



NANYANG TECHNOLOGICAL UNIVERSITY

SPORTS CLUB

c/o SPORTS & RECREATION CENTRE
20 NANYANG GREEN SINGAPORE 637715
TEL: 67905172 FAX: 63165315
WEBSITE: WWW.NTUSPORTSCLUB.SG

Surf N Sweat 2017

Beach Ultimate Frisbee: Rules and Regulations

1. **TEAM FORMATION**

1.1 **Team Members**

A team will consist of **seven (7) players** of which **only six (6) players** will be on the field of play at any one time whilst **one (1) player** will be the reserve. A **minimum of two (2) female players** is to be on the field of play **at all times**. If minimum number of players is not met, the match will not proceed and a walkover will be ruled for the opposing team.

1.2 **Substitution**

Substitution will only be allowed after every point. A substitute player is allowed to enter into the playing sand court **only after** the player that is being substituted has left the playing sand court. **Players are to notify referee before substitution.** Failure to do so will result in a turnover.

2. **ATTIRE**

2.1 **Safety**

A player shall not use equipment or wear anything sharp that is dangerous to him/her or to any other players, including any kind of jewelry, as determined by the referees. No watches are allowed. If players are found to have any of these items during game play, they will be asked to remove all dangerous objects prior to the game.

2.2 **Footwear**

Players shall play bare-footed. It is strictly forbidden to wear any kind of hard footwear or equipment that may cause injury to another player. Socks and/or elastic ankle guards and/or foot wraps are optional.

2.3 **Uniforms**

The players' uniforms consist of shorts and shirt/singlet. Use of plastic goggles for eye protection is allowed. Bare-bodied players are not allowed. If both teams are wearing the same colour jersey, each team will be required to send one representative up to play scissors paper stone. The winner of the game will decide whom to wear the bibs. Randomly attired teams will be required to put on the bibs as well. For hygiene purposes, a shirt must be worn underneath the bibs.



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3 REGISTRATION & REPORTING

3.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Beach Event Registration Counter.

3.2 Teams are advised to report to the respective Court IC, **15 minutes prior to the start of their subsequent matches**. If teams are not present at the court during their stated time slot, it would be considered a walkover. The team on the field ready to play will be considered winner with a walkover 5-0 score line for that particular match.

3.3 In case of bad weather or any circumstances on the day of the matches, the respective teams are still required to report on time (unless otherwise instructed). **The organisation reserves the right to delay the matches according to contingency plan**. In a situation of heavy rain with thunderstorm, the organisation reserves the right to cancel the event with no refunds given. Thank you for your kind understanding.

4 REFEREEING

The game shall be directed and officiated by a referee and a timekeeper. The referee shall determine, before or during the game, if the conditions of the area of play and surrounding the area of play are satisfactory for **safe play**. He/She shall use a whistle to officiate the game, positioning himself /herself along the sidelines. The referee shall have full authority to enforce the Laws of the Game in connection with the match to which he has been appointed for. **The decisions of the referee, regarding facts connected with play, are final**. The referee who has whistled an infraction shall enter the playing area to position the ball where the infraction was committed, and to position the players accordingly to the Laws of the Game.

5 GENERAL PLAY

5.1 A frisbee toss will be done to decide which team will start first and choose the side to start from. Play starts at the beginning of each period of play and after each goal with a pull.

5.1.2 Each time a goal is scored, the teams switch the direction of their attack and **the team which scored will pull the disc**.

5.1.3 The team which scored (as per 5.1.2) shall now be on defence, while the opponent shall be on offence. Both teams signal their readiness to start a point by raising a hand; the offensive players with one foot each on their goal line, the defensive players on/behind their goal line.



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5.1.4 **Time Limits.** At the start of a point (i.e. start of half or after the previous goal is scored), and prior to the subsequent pull to begin play:

5.1.4.1 Offence

- a. The offensive team has 15 seconds from the start of a point to signal readiness to receive the pull.
- b. If the offence fails to signal readiness in time, the defence may withhold the pull. An offensive player must take possession of the disc and establish a pivot point at the intersection of the sideline and the goal line of their defending end zone, designated by the defence. Play is started with a check.

5.1.4.2 Defence

- a. The defensive team has 20 seconds from the start of a point to pull the disc.
- b. If the defence fails to pull in time, the offence may ignore the pull, and start play at the brick mark (10m from the mid-point of the goal line) nearest to the offence's attacking end zone with a check.

5.1.4.3 The timekeeper will signal:

- a. 5, 10 & 15 seconds after the start of a point (offence must signal readiness).
- b. 20 seconds after the start of a point (play must start).

5.1.5 If an offensive player touches the disc before it hits the ground, and the offensive team fails to catch it, that is a turnover (a "dropped pull").

5.1.6 If the disc contacts the out-of-bounds area without first touching the playing field or an offensive player, the thrower may establish the pivot either at the brick mark closest to their defending end zone, or at the spot on sideline closest to where the disc went out-of-bounds. The brick option must be signalled by the intended thrower before picking up the disc by clapping both hands once above their head.

5.2 **Out-Of-Bounds.** Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she was last in-bounds and puts the disc into play at that point.



