

ULTIMATE

League Rules



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1. COVID-19 RULE ADJUSTMENTS

- Instead of checking the disk, a defensive player can raise 2 hands to acknowledge a game restarting in the following situations:
 - After the disc travels out-of-bounds
 - After a foul is called or an injury occurs
 - After invoking the middle rule while receiving a throw-off

2. COORDINATORS

An Event Coordinator (EC) is a player in the league who is already registered on a team for that specific season, who has agreed to help coordinate games and manage the field booking.

ROLES OF THE EC

- Arrive early, and act as the onsite contact
- Bring all required equipment and permits
- Update players with pre-game announcements
- Ensure that games start and end on time
- Record the scores and submit to the ESSC office

ROLES OF PLAYERS IN AN EC'D LEAGUE

- Record the game results on the score sheet after each game/match
- Help the EC set-up and take-down the equipment before and after the games are played

3. COURT REQUIREMENTS

Format	Total # of Players Required on the Field	Total # of Females Required on the Field	Total # of Males Allowed on the Field
5 on 5	5	2	3

The ESSC welcomes people of all gender identity or expression. Minimum female requirements are inclusive of *anyone* who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums).

4. DEFAULT MINIMUMS & SCORES

Format	Minimum Players to Avoid Default	Default Score
5 on 5	4 (1 Female)	0-8



5. FORMAT & EQUIPMENT

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play two matches per night against different opponents
- Each match will be 45-minutes in length:
 - Two 20-minute halves
 - 5-minute half-time

SCORING

- A point is scored when an offensive player completes a pass to a teammate in the end-zone
- Mercy is called and the score freezes if a team gains an 8-point lead
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed:
 - A sudden-death overtime period will be used to determine the winner
 - The first team to score is declared the winner
 - Teams will flip a disc or use other suitable means to determine first possession

EQUIPMENT

- Metal cleats are not permitted in ESSC Ultimate Leagues
- Players should bring a light and dark shirt to each game
- The Event Coordinator will provide the warm-up and game discs, as well as the markers for field set-up

6. GAME PLAY

STARTING & RE-STARTING PLAY

SUBSTITUTIONS

- Substitutions can only be made in the following scenarios:
 - After a score
 - At half-time
 - To replace an injured player

START OF PLAY

- Teams can flip the disc, or use any suitable means to determine who receives possession, or to pick a side
- To start the second-half, possession and sides will be reversed from the opening throw-off
- Teams will also switch sides after each score
 - The team that is scored on will walk to the far end of the field to receive the throw-off



THROW-OFF

- Also referred to as a “huck” or “pull”
- Occurs to start each half and following a score
- The thrower and the opposition must both raise a hand to indicate that they are ready for the throw-off
 - Players on the throwing team must remain behind the goal-line until the disc is released
 - Players on the receiving team must stand with one foot on the goal-line until the disc is released
- **Throwing Team:**
 - Is not permitted to touch the disc (in flight) before a member of the receiving team
 - Is awarded possession of the disc if the receiving team touches the disc (in flight) but fails to catch it
- **Receiving Team:**
 - Is permitted to stop a rolling disc with a hand or foot, gaining possession at the point of contact
 - Is permitted to let the disc drop untouched to the ground, gaining possession at the point of contact
 - Lose possession of the disc if touching the disc (in flight) but failing to catch it
 - If the disc travels out of bounds, has the option to:
 - Request a re-throw
 - Take possession at the spot where the disc crossed the boundary line
 - Invoke the ‘*middle rule*,’ taking possession of the disc in the middle of the field, perpendicular to the spot where the disc crossed the boundary line
 - In this case, the receiving team must ‘check’ the disc before playing it

‘CHECKING’ THE DISC

- Occurs after a stoppage in play, in order to ensure that both teams are ready before resuming play
- If a defender is present, is performed by allowing the marker to tap the disc with their hand
- If a defender is not present, is performed by tapping the disc on the ground
- An offensive player must ‘check’ the disc with a defender in the following scenarios:
 - After the disc travels out-of-bounds
 - After a foul is called or an injury occurs
 - After invoking the middle rule while receiving a throw-off

PLAYING AREA

END-ZONES

- Are 15-yards in length, marked at each end of the field
- Have a 5-yard safety zone behind them (out of bounds) to prevent collisions with goal posts or obstructions

OUT-OF-BOUNDS

- A disc is out of bounds when it contacts the ground outside of the boundary lines
 - On any throw that travels out of bounds, the defending team will be awarded possession of the disc on the sideline, at the point where the disc crossed the line
- A disc can travel out of bounds while in flight and return inside the field of play



DISC PLAY

THROWING

- When the disc is on the ground, whether in or out of bounds, any member of the offensive team may take possession of the disc and become the thrower
- The thrower must establish a pivot foot and may not change their pivot foot until the throw is released
- The thrower has the right to pivot in any direction, but once the marker has established a legal defensive position, the thrower is not permitted to pivot into the defender
- The thrower is permitted to use any throwing method when releasing the disc (hammer toss, flick, etc)
- The thrower cannot make contact with the disc again until at least one other player has touched the disc
- If the thrower drops the disc unimpeded, it is considered an incomplete pass, and a turnover occurs

