

# RINK CITY CORPORATE LEAGUES BASIC RULES OF PLAY

April 2009 Edition

The below rules are designed to promote fun and safe play. Please carefully read the Code of Conduct as these rules apply to all sports in our Corporate Leagues program.

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## CODE OF CONDUCT

### Objective:

Rink City Corporate Leagues are all non-contact, and rely on a spirit of sportsmanship, to provide all participants with an opportunity to enjoy the play of the game with their colleagues, friends, and family, in an environment that promotes socializing rather than competition.

Rink City offers competitive leagues for groups seeking that level of adrenalin rush through its regular programming. The Corporate Leagues are not intended to service this type of competition.

### Spirit of the Game:

Rink City borrows from the Ultimate Players Association their principles of fair play, which emphasizes mutual respect among competitors, adherence to the agreed upon rules, and the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other "win-at-all-costs" behaviour are contrary to the spirit of the game and must be avoided by all players.

See page 2 for the ***Ten Things You Should Know About the Spirit of the Game.***

### Observers, Officials or Referees:

Observers, Officials/Referees may be provided by Rink City depending on sport. Their role may include tracking time limits, game score, resolution of player disputes, censure or eject players for sportsmanship infractions, and render decisions on game events (e.g. off-side calls). The players agree to abide by these decisions.

### Alcohol Policy:

Rink City and its Break-Away Bar & Grill promote the social aspect of the after-work gathering, however, we do not promote over-drinking, playing while intoxicated, or driving home after too much socializing. Have fun! Don't drink-and-play, and especially **DO NOT** drink-and-drive.

Please respect all liquor laws for licensed establishments:

- No outside alcohol products may be brought on Rink City Sportsplex property, including the parking lot.
- Alcohol must be consumed in licensed areas, i.e. the restaurant or the outdoor patio (when open).
- No consumption of alcohol is permitted anywhere else, not locker rooms, lobbies, hallways, washrooms, spectator stands, fields, arenas, courts, and nor the parking lot.
- Do not pass alcohol products to underage patrons or patrons who are overly intoxicated, especially in cases where they have been cut-off by serving staff.

## CODE OF CONDUCT continued...

### Ten Things You Should Know About *Spirit of the Game*

**1. The golden rule: treat others as you would want to be treated.**

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him/her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

**2. Control: SOTG takes real effort.**

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unravelling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point 1, the game heals itself.

**3. Heckling and taunting are different.**

Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is un-spirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

**4. SOTG is compatible with championship play.**

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

**5. Don't "give as you got."**

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point 1: treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

**6. Breathe.**

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute. Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

**7. When you do the right thing, people notice.**

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

**8. Be generous with praise.**

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

**9. Impressions linger.**

Not only does the realization that your actions will be remembered for a long time serve to curb poor behaviour, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.

**10. Have fun.**

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

## INDOOR SOCCER BASIC RULES OF PLAY

### Game times and lengths:

All games shall start promptly on the scheduled time. A 3-minute warm-up period shall be provided at the start of each game provided that the teams are ready to play on time. Games shall be composed of 2 x 25-minute periods (running time). A maximum of 2 minutes shall be allowed for the switching of ends at half-time. Ties in playoffs shall be decided by penalty kicks. The Rink City provided referee shall govern time play.

### Game play:

Teams shall play 6 v 6 (5 players + goalie), with two female players on the field at all times, except at the start of the game if teams are short players, they may begin with as few as 4 male + 1 female player for a maximum of the first period, after which opposing team shall decide whether to continue. A default for lack of players results in a win being awarded to the non-offending team.

Players may not wear anything considered dangerous to themselves, a teammate, or opponent, for example: watches, jewellery, or exposed knee braces with metal hinges.

**Substitutions** can occur at any time during the game. The substituted player must be completely off the field before the replacement player can enter the field of play.

### Team composition and jerseys:

Teams are limited to a maximum of 12 players in any one game, however, there is no limit to the number of players that you may use during the regular season. Each player must register on an official game-sheet, provided by Rink City, before playing in a game. If a player is late, they must ask the referee to be added before participating if their name was not already listed by the Team Captain on the official game-sheet. *Note: for playoffs, only players who have played during the regular season are eligible, unless you are replacing an injured player, for which a doctor's note has been provided as proof of injury.*

Jerseys, t-shirts, or sweatshirts are acceptable. Every player is expected to bring both a dark shirt and a light coloured shirt (preferably white) to each game. A coin toss shall determine which colour (dark or light) teams shall use, if an agreement cannot be reached between the teams prior to the game. The referee shall have final decision on what is considered acceptable colour differential. Rink City can assist your team in acquiring jerseys or t-shirts. Please note that depending on the complexity of your order, jerseys may require a few weeks for delivery. Numbering is not required.

### Goalkeeper restrictions:

The goalie may not cross midfield, score a goal, or drop-kick the ball. The goalie may NOT slide tackle; however, goalkeepers are allowed to attack the ball at a player's feet with their hands within the crease.