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5.3 **End zone.** The End zones rules will be depicted as follows:

5.3.1 If, as a result of a pass from a teammate, a player receives the disc in the end zone which they are defending, that player is not allowed to bring the disc directly to the goal line.

5.3.2 If as a result of a turnover or interception, a team gains possession in the end zone which it is defending, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.

5.4 **Scoring.** The rules for scoring are depicted as follows:.

5.4.1 **A goal is scored when a player successfully catches a legal pass in that player's attacking end zone. Note that a defensive player who intercepts a pass in the offensive team's (defending) end zone is considered to have scored a goal.**

5.4.2 In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first simultaneous points of contact with the ground must be **completely in the end zone.**

5.4.3 A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.

5.4.4 A player must be completely in the end zone and acknowledges that he/she has scored a goal.

5.5 **Turnovers.** The rules for committing a turnover/loss of possession are as follows:

5.5.1 An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.

5.5.2 **The following actions result in a loss of possession:**

a. If the disc is handed from player to player;

b. If the thrower intentionally deflects a pass to him/herself off another player;

c. If the thrower catches his / her own throw. However, if the disc is touched by another player during its flight it is then considered a complete pass and is not a turnover.

d. If during the pull an offensive player touches the disc before it hits the ground, and the offensive team fails to catch it.



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- 5.5.3 The Thrower may not hold the Disc for an **indefinite time period**. As soon as a Marker is within **3 meters** of the Thrower, he/she may **start a count to ten**. This is called the **stall count**. The Count should be spoken **loudly enough** for at least the Thrower to hear it, and be **evenly paced** based on one-second per Count. If the Marker reaches ten, it is a Turnover and the Thrower should **put the Disc on the ground** for the Marker or any other Opponent to pick up. As soon as the Opponent picks it up he/she becomes the Thrower (and an Offensive Player) and may attempt a pass. **However, this rule does not apply if the marker does not start counting.**
- 5.5.4 In cases of fast count deemed by the referee, on first occurrence the stall count will drop by 2 counts. Subsequent occurrence will result in restarting of stall count.
- 5.6 **The Marker.** The rules for a marker are as follows:
- 5.6.1 **Only one defensive player may guard the thrower at any one time; that player is the marker.**
- 5.6.2 There must be **at least one disc's diameter** between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.
- 5.6.3 The marker is not permitted to straddle the pivot foot of the thrower.
- 5.6.4 In the event that 2 opposing players catches the disc at the same time, possession will go to the offensive team.
- 5.7 **Violations**
- 5.7.1 **Travel:** The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has travelled and is required to return to the correct spot and resume play.
- 5.7.2 **Strip:** No defensive player **may touch the disc** while it is in possession of the thrower or receiver. If a defensive player does so and causes the thrower/receiver to lose possession of the disc, the player in possession should call "Strip!". If valid, the thrower will regain possession of the disc.
- 5.7.3 **Picks/ "blocking foul"**. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is considered a "pick". Once play has stopped, the obstructed player may move to the agreed position they would have otherwise occupied if the obstruction had not occurred. The disc is returned to the thrower (if the disc was thrown). However



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incidental contact while contesting for space and 'boxing-out' while attempting to make a play for the disc are allowed.

6 DURATION

- 7.1 The duration of all matches for the group stages shall be **9 minutes (running clock)**, straight through.
- 7.2 The duration of all matches for the knock out stages shall be **13 minutes (running clock)**, straight through.

***There will be no mirror-half for all matches**

At the end of the timing allocated every game, the referee will call for "**LAST GOAL**" at the **last 60 seconds**. Upon the next goal being scored, the game will end.

7 COMPETITION PLAY

7.1 The teams will be divided into **four (4)** groups. The Group Stages will be played on a single **round robin** League system. Top 2 teams from each table will qualify and move on to play in the knockout stages.

7.2 **In all league games, point will be awarded as follows:**

WIN	3 POINTS
DRAW	1 POINT
LOSE	0 POINT

7.3 In the event of a tie in points between **TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Outcome of the head to head games involving the tied teams
- ii) Goal difference,
- iii) Number of goals scored



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7.4 In the event of a tie in points between **MORE THAN TWO** teams in the same table, the deciding factor will be in the sequence of

- i) Goal difference,
- ii) Number of goals scored

7.5 If both teams fail to turn up on time, it would be considered as a lost for both teams hence no points would be awarded to either team.

7.6 In the event of a tie in the knock out stages, the “**universe point**” will be played, i.e. no time limit and the first team to score a point win the game. The team that kicks off the extra time first will be decided by a Frisbee toss.

8 INJURIES

8.1 If there are any injuries involved, the injured player will need to leave the court (if possible) and the time on the stopwatch will continue to run.

8.2 However, if the injury results in the player being unable to be shifted out of court, the game will stop. If the opponent caused the injury deliberately, the game will be awarded to the team with the injured player. However, if the injury was accidental, time keeper will have to stop and record the time on the score. (During lunch time)

Serious injuries will include: Broken limbs/ Neck

Minor injuries: Abrasions/ Sprains

For minor injuries, please report to medics immediately and JASON TANG (H/P: 9638 3531). For serious injuries please report FLORENCE OOI (H/P No.: 9739 6599) with details of the injury.