

District's Ultimate Frisbee Rules 2010

1. Rosters: A team roster must be submitted to Key Pen Parks office before the first game. A minimum of 7 players and a maximum of 14 players per roster. **A minimum of two female players must be on the field at all times.**
2. Schedule: The season is 6 weeks long starting Sunday, August 1 – August 12 (**No games will be played on September 5, due to Labor Day**)
3. The 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. Cones mark boundaries which are enforced by Field Supervisor.
4. A field observer will be present for each game. Their duties are to enforce field boundaries, settle unsettled disputes, and keep game time . The field observer is not the referee. Ultimate Frisbee is self-officiated.
5. Initiate Play: Each point begins with both teams lining up on the front of their respective end zone. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
6. Time Breakdown:
 - 2-30 minute halves
 - 5 minute half time
 - 5 minute overtime (if needed)
7. 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.
8. Movement of the Disc: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw it. The defender guarding the thrower (“marker”) initiates a stall count. Stall Count: The stall count is 10 seconds and starts at “stall one” and goes to “stall two.....”
9. Change of Possession: When a pass is not completed (i.e. out of bounds, drop, block, interception) the defense immediately takes possession of the disc and becomes offense.
10. Timeouts: 2 -1 minute timeouts per half. If an player injury occurs a team timeout is used.
11. Substitution: Players not in the game may replace players in the game after a score and during an injury timeout.
12. Non-Contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
13. Fouls: When a player initiates contact on another player, a foul occurs. 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.
14. Self-Refereeing: Players are responsible for their own foul and line calls. Players resolve their own disputes.
15. Rules: 11th edition rules apply unless modified herein. A copy of these rules will be given to each team.
16. Spirit of the Game: Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and basic joy of play.

If you have any questions you can talk to the Field Supervisor on the fields or e-mail Chad Harvell chad@keypenparks.com