

Game Rules Summarized for League

(based on USA Ultimate 11th Edition Rules)

- **Equipment**
 - Any disc acceptable to both team captains may be used.
 - Cleats are recommended, but sneakers may also be worn.
 - Cleats with dangerous parts, such as metallic baseball cleats, track spikes, or worn or broken studs with sharp edges, are not allowed.
- **Starting the game**
 - The 2 captains will decide who will:
 - Start on offense or defense
 - Which endzone to initially defend
 - At second half, switch.
- **The Pull**
 - If the disc lands in-bounds or is caught by the offense, then play starts at that spot.
 - If the disc lands in-bounds, but then goes out-of-bounds, then play starts at the perimeter closest to where it went out.
 - If the disc goes out of bounds, the disc starts in the middle of the field, where it went out, or at the perimeter where it went out.
 - The thrower starts play by touching the disc to the ground after establishing a pivot.
- **Out of Bounds**
 - The perimeter line of the field is considered out of bounds.
 - Note: As long as one foot lands in-bounds, after catching the disc, before the second foot lands out-of-bounds, it is good.
- **Substitutions**
 - Substitutions are made between points, or during an injury timeout. The other team can make equal substitutions.
- **Scoring**
 - A goal is scored when an in-bounds player catches any legal pass in the end zone.
 - If after receiving a pass outside the end zone, a player comes to a stop contacting the end zone, that player must carry the disc back to, and put it into play at, the closest spot on the goal line.
 - If a player scores, but then unknowingly throws another pass, a goal is awarded to that player, regardless of the outcome of the pass.
- **Turnovers**
 - If a pass is incomplete or if the disc becomes out-of-bounds
 - If the thrower accidentally drops a disc
 - A pass is intercepted or blocked by a defensive player
 - The marker's count reaches 10 before the throw is released
 - The thrower hands the disc to another player
- **Timeouts**
 - Each team gets 1 timeout per half, plus one floater
 - During overtime – 1 timeout per team, regardless of remaining timeouts.
 - During a time cap - 1 timeout can be used in during a time cap, as long as the team still has timeouts left to be used.
 - Only a thrower with possession of the disc can call a timeout during play.
 - Timeouts can be called by either team between points.
 - Restarting play after a timeout:
 - All players at the time of the timeout must return to play, unless someone is injured.
 - Offense sets up first and stays stationary, and then defense sets up.
 - Player who had possession of the disc checks the disc in, after offense and defense are set. Marker starts stall count where it left off when timeout was called.
 - Injury timeouts:
 - Anyone can call an injury timeout.
 - Play restarts where it left off, and all players go to their positions when the timeout was called. Defense may not setup.