The goalie may distribute the ball by throwing it or playing it as a field player. Once the goalie has possession of the ball they have five (5) seconds to put the ball back into play. Failure to do so will result in a corner kick for opposing team.

When the goalie distributes the ball, it must hit the field or another player before crossing mid-field. The goalie can only handle the ball with his/her hands while inside the crease area. Goalies cannot pick up the ball on a pass back from their own teammate.

## DODGEBALL BASIC RULES

### Match times and lengths:

All matches shall start promptly on the scheduled time. A 3-minute warm-up period shall be provided at the start of each game provided that the teams are ready to play on time. Matches shall be composed of 2 x 25-minute periods (running time). A maximum of 2 minutes shall be allowed for the switching of ends at half-time. As many games as possible shall be played in each match session. At half-time, the game in process shall be completed before switching of sides. At the end of the match, the winner of the game in process shall be the team with the most players still active. Ties in playoffs shall be decided by over-time play until one team eliminates a player from the other team.

### Game play:

Teams shall play 5 v 5, with two female players on the court at the start of each game during a match session, except at the start of the match if teams are short players, they may begin with as few as 2 male + 1 female player for a maximum of the first period, after which opposing team shall decide whether to continue. A default for lack of players results in a win being awarded to the non-offending team.

Players may not wear anything considered dangerous to themselves, a teammate, or opponent, for example: watches, jewellery, or exposed knee braces with metal hinges.

**Substitutions** can only occur at the end of a game or an injury time-out.

### Team composition and jerseys:

Teams are limited to a maximum of 12 players in any one game, however, there is no limit to the number of players that you may use during the regular season. Each player must register on an official match-sheet, provided by Rink City, before playing in a match. If a player is late, they must ask the referee to be added before participating if their name was not already listed by the Team Captain on the official match-sheet. *Note: for playoffs, only players who have played during the regular season are eligible, unless you are replacing an injured player, for which a doctor's note has been provided as proof of injury.*

Jerseys, t-shirts, or sweatshirts are acceptable. Every player is expected to bring both a dark shirt and a light coloured shirt (preferably white) to each match. A coin toss shall determine which colour (dark or light) teams shall use, if an agreement cannot be reached between the teams prior to the game. The referee shall have final decision on what is considered acceptable colour differential. Rink City can assist your team in acquiring jerseys or t-shirts. Please note that depending on the complexity of your order, jerseys may require a few weeks for delivery. Numbering is not required.

### Object of the Game:

The object of the game is to eliminate all opposing players, this is achieved by:

- 1) Hitting an opposing player BELOW THE SHOULDERS with a LIVE ball, before it hits the ground.
- 2) Catching a LIVE ball thrown by your opponent before it touches the ground.
- 3) Hitting an opposing team member in the head, unless the opposing team member is ducking or is on the ground, eliminates the throwing player.
- 4) If a ball hits another ball, which a player has in their possession, it does not make either player out. However, if the ball is dropped as a result of contact from the thrown ball, then the player who drops the ball is eliminated.
- 5) Crossing over the centre line and touching any part of their opponent's side of the court, eliminates the offending player.

### LIVE ball:

A ball that has been thrown and has not touched the floor/ground, the ceiling, the back wall, the official or other item outside of the playing field (i.e. basketball rim). A ball that touches another ball or a player is STILL LIVE, i.e. deflections off of a teammate do count and both players will be eliminated.

### Deflected ball:

If a deflected ball remains LIVE and is caught by a player prior to the ball becoming dead, the thrower is eliminated and the catching team can return a previously eliminated teammate. If a ball is used to block a ball and the thrown ball reflects off the held ball and hits the blocking player or a teammate, then the blocking player and/or teammate is eliminated.

## **DODGEBALL BASIC RULES continued...**

### **Opening Rush of Game:**

Each game begins with the placing of 4 dodgeballs along the centre line (2 on each side). Players then take a position along their back wall with one hand touching the wall. Following the "Dodgeball" shout by the official, teams rush the centre line to retrieve their 2 balls.

Once a ball is retrieved, the player must run back and touch their back wall before it can be legally thrown. If a ball(s) has not been retrieved when one of the opening rushers has returned with a ball and touched their back wall, the remaining non-retrieved ball(s) are in play and can be used by either team.

### **Game Rules:**

An opposing player must be struck below the shoulders to eliminate them. If a thrower strikes a player above the shoulders, then the thrower is eliminated, unless the player was ducking or on the ground.

A defending player may block a thrown ball with a ball in possession, however, if the blocking player's ball is dropped then the defending player is eliminated.

A deflected ball is considered LIVE and may eliminate a player if struck by it.

If a LIVE ball is caught, the thrower is OUT and the catching team can return a previously eliminated player to the court. The order of returning players will be based on the order each player was originally eliminated.

