

SSSAAE – Junior Ultimate Frisbee Rules Package

Gameplay Principles

Ultimate has traditionally relied upon a spirit of sportsmanship (SOTG) which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other 'win-at-all-costs' behaviour are contrary to the spirit of the game and must be avoided by all players.

Intermediate Student/Community Referees

Please plan to bring 2-3 responsible intermediate students to the tournament to help officiate with our community volunteers. Ideal students are leaders within the school community and have a foundational knowledge of the rules and spirit of the game. These students can attend practices with your junior team and referee practices.

Updated Rules

*****NEW TO 2024/2025: THE THROWER CANNOT BE GUARDED/DEFENDED.** Once the offensive athlete has possession of the frisbee, defensive players back off and guard other players on offense.***

1. 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. These are standard dimensions; we may set different field dimensions the day of the tournament according to available space.
2. Initiate play: each point begins with both teams (8 players on the field) lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense once the offense has their hands raised to indicate readiness.
3. 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. ***(The team that won the point stays in that end zone and the other team walks to the other end zone and play is resumed with the team that just won the point pulling to the other team.*** This way the end zones are switching all the time to make it fair for any wind advantage.
4. Movement of the Disc: the disc may be advanced in any direction by completing a pass (may not be handed) to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. ***THE THROWER CANNOT BE GUARDED/DEFENDED.*** This rule has been implemented to encourage stronger passes, movement skills, and improve the flow of the game.



5. Change of possession: when a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions: players not in the game may replace players in the game after a score and during an injury timeout. For this tournament teachers/coaches should substitute on the fly when they see fit.
7. Non-contact: no physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. (These are difficult concepts to teach but if we send the message that contact is not allowed that should work for now)
8. Fouls: when a player initiates contact on another player a foul occurs. If there is contact that happens the disc goes back to the player who threw it, and the play can start again.
9. Self-Refereeing: players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game: ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
11. Appreciation circle: At the end of each game, 5 minutes is included in the schedule for an appreciation circle. Both teams gather in a large circle, and coaches select a few of their team members with hands raised to say something kind about the other team/members of the other team. After sharing about 3 compliments from each team, a round of applause happens for a great game, and teams move on to their next game.

