



**2014 ASCE PACIFIC SOUTHWEST CONFERENCE:  
ULTIMATE FRISBEE**

**OBJECTIVE:**

To test teams' Ultimate Frisbee and teamwork skills.

**PARTICIPANTS:**

- Each school may enter one team only.
- Each team must have at least 6 players.
- Each team member must be a registered participant of the PSWC2014.
- Each team must have at least one underclassman.
- Each team must have at least one female (1 female must play at all times unless an injury has occurred).

**EVENT DESCRIPTION:**

An Ultimate Frisbee tournament where teams will be randomly placed into a 19-team, single elimination bracket. The games will be 6 vs 6.

**DRESS CODE:**

All players must be dressed in accordance with the following rules:

1. Athletic clothing and closed toed shoes must be worn.
2. No jewelry, watches, or other accessories are to be worn during the competition (except for religious or health purposes).

**GENERAL RULES:**

1. The field is rectangular with end zones at each end. Regulation size is 70 yards by 40 yards, with end zones 25 yards deep. Modifications may be made to accommodate the size for the tournament at PSWC. Once determined, final field sizes will be published on the [PSWC2014 website](#).
2. The standard game is played to 15 points, with a 2 point margin of victory (e.g. 15-13). In order to meet time constraints, there will also be a 15 minute cap on each half. The first half will end when one team reaches 7 points or the 15 minute clock has expired (whichever happens first). The half time period will last 5 minutes. The game will end when one team reaches 15 points with the required margin of victory or when the second half time has expired.

3. Each team will be allowed (1) 70-second timeout per half, and (1) 70-second timeout for overtime. Timeouts may only be called if your team has possession of the ball or after a point has been scored. All players on the field when the timeout has been called must return to the field after the time out (No substitutions). This rule doesn't apply if the timeout was for injury.

4. Substitutions may be made after a point has been scored before teams have signaled they are ready for the play to resume. Additionally, injuries and players with illegal equipment also constitute a substitution. Before play begins again, both teams must signal they are ready.

5. If the game is tied at the end of the second half, then the game will go into overtime. During overtime, the team with the highest points wins the game regardless of the required margin of victory (Note: One additional point must be scored).

6. A coin flip will decide initial possession. The team who wins the coin toss must decide to receive or throw the initial pull.

7. The pull is how play is initiated. Both teams will line up on the front of their respective end zone line. After both sides signal they are ready the defense throws the disc to the offense, and play begins. Players may not move out of their end zones until the disc has been thrown. Additionally, players on the throwing team cannot touch the disc until the receiving team does so first. If a violation occurs during the pull the pull must be redone. During this "re-pull" no substitutions are allowed. If the disc hits the ground or goes out of bounds before being touched by the receiving team the disc will be played from the spot that it lands, or the nearest area in bounds. Lastly, if the pull is touched by the receiving team and then dropped, then the possession switches.

8. Each time the offense completes a legal pass in the defense's end zone (while maintaining control throughout all ground contact), the offense scores a point. The player must catch the disc in the end zone and have their first step in the end zone. Momentum cannot carry a player into the end zone and result in a score. After each point the teams have 30 seconds to signal they are ready for the ensuing "pull". A point can't be scored as a result of a turnover. If a turnover occurs in the end zone you are attacking the disc must be carried to the goal line and play resumes at that point.

9. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. Three steps maximum are allowed to catch the Frisbee and stop movement. The throwing team has 10 seconds to throw the disc after it has been caught. The defender guarding the thrower counts out the stall count. (e.g. one-one-thousand, two-one-thousand, and so on.) If the throwing team fails to throw the disc in this amount of time the possession will switch.

10. 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. Out-of-Bounds is considered everything on the line and outside of the line. The exception to this is if a player catches the disc in bounds and their momentum carries them out of bounds. (Part of their 3 steps). In order to establish possession inbounds one foot must be placed in bounds after they have established control of the disc. The player must return to the playing field before resuming play.

11. No physical contact is allowed between players. Picks and screens are also prohibited. A foul does occur when excessive contact is made. This will result in a turnover. Incidental contact related to two players jumping for a ball is permissible as long as it is body to body contact and not with force. It is up to the referee or observer to determine incidental "light" contact vs. non-incidental contact.

12. 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 an offensive player creates the foul then possession changes to the defense.

13. Fouls deemed intentional or excessively rough by the official will result in ejection from the game. An ejected player must immediately leave the field or else the team will be disqualified.