

**Surf n Sweat '12**  
**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**.

**1.2 Substitution.** A **rolling substitution system** will be used.

1.2.1 Players may substitute with each other between goals unless due to injury.

1.2.2 Physical contact does not have to be made but the players must interchange from the same sideline they enter and leave.

**2. ATTIRE**

**2.1 Safety** – A player shall not use equipment or wear anything sharp that may pose a danger to himself/herself or any other player. (e.g. jewellery). The referee reserves the right to stop the game and ask the players in possession of dangerous sharp items to remove it immediately.

**2.2 Footwear** – **Players shall play bared 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 and/or foot wraps are optional.

**2.3 Uniforms** – The players' uniforms consist of shorts and shirts. Use of plastic goggles for eye protection is allowed. Bare-bodied players are discouraged. In the event two teams wear similar-coloured jerseys, each team will send a representative to play scissors paper stone to determine which team will wear the bibs. Players must have a shirt underneath the bibs for hygiene purpose. Teams having players who wear random attires would be asked to put on the bibs too.

**3. GENERAL PLAY**

**3.1 Spirit of the Game.** All players are responsible for administering and adhering to the rules. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. Essential elements of this spirit include:

- Knowing the rules
- Avoiding fouls and body contact
- Being fair minded and respectful
- Having a positive attitude
- Showing self-control

3.2 Each game in the Group Stage will be played over one game of **8mins, made up of 2 halves of 4 minutes each with a 1-minute interval in between**. The Knockout Stages games will be played over one game of **12 minutes**, made up of 2 halves of 6 minutes each with 1-minute interval in between.

There **WILL NOT BE any time outs** given in all occasions.

3.3 The objective of the game is to score more points than your opponent.

3.4 The winner of the game is the team with the most points.

3.5 The disc may only be moved by passing, as the thrower is **not allowed to run with the disc however Pivoting is allowed**.

3.6 Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc.

3.7 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.

3.8 All calls made by players should be resolved within 15 seconds of the call being made. If players are unable to agree on the outcome of the call, the disc goes back to the last undisputed point of play. Calls do not stop the game clock.

3.9 Injury calls do not stop the clock unless the tournament official calls for it.

#### **4. COMPETITION PLAY**

4.1 The teams will be divided into groups. The Group Stages will be played on a single **round robin** League system. Teams that then move on to play in the Knockout Stages.

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

<b>WIN</b>	<b>3 POINTS</b>
<b>DRAW</b>	<b>1 POINT</b>
<b>LOSE</b>	<b>0 POINT</b>
<b>Walkover</b>	<b>3 – 0 Score</b>

4.3 If **teams are** tied in their point totals after the group stages, the team to qualify will be decided by looking at

- 1) Highest Goal Difference
  - 2) Heads to heads result of their respective pool game
  - 3) Total goals scored
- in this order.

4.4 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 teams.

4.5 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.

## **5. REPORTING AND REGISTRATION TIME**

5.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Side Event Registration Counter. If the team fails to register during this period of time, they will be disqualified from the competition and there will be no refunds given.

5.2 Teams are to report to the respective Court IC, **10 minutes prior to the start of the subsequent matches**. Teams are required to hang around the court area after reporting to the respective court ICs so that they would not risk being late for their matches. **Failure to report on time (i.e. exact match time) will result in a walkover awarded to the opposing team**. The team on the field ready to play will be considered 3-0 for that particular match.

If the team is unable to field a minimum of 5 players (including minimum 2 girls) when their match is supposed to commence, the team will be considered a walk over.

5.3 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 organization reserves the right to delay the matches according to contingency plan.**

## **6. REFEREEING**

- 6.1 **Referee** – The game will be directed and officiated by one referee, one timekeeper and one score keeper. The referee shall use a whistle to officiate the game.

**7. GENERAL TERMS**

- 7.1 **Starting and Restarting Play.** The starting and restarting of play shall be as follows:

7.1.1 Play starts at the beginning of each period of play and after each goal with a the pull.

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

7.1.3 The team which scored (as per 7.1.2) 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.

7.1.4 **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:

7.1.4.1 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.

7.1.4.2 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.

7.1.4.3 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).

7.2 **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.

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

7.3.1 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.

7.3.2 If a team gains possession in the end zone which it is attacking, 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.

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

7.4.1 **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.**

7.4.2 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.**

7.4.3 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.

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

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

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

7.5.2 **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.

7.5.3 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.**

7.6 **The Marker.** The rules for a marker are as follows:

7.6.1 **Only one defensive player may guard the thrower at any one time; that player is the marker.**

7.6.2 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.

7.7 **Violations**

7.7.1 **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.

7.7.2 **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.

7.7.3 **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”. However incidental contact while contesting for space and ‘boxing-out’ while attempting to make a play for the disc are allowed.