MARKING

- The defending team is permitted to have one player marking or guarding the thrower
- The marker must allow the thrower a full disc length of space to make a play
 - This includes the marker's arms, which cannot wrap around the thrower in anyway
- The marker is not permitted to straddle the pivot foot of the thrower, or use their arms to prevent the thrower from pivoting
- **Counting Stalls:**
 - Once the marker is in a stationary position, and the thrower has possession of the disc, the marker may initiate the stall count
 - The marker can initiate the stall count if the thrower takes longer than 10 seconds to pick up the disc
 - The marker counts out loud in one second intervals (e.g. stall one, stall two, stall three...)
 - If the thrower has not released the disc after a ten-stall count, a turnover will occur
 - If the defending team switches marker mid-count, the count will re-start

RECEIVING

- When making a catch, the first point of contact with the ground determines whether the catch is complete:
 - If the disc makes contact with the ground before the receiver has control, it is an incomplete pass
 - If the receiver is touching the boundary line, or is out-of-bounds at first point of contact, the catch does not count (unless contact from a defender forced the receiver out of bounds in mid-air)
 - If the receiver touches inside of the boundary line but is carried out-of-bounds by their momentum, the catch is good
 - The receiver only needs one foot planted in-bounds while possessing the disc for it to be a completion
 - **To count as a score, the receiver's first point of contact must be entirely inside of the end-zone**
 - A receiver cannot score by running into the end-zone
 - If a receiver's momentum carries them into the end-zone, they will carry the disc back to goal-line and put the disc into play from that spot
- A receiver is allowed to bobble a disc before making a catch, but cannot use controlled bobbling to advance the disc forwards up the field of play



- After making a completed catch, the receiver is permitted a few steps to come to a stop and establish a pivot foot
 - If the receiver catches the disc while running, they are allowed to release it again without stopping, as long as they have not taken three or more steps
- The offensive team maintains possession on a disc that is caught simultaneously by both a receiver and a defender

TURNOVERS

- Result from an incomplete or knocked down pass, an interception, or an out-of-bounds disc
- Result from a 10-second stall count
- If the defending team gains possession of the disc inside of their own end-zone as the result of a turnover:
 - They can put the disc into play immediately from the spot that the turnover occurred
 - They can carry the disc to the goal-line and put it into play from that spot
- If the defending team commits a turnover in their own end-zone:
 - The offensive team will be awarded possession on the goal-line

DEFENSE

- When the disc is in the air, defenders are entitled to play the disc, but not the receiver
- **Principle of Verticality:** All players have the right to the space immediately above them
 - A defender can jump and grab a disc above a receiver's head, as long as no contact occurs
- Blocking of the feet is not permitted in ESSC Ultimate Leagues

VIOLATIONS & FOULS

VIOLATIONS

Violations are intentional or unintentional rule infractions. Players are expected to call violations committed by themselves or their team.

TRAVELING

- The thrower makes an illegal pivot
 - The previous play will not count if the result was a completed pass
 - The offensive team / thrower will retain possession
- The receiver takes more steps than required after catching a pass
 - The receiving team will keep possession, but play will be continued from the spot of the catch, before the travel occurred

STRIP

- A defender touches the disc while it is in the hand of the thrower, causing it to drop
 - The offensive team / thrower will retain possession of the disc



DOUBLE TEAM

- When the defending team has more than one player marking the thrower (within 10 feet) at the same time
 - The play will stop, and the offensive team / thrower will retain possession

FAST COUNT

- When the marker is counting stalls too fast
 - In this case, two seconds will be added back to the stall count

FOULS

Fouls are non-malicious physical infractions that occur during gameplay. Players are expected to call fouls committed by themselves or their team.

- When a foul is called, play is halted and the disc is put back into play at the point of last possession
 - The exception is defensive interference on a receiver, in which case a spot foul occurs
- If a foul occurs while the disc is in the air, the play is always completed
 - If the team that was fouled against was not adversely affected by the play, the foul is automatically declined and play continues
- **If there is ever a disagreement over a foul call, the disc reverts back to the thrower, and a check occurs**
 - The same process occurs if there are offsetting fouls on the same play
- Stall count
 - If the marker's count is interrupted by a foul, the count is resumed as follows:
 - If the call is against the offence, the stall count remains the same
 - If the call is against the defence, the stall count is reset to zero

THROWING FOULS

- Occurs when the marker makes contact with the thrower
 - Minor contact during the follow-through of the throw does not warrant a foul
 - If the pass is completed, the foul is automatically declined and play continues
 - If the pass is incomplete, the thrower regains possession and a check occurs
- Occurs when the thrower instigates contact with the marker
 - If the pass is completed, the play is overturned and possession is awarded to the marker
 - If the pass is incomplete, the foul is automatically declined and play continues

RECEIVING FOULS

- Occurs when the defender makes contact with the receiver before or after the disc arrives
 - Minor or incidental contact does not warrant a foul
- Possession is awarded to the team that was fouled, at the spot of the foul

PICKS

- Offensive or defensive players are not allowed to establish a position that obstructs the movement of an opposing player, also known as a 'pick'
- If a pick occurs while the disc is in the air, the play will continue through completion:
 - If the pick did not affect the play in anyway, the foul is automatically declined and play continues
 - If the pick did affect the play, the disc is returned to the thrower, and play will resume

