

# ADULT MIXED ULTIMATE FRISBEE LEAGUE RULES & REGULATIONS:

Updated May, 2014



**B.A.S.L. follows standard Ultimate Frisbee rules with few exceptions. A summary of the most common rules enforced in the B.A.S.L. league are as follows:**

## **SPIRIT OF THE GAME:**

1. 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. Courtesy and respect is mandatory. Enjoyment and camaraderie is our reward.

## **RULES, FORMAT, GAME LENGTH:**

1. Games are 1 hour and 30 minutes with half time at either 8 points or 45 minutes whichever ever comes first.
2. Before the game the captains should flip the disc (like a coin) to determine who will pull and who will receive. The opposite will occur after the half.
3. The game begins with a pull, both teams lined up on their end zones and one team 'pulls' or throws the disc to the other team. If a catch is attempted and missed on the pull then it is a turn over.
4. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc.
5. To score you must catch the disc in the end zone with at least one foot in the end zone.
6. After a goal, the team that scored pulls the disc to the opposing team after they have walked to the other end of the field. To signal that you are ready, you raise your arm in the air, to let the team know you are ready.
7. Substitutions can only occur after a goal is scored or due to an injury.
8. If the disc lands out of bounds on a pull the receiving team may call centre and bring the disc to the centre of the field at the level where the disc went out, or they can take it at the side lines.
9. An incomplete pass or a knock down results in a turnover.
10. Only one defensive player may mark any one offensive player and there must be one disc length between them.
11. You may not use your feet in defending or blocking the disc.
12. Player with the disc may not move into a stationary defender.
13. The defensive player should count out stalls loudly, if the defensive player reaches 10 stalls, then there is a turn over.
14. No physical contact is allowed between players at any time. Picks and screens are also prohibited. A foul occurs when contact is made.
15. 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 the player committing the foul disagrees with the foul call, the play is redone.

RULE DESCRIPTIONS - 2013 SEASON:

(AS PER B.A.S.L. AND THE ULTIMATE PLAYER'S ASSOCIATION (UPA) - 11<sup>th</sup> EDITION)

- 1) Foot Blocks - Do not raise your foot to block a thrower or an airborne disk. Disk is returned to the thrower on a turn over. An attempted foot block will reset the stall count for the thrower.
- 2) Travelling (while catching) - You must stop as quickly as you safely can when you receive the disk. Throwing after 3 steps will invalidate a completed pass. If traveling is called move to your original point of contact and establish a pivot.
- 3) Travelling (while throwing) - You must release the disc within two steps if intending to throw while in motion. Upon the third foot contact or more, a pivot foot must be established before releasing the disc.
- 4) Marking violations (XIV.B) - 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...").
- 5) Vision blocking - If the marker deliberately blocks the thrower's vision, it is a vision blocking violation.  
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 (II.G) another offensive player, it is a double team.
- 6) Disc-space - If a line between any two points on the marker and thrower is less than one disc diameter, it is a disc space violation. However, if this situation is caused solely by movement of the thrower, it is not a violation.  
Fast count - Counting at a frequency of less than one second, starting with "stalling". If this is called and contested after the tenth stall, then the count resumes at 6.
- 7) Throwing From The Knees (XIII.A2) - IS ALLOWED; "If possession is gained at the spot where the disc is to be put in play, the thrower must establish a pivot at the spot of the disc." Note, a pivot is not defined as feet only.
- 8) Marker Fouls (XVI.2) - "In general, any contact between the thrower and the extended (ie: away from the midline of the body) arms and legs of the marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in legal position."