Players can only be in possession of one ball at any time.

**Last Man Standing Rule** - When a team has only one player remaining, while the opposing team has more than one player remaining, the opposing team has 20 seconds to eliminate the last remaining player otherwise all of his/her teammates will be re-activated into play. Two extra dodgeballs will added to the game during last man standing.

Players are not allowed to stall and must attempt to play a ball within 5 seconds. Players must play balls (either on the ground or being held) by attempting to throw them at their opponent's side.

Once a player is eliminated, they must immediately leave the court. Players who have been called out cannot retrieve stray balls for their teammates. Rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a match observer, whose responsibility will be to rule on any situation in which teams cannot agree.

Players are responsible for your actions and maintain self-control. Do not taunt or bait opponents and refrain from using foul or abusive language.

### **Match Format:**

The match will be played in three game rotations:

- 1) Game one: will be a normal Dodgeball game.
- 2) Game two: will add one Large Dodgeball into play and can be used similar to other smaller dodgeballs i.e. used to block or to throw. There is no time limit to how long the large ball can be held, but when there is one remaining player left on a team and that team is in possession of the large ball then the 5 second rule also applies to the large ball.
- 3) Game three: will add the DEAD MAN WALKING RULE. Each team will choose one player to be the dead man walking. If that player is hit anytime during the game, then that team will lose the game. After the Dead-man walking game, the three game rotation will begin again.

## 4-on-4 FLOOR HOCKEY BASIC RULES

### Game times and lengths:

All games shall start promptly on the scheduled time. A 3-minute warm-up period shall be provided at the start of each game provided that the teams are ready to play on time. Games shall be composed of 2 x 25-minute periods (running time). A maximum of 2 minutes shall be allowed for the switching of ends at half-time. Ties in playoffs shall be decided by penalty shots. The Rink City provided referee shall govern time play.

### Game play:

Teams shall play 4 v 4 (3 players + goalie), with one female player on the court at all times, except at the start of the game if teams are short players, they may begin with as few as 3 players of any gender for a maximum of the first period, after which opposing team shall decide whether to continue. A default for lack of players results in a win being awarded to the non-offending team.

Players may not wear anything considered dangerous to themselves, a teammate, or opponent, for example: watches, jewellery, or exposed knee braces with metal hinges.

**Substitutions** can occur at any time during the game. The substituted player must be completely off the court before the replacement player can enter the play.

Only plastic sticks provided by Rink City may be used.

### Team composition and jerseys:

Teams are limited to a maximum of 12 players in any one game, however, there is no limit to the number of players that you may use during the regular season. Each player must register on an official game-sheet, provided by Rink City, before playing in a game. If a player is late, they must ask the referee to be added before participating if their name was not already listed by the Team Captain on the official game-sheet. *Note: for playoffs, only players who have played during the regular season are eligible, unless you are replacing an injured player, for which a doctor's note has been provided as proof of injury.*

Jerseys, t-shirts, or sweatshirts are acceptable. Every player is expected to bring both a dark shirt and a light coloured shirt (preferably white) to each game. A coin toss shall determine which colour (dark or light) teams shall use, if an agreement cannot be reached between the teams prior to the game. The referee shall have final decision on what is considered acceptable colour differential. Rink City can assist your team in acquiring jerseys or t-shirts. Please note that depending on the complexity of your order, jerseys may require a few weeks for delivery. Numbering is not required.

### Equipment:

Goalies must provide their own helmet with full facial protection.

Rink City will provide plastic hockey sticks for all players to use. The sticks are property of Rink City and are not to be removed from the court area.

There is no mandatory equipment for players (non-goalies), however, Rink City does encourage the use of mouth-guards, and protective eyewear.

### Basic Rules of Play:

There is NO body contact permitted. Overly aggressive players will be disqualified from play and may be banned from the league.

Goalie: Team must have a goalie on the floor at all times. Teams may not use an extra attacker in lieu of a goalie.

The goalie must remain in their crease (at least one foot in at all times). If a goalie has possession of the ball, they must either pass the ball with the stick or drop the ball behind their net. A goalie may not score a goal.

Players may not enter the goal crease other than to retrieve a loose ball.

Goalies are not permitted to sweep their stick across the crease and make contact with an opponent.

