

GCC Ultimate Frisbee Rules

Our Vision: Redeeming sports and transforming lives through the power of the gospel.

1. **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. At GCC, we strive to honor God in everything we do. Remember who you represent on the field, and have fun!
2. **Lineup:** 5v5 man or zone coverage.
3. **Roster & Subs:** Each team has 10 players. A team may use a sub when they have 5 original players or less available to play. You may use subs until you reach 7 available players for that game.
4. **The Field:** A rectangular shape with end zones at each end. Our playing field is approximately 90 yards by 35 yards, including end zones of 15 yards deep.
 - a. **Trees** – if the disc hits an overhanging tree, it may be caught where it drops as long as it drops in bounds. If the disc hits the ground, it results in a change of possession.
5. **Equipment:** All players must wear shoes or cleats, but no metal cleats are allowed.
6. **Starting a Game:**
 - a. Representatives of the two teams flip a disc to determine which team chooses to
 1. receive or throw the initial pull; or
 2. which end zone they wish to initially defend.
 - b. The other team gets the remaining choice.
 - c. The second half begins with a reversal of the initial choices.
7. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. The offense maintains possession where the disc is initially caught or where it hits the ground (including in the end zone). ***If the offense touches the disc in the air and the disc then hits the ground, the result is immediate change of possession.***
 - a. If the disc goes out of bounds without being touched, the offense maintains possession where the disc went out of bounds. They may bring the disc to the middle of the field. If the disc goes out of bounds in the end zone, the disc may be brought to midfield on the goal line.
 - b. If the disc touches in bounds and then rolls out of bounds, the offense maintains possession along the sideline where the disc rolled out of bounds.
8. **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.
9. **Length of Game:** A standard game has a game total of 15 points.
 - a. Halftime begins when a team's score reaches 8 points, and lasts five minutes.
 - b. There is a hard time limit of 75 minutes. At 60, 65, and 70 minutes, the time remaining will be announced to both teams. When the clock hits 75 minutes, finish the current play (ie. if the disc is in the air) and whichever team has more points is the winner.
 - c. If at 75 minutes the game is tied, play continues until one team scores and that team is the winner.
10. **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. If the disc is caught while the receiver is in a full sprint, he must stop within 2-3 steps. A player's momentum cannot carry him/her into the end zone for a score. Play resumes at the spot of the catch.
11. **Stalling Count:** The person with the disc ("handler") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count "Stalling 1...stalling 2...etc...". A stall is reached when the maker says the "t" of "ten" and a change of possession occurs from the spot of the stall.
 - a. The marker must stand no closer than 3ft (about arm's length) from the handler and no farther than 5ft. If stalling is called outside of these boundaries, the handler may say "re-stall too close/too far" and the marker must start the stall count at 1.
 - b. The defense may not double-team a player.
12. **Traveling:** The handler may pivot while in possession of the disc. Just like in basketball, a player travels when they change their pivot foot. Traveling results in a check and the stall count continues where it left off.
13. **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.
 - a. If there is a change of possession in the end zone, the disc is brought to the goal line directly in line with where the change of possession occurred.

14. **Out of Bounds:** The disc is considered out of bounds when it lands outside of the boundary lines or is caught and the receiver's first point of contact is out of bounds. The disc is not considered out if a player catches the disc in bounds and his momentum carries him out of bounds. Play resumes where the disc was caught.
 - a. The receiver must have possession of the disc with his/her first point of contact in bounds to be considered a legal catch.
15. **Timeouts:** Each team is awarded two timeouts per half. Timeouts last 70 seconds. If a team calls a timeout when none are available, it results in a change of possession.
 - a. Any player on either team may call a timeout after a score.
 - b. Once the disc is in play, only the handler may call timeout. Change of possession occurs if any other player calls timeout during play (except for injury).
 - a. All players must return to play after a timeout called by a handler (no subs).
 - b. The handler must return to his position. The remaining offensive players may position themselves anywhere on the field they want. Once the offense is set, the defense has 20 seconds to match up however they want.
 - c. Movement may not begin until the disc is checked into play by the handler.
 - d. The stall count picks up where the marker left off.
 - e. Delay of game by the offense results in a turnover and immediate possession by the defense.
16. **Injury Timeout:** If a player is injured during play, any player may call an injury timeout (regardless of who has possession). Everyone must freeze the moment timeout is called.
 - a. The injured player must exit the game if an injury timeout is called. The opposing team may substitute one player if they choose.
 - b. Everyone must return to their position the moment the injury timeout was called. The stall count resumes where it left off.
 - c. An injury timeout does not count towards a team's allotted 2 timeouts per half.
17. **Substitutions:** Players not in the game may replace players in the game after a score or during an injury timeout as described above.
18. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
19. **Fouls:** When a player initiates contact on another player a foul occurs. Only the player who is fouled may make the call. Other players may not attempt to influence a call.
 - a. Everyone must freeze when a foul is called.
 - b. When a foul disrupts possession, the play resumes as if the possession was retained. Players return to the position they were in had the disc been caught (Any fouls in the end zone will be taken from the one-yard line).
 - c. If the player committing the foul disagrees with the foul call, the disc is brought back to the handler and players return to their position the moment the disc was thrown and the stall count restarts.
20. **Picks:** A defender may call a pick if they feel that an offensive player interfered with their ability to guard their player. On a pick, the disc returns to the handler and players return to their positions when the disc was thrown. If the offensive player has their opponent beat before the pick, a pick violation is not called.
21. **Officiating:** Players are responsible for their own foul and line calls. Be honest. The captains have the final say.

"So whether you eat or drink or whatever you do, do it for the glory of God." ~ 1 Corinthians 10:31

-revised 5/18/2022