

Small School Athletic Federation (SSAF)

Technical Guidelines

Elementary Open Ultimate Frisbee

Feb. 2024

Equipment

The Frisbees used will be 165-180g in weight

Rules of Play

The Field - A rectangular shape with end zones at each end. A regulation field is 70 yards (64 metres) by 40 yards (37 metres), with end zones 25 yards (23 metres) deep.

Initiate Play - Each point begins with both teams lining up on the front of their respective end zone lines. The defence throws the disc to the offense. A regulation game has 7 players per team. We will be playing five players per team in which two must be female. Two captains will do a frisbee toss to determine who begins as offense.

Scoring - Each time the offense completes a pass in the defence's end zone, the offense scores a point. Once the offense scores, the defense walks to the other end zone awaiting the play to be initiated.

Movement of the Disc - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run the disc. The person with the disc has ten seconds to throw the disc. The defender guarding the thrower counts by saying stall 1, stall 2, etc.

Change of Possession - When a pass is not completed (i.e. out of bounds, dropped, blocked, intercepted), the defense immediately takes possession of the disc at the position and becomes the offense. After half time, the team that lost the frisbee toss at the beginning of the game begins as offense.

Substitutions - Players not in the game may replace players in the game after offense scores and during an injury or a time out.

Non-contact - No physical contact is allowed between players.

Fouls - When a player initiates contact on another player, a foul occurs. The player calls foul.

- (1) Foul when throwing: Person fouled gets possession of the frisbee and the count begins at zero. If the other person disagrees, the count begins at five.
- (2) Foul when catching: The person fouled gets the frisbee. If the other person disagrees, the play goes back to the thrower.
- (3) Disc space (the length of one standard Frisbee) is required between the player with the disc and the person on the defence marking the disc. If the person is marking too close, then the offence asks for "disc space" and the defence must step back. If the person with the disc pushes the defender away instead of asking for space, the offence has committed a foul. If the defence is giving disc space and the offence pivots into the defence while the defence is stationary, the offence has fouled.

Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes. With this in mind, it is imperative for the success of the tournament that coaches keep control of their players and helps to resolve disputes. There will be an observer at each match, both during round-robin and playoff matches, whose job it will be act as a referee by making final rulings regarding calls on the field, while still encouraging athletes to first make their own calls. Observers will continue to remind athletes of the rules and encourage them to make accurate calls while ensuring that the correct call is in fact made.

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 the basic joy of the game.

Ending the Game – Each game has two 25-minute halves, with a 5-minute half time. The second half may end early if one team reaches 17 points. All games must end with a two-point differential.

Tie Breakers - If there is a tie after the round robin stage, the tie breaking procedure will be as follows:

- (1) Result of the game between the two tied teams (if applicable)
- (2) Greatest total points for
- (3) Lowest total points against
- (4) Coin toss