- Equipment timeout:
 - Anyone can call an equipment timeout (untied shoe, etc.)
 - Play restarts where it left off, and all players go to their positions when the timeout was called. Defense may not setup.
- The Thrower
 - If an offensive player picks up the disc, that player must put it into play.
 - The thrower must establish a pivot at the spot of the disc.
- The Marker
 - Stalling: The stall count consists of announcing stalling and counting from 1 to 10 loudly enough for the thrower to hear.
 - The stall count must be at least one second.
 - All stall counts initiated start with the word stalling.
 - If the thrower has not released the disc at the first utterance of the word 10, it is a turnover. The marker loudly announces stall and play stops.
 - Marker must provide disc-space - one disc diameter away from the torso or pivot of the thrower.
- The Receiver
 - After catching a pass, a player must stop as quickly as possible and establish a pivot.
 - If offensive and defensive players catch the disc simultaneously, the offense retains possession.
 - If it is unclear whether the disc hit the ground (grass is considered part of the ground), or whether a player was in or out-of-bound or in the endzone, the player with the best perspective makes the call.
- Marking Violations:
 - Fast count: If the marker does not say stalling to initiate or resume a stall count, counts at intervals of less than one second, or skips a number in the count, it is a fast count.
 - Double-team: If a defensive player other than the marker is within three meters of any pivot of the thrower without also being within three meters of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
 - Disc-space: If a line between any two points on the marker touches the thrower or is less than one disc diameter away from the torso or pivot of the thrower, it is a disc space violation.
 - Vision blocking: If the marker deliberately blocks the thrower's vision, it is a vision blocking violation.
 - Fast count, double team, disc space, and vision blocking are marking violations.
 - Only the thrower may call a marking violation, and to do so must call out the name of the specific marking violation.
 - When a marking violation is called, play does not stop. The violation must be corrected before the marker can resume the stall count with the number last uttered before the call minus one (e.g. stalling one! two!... fast count ...one! two!...). If the marker resumes the stall count before correcting a marking violation, it is another instance of the original marking violation, which may be called by the thrower.
 - If a marker commits a marking violation after being called for a marking violation during the same stall count but before the thrower is in the act of throwing, the thrower may choose to either call another marking violation or to treat the marking violation as a general defensive violation. To treat it as a general violation, the thrower must call violation.
- Violations and Fouls
 - Positioning after a call:
 - All players return to the locations they occupied when the call was made.
 - After a travel call, the thrower must return to the location occupied.
 - If there is a dispute, and the teams cannot come to a satisfactory resolution, play stops, and the disc is returned to the thrower and put into play starting with the last stall count or at 6 if over five.
 - Any player may stop a rolling or sliding disc, but advancing it in any direction is a violation.
 - Fouls: It is the responsibility of all players to avoid contact in every way possible.
 - Throwing Fouls:
 - A throwing foul may be called when there is non-incident contact between the thrower and marker. The disc in a thrower's possession is considered part of the thrower.
 - In general, any contact between the thrower and the extended arms or legs of a marker is a foul on the marker.
 - Any contact initiated by a thrower with the body (excluding arms and legs extended from the midline of the body) of a legally positioned marker is a foul on the thrower.

- Contact occurring during the follow-through (after the disc is released) is not a foul.
 - Receiving Fouls:
 - If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.
 - The Principle of Verticality: All players have the right to jump up in the space immediately above their torso to make a play on a thrown disc. If non-incidental contact occurs in the airspace above a player, it is a foul.
 - Force-out Foul: If an airborne player catches the disc and is contacted by an opposing player before landing, and causes the player to land out-of-bounds or out of the end zone, it is a foul on the opposing player. The fouled player retains possession at the spot of the foul. If the fouled player would have scored a goal, and the foul is uncontested, then a goal is awarded.
 - Strip: If a defensive player causes the offensive player to lose possession of the disc, it is a strip.
 - Reckless disregard for the safety of fellow players or other dangerously aggressive behavior is treated as a foul.
 - Picks:
 - A pick occurs whenever an offensive player obstructs the path of a defensive player guarding another offensive player. Obstruction may result from contact with, or the need to avoid, the obstructing player.
 - A pick can be called only by the obstructed player and must be announced by loudly calling pick immediately after it occurs.
 - If play stops, players reposition. In addition, the obstructed player is then allowed to move to recover the relative position lost because of the pick.
 - Traveling: The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a travel and results in a stoppage of play and a check.
- Stall Count
 - If a stall count is interrupted by a call, the thrower and marker are responsible for agreeing on the correct count before the check. The count reached is the last number fully uttered by the marker before the call. The count is resumed with the word stalling followed by the number listed below:
 - General Rules:
 - Uncontested defensive foul or violation: 1
 - Uncontested offensive foul or violation: Count reached plus 1, or 9 if over 8
 - Contested foul or violation: Count reached plus 1, or 6 if over 5
 - Unresolved calls: Count reached plus 1, or 6 if over 5
 - Specific Rules:
 - Pick: Count reached plus 1, or 6 if over 5
 - Marking violation (no stoppage): Count reached minus 1, no stalling
 - Contested stall
 - First call: 8
 - Second and subsequent calls when due to a fast count: 6
- Etiquette
 - If an infraction is committed and not called, the player committing the infraction should inform the other player or team.
 - It is the responsibility of all players to avoid any delay when starting, restarting, or continuing play. This includes standing over the disc or taking more time than reasonably necessary to put the disc into play.
 - If a dispute arises on the field, play stops and is restarted with a check when the matter is resolved.
 - If a novice player commits an infraction out of sincere ignorance of the rules, it should be common practice to stop play and explain the infraction.
 - When a call is made, throwers must stop play by visibly or audibly communicating the stoppage as soon as they are aware of the call and all players should echo calls on the field.