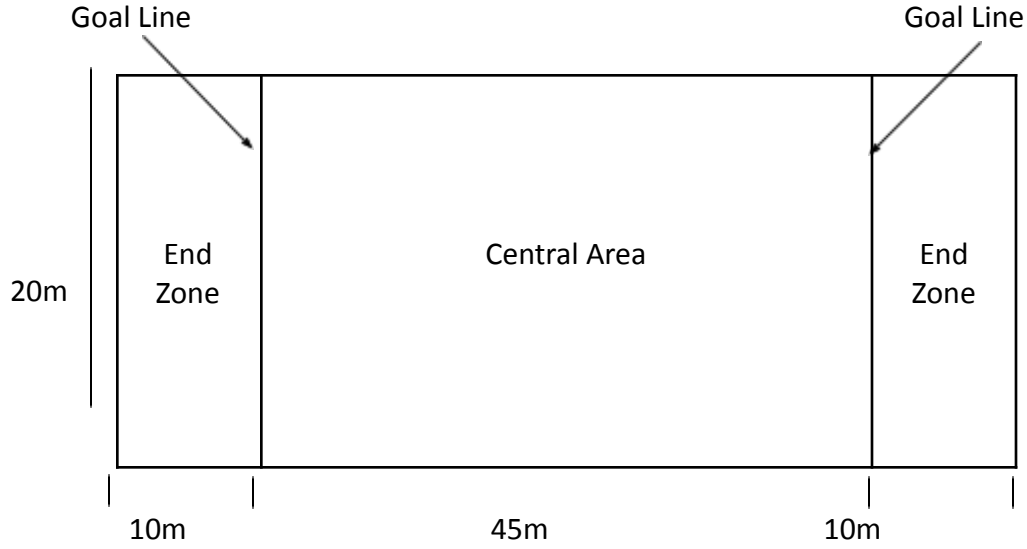
- Mixed Gender – 5 vs 5 Format
- Each Ultimate Frisbee team comprises 10 players. A minimum of five players of mixed gender is required to start a game. Min of 1 female player in the point at any given time. If the game is played with less than the minimum number of players, it will be declared a default. If no game is played at all, it will be declared a forfeit with a 5-0 score awarded against the team that defaulted.
- Each match will consist of 2 halves of 5 minutes with a half time of 1 minute.
- SFDA & Organizers reserve the right to amend the play format or rules to facilitate smooth flow of the tournament.

Qualifying Rounds

- The games will be played by the Round Robin System.
- Teams will receive 3 league points for a win, 1 point for a draw and 0 points for a loss.
- The four teams with the highest points will proceed to the semi-final.
- In the event of a tie in league points, a tie-breaker will be applied based on the win-loss ratio. In the event of a further tie, the head-to-head result between the teams will be used to determine the winner.

Playing Area

A rectangular field measuring 45m by 22m with 2 end zones that are 10m deep.



Rules And Regulations

1. **Starting Play**: A disc flip is used to determine who will decide to start on offense or defense. Each team of 5 players lines up on their own end zone line at the beginning of a point. Once both teams have indicated that they are ready to start, the defense throws ("pulls") the disc to the offense. This starts a new point. Players have 30 seconds to pull the disc. The players on the throwing team can move anywhere in their end zone, but they may not cross the goal line until the disc is thrown.

2. **Scoring**: The team with possession of the disc has to complete a pass in the defense's end zone in order to score a point. Play is then restarted at the team's respective end zones. If the score lands in a draw, the teams will play a universe point (last game point) to determine the winner.

3. **Disc Movement**: The player with possession of the disc ("thrower") cannot move around the field, except for the use of a pivot foot. The disc can only be moved elsewhere on the field through a pass to a teammate and must be done within **ten seconds** [stall count]. The defender guarding the thrower ("marker") does the counting.

4. **Change of Possession**: If a pass goes out of bounds, is dropped, blocked, or intercepted, it is considered a turnover. The defense immediately becomes the offense and can take the disc. If the disc lands on the ground, it is considered a change in possession. When the disc is caught, a part of the player's body needs to be in the playing field first before the catch for it to be considered in-play.

5. **Substitutions**: Teams can only replace players in the game if there is an injury or after a point is scored.

6. **Contact rule**: Physical contact is not allowed between players, and this includes picks or screens. When contact is made, a foul occurs. The defender guarding the player with the disc must be at least one-disc space away from the player.

7. **Fouls**: When a foul occurs, the player with the disc retains possession and the stall count is reset to zero. If the player who made the foul disagrees with the foul call, play restarts as it was before the foul occurred.

8. **Self-Officiating**: The player who is fouled is responsible for calling the foul. This is done by shouting "foul" to alert the players on the field. If there are disputes, they must be resolved by the players themselves. If the dispute cannot be resolved, the disc will return to the last undisputed thrower and be treated as a contested call.

9. **Spirit of the Game**: This is the most important rule in Ultimate. Sportsmanship and fair play are very important, due to the aspect of self-officiating. Competitive play is important, but never at the expense of following the rules, respecting other players, and having fun.