## FLOOR HOCKEY BASIC RULES continued...

- Face-Offs:** Face-offs will be at centre only at the start of each period, or after a referee error. After each goal, the defending team shall gain possession behind their own goal and play will start once the scoring team returns all players on their side of centre.
- Ball in Play:** All areas are considered LIVE as long as the ball remains in the court of play, example: ball may bounce off of wall and return to playing area and still remain LIVE. The ball is only considered DEAD when it has left the playing area and not returned.
- A DEAD ball shall become possession of the non-offending team who shall take into play from the boards nearest to where it exited the playing area. The game shall resume once the ball is passed. No goal can be scored by the player from the boards, because play is not considered resumed.
- Defending players must remain a minimum of one arm & stick length away from the player on the boards until the resuming pass is made.
- Deflection of the ball from a player on the bench is considered a DEAD ball if it purposefully directed to gain advantage.
- Hand Pass:** Players may not use their hands to pass/direct the ball to a teammate or to score a goal. The ball shall be declared DEAD and possession awarded to the non-offending team by the boards nearest to the incident.
- Blocking:** Progressing down the floor backwards using your body to block the opposition from reaching the ball in your possession is prohibited and will result in a DEAD ball call, with possession awarded to the non-offending team.
- Penalties:** Hooking, high-sticking, slashing, cross-checking, delay of game (deliberately shooting ball out of play or falling on it), or other hockey-related minor infractions shall result in a penalty shot for the non-offending team.
- Roughing is an automatic game ejection and will result in review of player's status in the league. A penalty shot will be awarded to the non-offending team.
- A combination of any two stick fouls (high-sticking, slashing, or cross-checking) in a game will result in an automatic ejection. Three similar ejections in a season may result in suspension from the league.

# ULTIMATE (FRISBEE) FOOTBALL

## Game times and lengths:

All games shall start promptly on the scheduled time. A 3-minute warm-up period shall be provided at the start of each game provided that the teams are ready to play on time. Games shall be composed of 2 x 25-minute periods (running time). Each period is completed only after the point in process is completed or the team loses possession. A maximum of 2 minutes shall be allowed for the switching of ends at half-time. Ties in playoffs shall be decided by the first point scored in over-time (coin toss determines opening receiving team in O/T). Rink City observer (if provided) shall govern time play.

## Game play:

Teams shall play 5 v 5, with two female players on the field at all times, except at the start of the game if teams are short players, they may begin with as few as 2 male + 1 female player, for a maximum of the first half, after which the opposing team shall decide if it wishes to permit the game to continue. A default for lack of players results in a win being awarded to the non-offending team.

Players may not wear anything considered dangerous to themselves, a teammate, or opponent, for example: watches, jewellery, or exposed knee braces with metal hinges.

**Substitutions** can only occur during a stoppage of play, after a point is scored, at start of any period, or during an injury time-out. The substituted player must be completely off the field before the replacement player can enter the field of play.

## Team composition and jerseys:

Teams are limited to a maximum of 12 players in any one game, however, there is no limit to number of players that you may use during regular season. Each player must register on an official game-sheet, provided by Rink City, before playing in a game. If a player is late, they must ask referee to be added before participating if their name was not already listed by the Team Captain on the official game-sheet. *Note: for playoffs, only players who have played during the regular season are eligible, unless you are replacing an injured player, for which a doctor's note has been provided as proof of injury.*

Jerseys, t-shirts, or sweatshirts are acceptable. Every player is expected to bring both a dark shirt and a light coloured shirt (preferably white) to each game. A coin toss shall determine which colour (dark or light) teams shall use, if an agreement cannot be reached between the teams prior to the game. The referee shall have final decision on what is considered acceptable colour differential. Rink City can assist your team in acquiring jerseys or t-shirts. Please note that depending on the complexity of your order, jerseys may require a few weeks for delivery. Numbering is not required.

**Rules of play:** Below are basic rules of play. Unless otherwise noted differently by Rink City "house rules" listed above and below, UPA 11<sup>th</sup> Edition Rules shall apply.

## BASIC RULES

### Start of the game:

Coin toss determines which team chooses to receive or throw the initial pull (see below); or which end zone they wish to initially defend. The other team gets the remaining choice. The second half begins with a reversal of the initial choices. If only one team fails to signal readiness for the start of a scheduled game, the opposing team will be awarded points at a rate of one goal for every five minutes elapsed after the posted start time.

### Pull:

The throw from one team to the other that starts play at the beginning of a half or after a goal. The player on the pulling team who possesses the disc and signals readiness is the **puller**. After a goal, the teams return to their goal lines and the scoring team pulls. The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play. A team must have a minimum of two players and a maximum of seven players on the field in order to signal readiness. The pull occurs when the puller throws the disc after signalling readiness.

### Positioning before the pull:

After signalling readiness, players on the pulling team may move anywhere in their end zone, but their feet may not cross the vertical plane of the goal line until the disc is released. After signalling readiness, players on the receiving team must be stand on the goal line that they are defending without changing location relative to one another.

After the disc is released, it is in play and any player may move in any direction. If either team fails to maintain proper positioning before the pull, the other team may audibly announce "*off-sides*" and a re-pull ensues. The call must be made before any player on the receiving team touches the disc.

The first instance of off-sides for each team will result in a warning and a re-pull. Any further instances of offsides on that specific pull are treated as follows:

- 1) receiving team off-sides: receiving team starts with disc at the midpoint of the end zone they are defending, after players set up and a "check" (see below) is performed.
- 2) pulling team off-sides: receiving team starts with disc at midfield, after players set up and check is performed.

