

## Ultimate Frisbee Scoring Guidelines

### Material to be provided by Station Master:

Clipboard  
Pencil  
Stop watch  
Frisbee  
8 cones  
Event score sheet

SPL's will sign patrols up at the Friday evening SPL Meeting. Smaller patrols may combine to make a full team. Patrols will be given a time to show up for this event at flag raising.

### The Field

The field is a rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. Field sizes can be modified to meet the size of a local playing field.



### Teams

A patrol must have at least six players to compete. There will be a maximum of 7 players from each patrol on the field at a time. If patrols are of unequal size, the number of players on the court from each patrol will equal the smaller patrol's number of players. Patrols may be asked to combine to meet minimum team numbers.

### Initiate Play

To begin play the ultimate players from each team line up on their end zones and the defense team pulls (throws) the disc to the other team as a "kick-off". Pulls are long throws, and they are thrown in efforts of giving the offensive team poor field position and a chance for the defense to get down the field soon enough to stop advances. The pull is often started by a member of the defending team raising one arm with the disc to show that they are ready to pull the disc and begin play. The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin often an ultimate Frisbee disc is used.

### Scoring

Each time the offense completes a pass in the defense's end zone, the offense scores a point. After a point is scored, the teams exchange ends. The team who just scored remains in that end zone, and the opposing team takes the opposite end zone. Play is re-initiated with a pull by the scoring team.

### Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot.

Players may not run with the disc. Upon receiving the disc, a player has ten seconds to pass it. This period is known as the "stall", and each second is counted out (a stall count) by a defender (the marker), who must be standing within 10 feet of the thrower. A player may keep the disc for longer than ten seconds if no marker is within 10 feet, or if the marker is not counting the stall

**Reasons for Change in possession:**

- Throw-away — the thrower misses his target and the disc falls to the ground.
- Drop — the receiver is not able to catch the disc.
- Block — a defender deflects the disc in mid flight, causing it to hit the ground.
- Interception — a defender catches a disc thrown by the offense.
- Out of bounds — the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
- Stall — a player on offense does not release the disc before the defender has counted out ten seconds.

When one of the above reasons for change in possession occurs, the defense immediately takes possession of the disc and becomes the offense.

**Substitutions**

Every three minutes, players not in the game must replace players in the game. Time will be called by the referee to enforce this.

**Non-contact**

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. When a foul disrupts possession, the play resumes as if the possession was retained.

**Winning**

Matches will last for 12 minutes with the patrol scoring the most points being declared the winner. If there is a tie after regulation play, there will be a sudden death overtime with the first patrol scoring being declared the winner.

15 points will be awarded for defeating another patrol. 30 points will be awarded for participation.

Total points possible: 45 points

