

Small School Athletic Federation (SSAF)

Technical Guidelines

U20 CoEd Ultimate Frisbee

Feb. 2024

General Rules

- (1) Each game will consist of 2 x 25 minute halves, run time 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.
- (2) The tournament will be played on 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.
- (3) The Frisbee used will be 165-180 g in weight.
- (4) All teams will be allowed a maximum of 5 players on the field at one time, 2 of which must be female. Substitutions are allowed during the game after the offense scores and during an injury or timeout. Teams may bring and dress a maximum of 20 players.
- (5) The captains of the teams playing will do a frisbee toss to determine who begins as offense. 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.
- (6) The disc may be advanced in any direction by completing a pass to a team mate. Players may not run with the disc. The person with the disc has 10 seconds to throw the disc. The defender guarding the thrower counts by saying “stall 1, stall 2”, etc.
- (7) When a pass is not completed (i.e. goes out of bounds, gets dropped, is blocked or intercepted), the defense immediately takes possession of the disc at that spot and becomes the offense. After half time, the team that lost the Frisbee toss at the beginning of the game begins as offense.
- (8) No physical contact is allowed between players. When a player initiates contact on another player, a foul occurs and the player calls ‘foul’. The following fouls may occur:
 - a) Foul when throwing: The person fouled gets possession of the frisbee and the count begins at zero. If the other person disagrees, the count begins at five.
 - b) Foul when catching: The person fouled gets possession of the frisbee. If the other person disagrees, the play goes back to the thrower.
 - c) Disc space (the length of one standard Frisbee) is required between the player with the disc and the person on defense marking the disc. If the person is marking too closely, the offense asks for “disc space” and the defense must step back. If the person with the disc pushes the defender away instead of asking for space, the offense has committed a foul. If the defense is giving disc space and the offense pivots into the defense while the defense is stationary, the offense has fouled.
- (9) 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 help 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.
- (10) 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.

Scoring

- (1) Each time the offense completes a pass in the defence's end zone, they score a single point. Once the offense scores, the defense walks to the other end zone awaiting the play to be initiated.
- (2) If there is a tie after round-robin play, the tie breaking procedure will be as follows:
 - winner of the head to head game between the two tied teams
 - lowest total goals against
 - greatest total goals for
 - coin toss

Team Responsibilities

- (1) All teams must complete the league eligibility sheet and fax or email it to the league convenor within the specified time frame.
- (2) Host school must have scorers and timers for each game. A single timer and a single scorer may be used if they are trained and acceptable to the referees. The same timer and scorer should be employed throughout the game. These minor officials shall be located at the scorers and timers table on the side of the field.
- (3) All players must wear the same colour numbered jerseys, each player with a different number. There is to be no sharing of jerseys. Each player must have their own.
- (4) Jewellery must be removed prior to the start of a game. This includes, but is not limited to any plastic or metal items.
- (5) Each team must have alternate colour numbered pinneys or jerseys in case of colour conflict. The Home Team will change jerseys.