### **Positioning after the pull:**

A player on the throwing team may not touch the pull in the air before a member of the receiving team touches it. If this violation occurs, the receiving team may request a re-pull immediately.

If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:

- a) If the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped;
- b) If the disc initially hits in-bounds and then bounces/rolls out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field proper (i.e., excluding the end zones) nearest to where it first crossed the perimeter line to become out-of-bounds.
- c) If the disc initially hits in-bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds.
- d) If the disc initially hits an out-of-bounds area before the end zone line, the receiving team may put the disc into play at either the spot where it crossed the out-of-bounds line or at mid-field by raising a hand a declaring "middle" or "centre".
- e) If the disc initially hits an out-of-bounds area passed the end zone line, the receiving team may put the disc into play at either the spot where it crossed the out-of-bounds line or at 10 paces (metres) forward of their goal line by raising a hand a declaring "brick".

If the pull is caught, the disc is put into play at the spot on the playing field nearest to where it was caught.

If a player on the receiving team touches the pull before it hits the ground and the disc then hits the ground, it is considered a dropped disc and results in a turnover (loss of possession to the other team).

After a pull, whichever player takes possession of disc must put it into play. If a player drops the disc while carrying it to the spot where it is to be put into play and it contacts the ground before the thrower regains possession, the other team gains possession of the disc at the spot on the playing field proper nearest to the drop.

There is no stoppage of play when putting the pull into play. If the disc is to be put into play at a location other than where possession was gained, the thrower starts play by touching the disc to the ground at the spot on the playing field where the disc is to be put into play.

### **Time between pulls:**

The receiving team must signal readiness to play within one minute after the previous goal was scored. The pulling team must release the pull within twenty seconds after the receiving team signalled readiness.

### **Check:**

When play stops, each player must come to a stop as quickly as possible. Before restarting play, all players must assume location on the field specified by the rule that covers that specific stoppage of play and remain there until play is restarted.

If a called infraction occurs while play is stopped, any subsequent play is negated and players must assume their appropriate locations. When the situation is resolved, the player determined to be in possession offers the disc to the marker (see below) for a check. The marker restarts play by touching the disc in the thrower's possession. If the thrower attempts a pass before the marker checks the disc, the pass (whether complete or incomplete) does not count and the thrower regains possession.

**Offensive Self-check:** If play is to restart with a check, but no defensive player is near enough to touch the disc in the thrower's hand, play restarts with an offensive self-check. To restart play using an offensive self-check:

- a) the defense must acknowledge readiness; and
- b) the thrower touches the disc to the ground and loudly announces "*in play*."

**Defensive self-check:**

If play is to restart with a check, but no offensive player is in possession of the disc at the appropriate spot, play restarts with a defensive self-check. To restart play using a defensive self-check:

- a) the disc is placed at the appropriate spot on the field;
- b) the offense must acknowledge readiness; and
- c) the defender closest to the disc loudly announces "*in play.*"

**Out-of-bounds:**

The perimeter lines are not part of the playing field and are out-of-bounds. A player contacting the out-of-bounds area is out-of-bounds. A player who is not out-of-bounds is in-bounds. An airborne player retains in-bounds or out-of-bounds status until that player contacts the playing field or the out-of-bounds area. The following exception applies: If momentum carries a player out-of-bounds after landing in-bounds with possession of an in-bounds disc, the player is considered in-bounds. For this exception to apply, that player's first point of ground contact with any area must be completely in-bounds. The disc is put into play at the spot on the perimeter line of the playing field where the player first went out-of-bounds.

A thrower may contact an out-of-bounds area, provided that part of pivot remains in contact with playing field.

A disc becomes in-bounds when it is put into play, or when play starts/restarts. A disc becomes out-of-bounds when it first contacts out-of-bounds area, an out-of-bounds offensive player, or is caught by an out-of-bounds defensive player.

Disc may fly outside a perimeter line and return to playing field, and players may go out-of-bounds to make a play on disc.

If an in-bounds defender gains possession while airborne and becomes out-of-bounds while still in possession of the disc, the play is treated as if the defender was out-of-bounds when possession was gained.

To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:

1. the disc completely crossed the perimeter line;
2. the disc contacted an in-bounds player;
3. the disc contacted a defensive player; or
4. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the perimeter line.

After establishing appropriate spot on the field, the thrower must touch the disc to the ground before putting it into play.

Events occurring after the disc becomes out-of-bounds do not affect where it is put into play.

**End Zone Possession:**

If a turnover results in a team gaining possession in the end zone that they are defending, the player in possession must immediately either:

1. Put the disc into play at that spot; or
2. Carry the disc directly to the closest point on the goal line and put it into play at that spot. If this option is chosen, the player taking possession must put the disc into play at the goal line. Failure to do so is a travel.

