

# MadCity Catholic Sports League Rules – Ultimate Frisbee

## Overview:

- Regulation consists of two 20-minute halves with a 5-minute half-time. In the event of a tie at the end of regulation, there will be an additional 5-minute break, and then a 5-minute sudden death overtime period (first team to score wins). If there is still a tie at the end of this overtime period, the game ends in a tie.
- 7 players on the field at a time. There is no requirement to match the number of girls on the field at the same time.
- Teams will elect a representative to play rock, paper, scissors, with the winning team choosing whether they want to “kick-off” or receive the disc. The other team gets to decide which direction they want to go in. Direction will switch at halftime.
- Substitutions are only allowed after a score, team timeout, or an injury timeout.
- Each team will have one timeout per half.

## Gameplay:

- At period start and after each point, teams begin by lining up at their endzone lines. One team pulls the disc to the other team, and play begins.
- You score by catching the disc into your opponent’s endzone. You move down the field by passing the disc to your teammates. You are NOT allowed to take any steps with the frisbee.
- Once the disc is caught, the player has 10 seconds to pass it to their teammate. If they fail to pass before then, it is a turnover, and their opponent takes over at that spot.
  - Note: defenders are the primary counters, though refs should keep track as well. Failing to count off the 10-seconds in a timely fashion could result in the offense having more than 10 seconds to pass the disc.
- If a team does not complete a pass (pass is dropped, hits the ground, goes out of bounds, etc.) the opposing team takes over at the spot of the disc and plays offense.
- When catching, only one foot needs to be in-bounds, provided it hits in-bounds after the player gets possession of the disc and before the other foot goes out of bounds

## Out of bounds rules:

- On kickoff:
  - If the kickoff flies out of bounds, the receiving team takes over at the spot it went out of bounds, but at midfield. If it hits the ground and rolls out of bounds, the receiving team takes over on the sideline where the disc went out of bounds. In the event it goes out of bounds in the endzone, the team will begin at the one yard line (midfield if a fly-out, sideline if it rolls out)
- Otherwise:
  - Teams will take possession on the sideline at the spot the disc went out of bounds. In the event it goes out of bounds through the endzone, the kickoff rules apply: one yard line either at midfield or on the sideline.

## Fouls:

- Players call their own fouls. A foul occurs when a player initiates contact with another player that affects the play (for example, Team A player runs into Team B player while Team B player is attempting to catch a pass, a foul is called on Team A).
- If a foul caused a loss of possession, play continues as if the team had retained possession.
- Note: this is a NON-CONTACT sport. Egregious, intentional contact could result in ejection from the game. Ejections will be subject to the referee’s discretion and are ultimately their decision.