If a team gains or retains possession in the end zone that they are attacking other than by scoring a goal in accordance with scoring rules (see below), the player in possession must carry the disc directly to, and put it into play at, the spot on the goal line closest to where possession was gained.

If a team gains or retains possession of a dead disc in the end zone that they are attacking, the disc is checked into a live state where the infraction occurred, and the thrower then proceeds.

**Scoring:**

A goal is scored when an in-bounds player catches any legal pass in the end zone of attack, and retains possession of the disc throughout all ground contact related to the catch. To be considered in the end zone after gaining possession of the disc the player's first point of ground contact must be completely in the end zone.

When an in-bounds player in possession of the disc whose first ground contact will be completely within the end zone loses possession of the disc due to an uncontested foul, or lands out of the end zone due to an uncontested force-out foul, that player is awarded a goal.

If after receiving a pass outside the end zone, a player comes to a stop contacting the end zone, that player must carry the disc back to, and put it into play at, the closest spot on the goal line.

If a player scores, but then unknowingly throws another pass, a goal is awarded to that player, regardless of the outcome of the pass.

### **Turnovers:**

If a pass is incomplete or if the disc becomes out-of-bounds other than as a result of a pull, a turnover results.

If the thrower accidentally drops a live disc or a disc in play without defensive interference and it contacts the ground before the thrower regains possession, it is considered an incomplete pass. If the thrower regains possession of an accidentally dropped disc before it contacts the ground without another player touching the disc, that possession is considered continuous. If the thrower regains possession of an accidentally dropped disc before it contacts the ground and after another player touches it, it is considered a new possession.

A pass is intercepted if a defensive player obtains possession of the disc, but if the defender accidentally loses possession of the disc before or during ground contact related to the catch, the pass is considered blocked rather than intercepted.

The following actions result in a turnover and a stoppage of play:

1. The marker's count reaches the maximum number before the throw is released.
2. The thrower hands the disc to another player.
3. The thrower catches a legally thrown disc. However, it is not a turnover if another player touches the disc during its flight unless the thrower intentionally deflected the disc off another player.
4. The thrower calls a team time-out when none remains while the disc is live or in play.
5. An offensive player intentionally assists a teammate's movement to catch a pass. If a defender assists a teammate's movement to block or intercept a pass, the intended receiver is awarded possession.
6. An offensive player uses an item of equipment to assist in catching a pass (e.g., throwing a hat or shirt at the disc). If a defender uses an item of equipment to assist in blocking or intercepting a pass, the intended receiver is awarded possession.

### **The Thrower:**

If the disc is on the ground, whether in-bounds or out-of-bounds, any member of the team becoming offense may take possession of it.

If an offensive player picks up the disc, that player must put it into play.

If possession is gained at the spot where the disc is to be put into play, the thrower must establish a pivot at the spot of the disc.

If the disc comes to rest on the playing field proper, a member of the team becoming offense must put the disc into play within ten seconds after it comes to rest. After ten seconds elapse, a defensive player within three meters of the disc may announce "*disc in,*" and then initiate and continue the stall count (see below), but only if a defensive player has given audible warnings of ten and five seconds (the **pre-stall**).

If the disc comes to rest other than on the playing field proper, a member of the team becoming offense must put the disc into play within twenty seconds after it comes to rest.

If the disc is not reasonably retrievable within twenty seconds (e.g., far out-of-bounds or through a crowd), the player retrieving it may request another disc and any delay or pre-stall count is suspended until the offensive player receives the new disc.

If the disc is in the end zone, after twenty seconds elapse, a defensive player within three meters of the disc may announce "*disc in,*" and then initiate and continue the stall count, but only if a defensive player has given audible warnings of twenty, ten and five seconds (the pre-stall).

If the disc is out-of-bounds, after twenty seconds elapse, a defensive player within three meters of the spot the disc is to be put into play may announce "*disc in,*" and then initiate and continue the stall count, but only if a defensive player has given audible warnings of twenty, ten and five seconds (the pre-stall).

If an offensive player unnecessarily delays putting the disc into play, a defender within three meters of the spot the disc is to be put into play, may issue a **delay of game** warning instead of calling a violation. If the behaviour in violation is not immediately stopped, the marker may initiate and continue a stall count, regardless of the actions of the offense. In order to invoke this rule, after announcing "*delay of game*," the marker must give the offense two seconds to react to the warning, and then announce "*disc in*" before initiating the stall count.

For a live disc to be put into play, the thrower must establish a pivot at the appropriate spot on the field, touch the disc to the ground, and put it into play.

### **The Marker:**

**Stalling:** Period of time within which a thrower must release a throw may be timed by the stall count. The stall count consists of announcing "*stalling*" and counting from one to ten (in one second intervals) loudly enough for the thrower to hear. All stall counts initiated, reinitiated or resumed after a stoppage of play must start with the word "*stalling*."

If the count resets to one during a stoppage of play, it is considered a new count. Only the marker may initiate or continue a stall count, and may do so anytime a thrower has possession of a disc that is live or in play. However, directly after a turnover or when putting the pull into play the stall may not be initiated before a pivot is established, unless delay of game or pre-stall rules apply.

If the thrower has not released the disc at the first utterance of the word "*ten*," it is a turnover. The marker loudly announces "*stall*" and play stops. The marker calling the stall takes possession of the disc where the stall occurred and then may either:

- (1) place the disc on the ground and after acknowledgment by the defense, touch the disc and loudly announce "*in play*" or
- (2) retain possession and have the former thrower restart play with a check.

The thrower may contest a stall call in the belief that the disc was released before the first utterance of the word "*ten*." If a stall is contested:

- (1) If the pass was complete, play stops and possession reverts to the thrower. After a check, the marker resumes the stall count at 8.
- (2) If the pass was incomplete, it is a turnover; play stops and resumes with a check.

If the defense switches markers, the new marker must reinitiate the stall count. A marker leaving the three-meter radius and returning is considered a new marker.

If a stall count is interrupted by a call, the thrower and marker are responsible for agreeing on the correct count before the check. The count reached is the last number fully uttered by the marker before the call. The count is resumed with the word "*stalling*" followed by the number listed below:

### General Rules:

- (1) Uncontested defensive foul or violation 1
- (2) Uncontested offensive foul or violation Count reached plus 1, or 9 if over 8
- (3) Contested foul or violation Count reached plus 1, or 6 if over 5
- (4) Offsetting calls Count reached plus 1, or 6 if over 5
- (5) Unresolved calls Count reached plus 1, or 6 if over 5

### Specific Rules:

- (1) Pick Count reached plus 1, or 6 if over 5
- (2) Marking violation (no stoppage) Count reached minus 1, no "*stalling*"
- (3) Contested stall
  - (a) First call 8
  - (b) Second and subsequent calls when due to a fast count 6
- (4) Defensive technical time-out Count reached plus 1, or 6 if over 5
- (5) Offensive technical time-Out Count reached plus 1, or 9 if over 8
- (6) Obstruction within 5 meters of playing field Count reached plus 1, or 9 if over 8

### **Marking Violations:**

Fast count, double team, arm-length, and vision blocking are marking violations.

Only the thrower may call a marking violation, and to do so must call out the name of the specific marking violation. When a marking violation is called, play does not stop. The violation must be corrected before the marker can resume the stall count with the number last uttered before the call minus one (e.g. "*stalling one...two.. 'fast count' ..one...two...*").

If the marker resumes the stall count before correcting a marking violation, it is another instance of the original marking violation, which may be called by the thrower.

If a marker commits a marking violation after being called for a marking violation during the same stall count but before the thrower is in the act of throwing, the thrower may choose to either call another marking violation or to treat the marking violation as a general defensive violation. To treat it as a general violation, the thrower must call "*violation*."

**Fast count:**

If the marker does not say "*stalling*" to initiate or resume a stall count, counts at intervals of less than one second, or skips a number in the count, it is a fast count.

If a fast count occurs in such a manner that the thrower does not have a reasonable opportunity to call "*fast count*" before the first utterance of the word "*ten*," the play is treated as a contested stall. If this occurs in the same possession following a contested stall, the stall count resumes at six.

**Double-team:**

If a defensive player other than the marker is within three meters of any pivot of the thrower without also being within three meters of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.

**Arm-length:**

If the marker is less than one arm's length from the torso of the thrower, it is a disc space violation. However, if this situation is caused solely by movement of the thrower, it is not a violation.

**Vision blocking:**

If the marker deliberately blocks the thrower's vision, it is a vision blocking violation.

**The Receiver:**

A player may bobble the disc in order to gain control of it, but purposeful bobbling (including tipping, delaying, guiding, brushing or the like) to oneself in order to advance the disc in any direction from where it initially was contacted is considered traveling.

After catching a pass, a player is required to come to a stop as quickly as possible and establish a pivot.

If a player catches the disc while running or jumping the player may release a pass without attempting to stop and without setting a pivot, provided that:

1. the player does not change direction or increase speed while in possession of the disc; and
2. the pass is released before three additional points of contact with the ground are made after possession has been established.

If offensive and defensive players catch the disc simultaneously, the offense retains possession.

If it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), or whether a player's first point of ground contact after catching the disc was in- or out-of-bounds or in or out of the end zone, the player with the best perspective makes the call.

**Violations and Fouls:**

An infraction may only be called by a player on the infringed team who recognizes that it has occurred, unless specified differently elsewhere. The player must immediately call "*violation*" or the name of the specific infraction loudly.

A player called for an infraction may contest that call if that player believes the infraction did not occur.

Any time an infraction is called, the continuation rule applies.

**Continuation Rule:**

Play stops when the thrower in possession acknowledges that an infraction has been called. If a call is made when the disc is in the air or the thrower is in the act of throwing, or if the thrower fails to acknowledge the call and subsequently attempts a pass, play continues until the outcome of that pass is determined. For the purpose of the continuation rule, an uncontested stall that occurs after another call is treated the same as an incomplete pass. Play then either stops or contin-

ues according to the following conditions:

1. For calls made by the thrower:
  - a) If the infraction occurred before the thrower was in the act of throwing:
    - (1) If the pass was incomplete, play continues un-halted. Players should announce "play on."
    - (2) If the pass was complete, play stops and possession reverts to the thrower.
  - b) If the infraction occurred while the thrower was in the act of throwing:
    - (1) If the pass was complete, play continues un-halted. Players should announce "play on."
    - (2) If the pass was incomplete, play stops and possession reverts to the thrower.
  - c) If the infraction occurred after the throw was released, the call is considered to have been made by a non-thrower.
2. For calls made by a non-thrower:
  - a) If the team that called the infraction has possession:
    - (1) If the offense called the infraction before the thrower began the act of throwing, play stops and possession reverts to the thrower.
    - (2) If the offense called the infraction after the thrower began the act of throwing or if the defense called the infraction, play continues un-halted. Players should announce "play on."
  - b) If the team that committed the infraction has possession:
    - (1) If the infraction affected the play, play stops and the disc reverts to the thrower unless the specific rule says otherwise.
    - (2) If the infraction did not affect the play, play stops and the result of the play stands.

An infraction affected the play if an infractioned player determines that the outcome of the specific play (from the time of the infraction until play stops) may have been meaningfully different absent the infraction. (For example, if a receiver is fouled and thereby prevented from getting open for a pass, the play was affected; however, if the receiver would not have received a pass even without the foul, the play was not affected.)

Positioning after a call:

- a) If no pass is thrown or attempted before the thrower stops play by acknowledging the call, all players return to the locations they occupied when the call was made.
- b) If a pass is thrown or attempted before the thrower acknowledges the call or the call is made after the throwing attempt, and
  - (1) if possession reverts to the thrower, all players return to the locations they occupied at the earlier of:
    - (a) the time of the throw,
    - (b) the time of the call.
  - (2) if the result of a play stands, players return to the locations they occupied when play stopped.
- c) After a travel call, the thrower must return to the location occupied at the time of the infraction.

If a dispute arises concerning an infraction or the outcome of a play (e.g., a catch where no one had a good perspective), and the teams cannot come to a satisfactory resolution, play stops, and the disc is returned to the thrower and put into play with a check, with the count reached plus one or at six if over five.

Any player may stop a rolling or sliding disc, but advancing it in any direction is a violation.

If an infraction results in possession reverting to a thrower who was airborne when releasing the disc, play restarts at the spot on the playing field closest to the point of release.

If offensive and defensive players call offsetting infractions on the same play, the disc is returned to the thrower and put into play with a check, with the count reached plus one or at six if over five.

#### **Fouls:**

It is the responsibility of all players to avoid contact in every way possible. A foul can be called only by the fouled player and must be announced by loudly calling "foul" immediately after it occurs.

Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position, is not in itself a foul.

Some fouls carry some extra provisions, as listed below.

**Throwing Fouls:**

A throwing foul may be called when there is non-incident contact between the thrower and marker. The disc in a thrower's possession is considered part of the thrower. In general, any contact between the thrower and the extended (i.e., away from the midline of the body) arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in a legal position.

Any contact that occurs due to the marker setting up in an illegal position is a foul on the marker. Once the marker has set up in a legal marking position, it is the responsibility of both players to respect this legal position. However, contact resulting from the thrower and the marker both vying for the same unoccupied position is a foul on the marker.

Any contact initiated by a thrower with the body (excluding arms and legs extended from the midline of the body) of a legally positioned marker is a foul on the thrower.

Although it should be avoided whenever possible, incidental contact occurring during the follow-through (after the disc is released) is not a foul.

Any references above to a marker also apply to any defensive player within three meters of the thrower's pivot.

**Receiving Fouls:**

If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during, or immediately after the attempt often is unavoidable and is not a foul.

If the continuation rule applies: if the call is uncontested, the fouled player gains possession at the spot on the playing field closest to the spot of the infraction. If the foul is contested, the disc reverts to the thrower.

**Principle of Verticality:**

All players have right to enter air space immediately above their torso to make a play on a thrown disc. If non-incident contact occurs in the airspace immediately above a player before the outcome of the play is determined (e.g., before possession is gained or an incomplete pass is effected), it is a foul on the player entering the vertical space of the other player.

**Force-out Foul:**

If an airborne player catches disc and is contacted by an opposing player before landing, and that contact causes player to land out-of-bounds instead of in-bounds, or out of end zone instead of in end zone, it is a foul on opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul results in an in-bounds player landing outside the end zone being attacked when they would have landed in the end zone without the foul, a goal is awarded.

**Blocking Fouls:**

When disc is in the air a player may not move in a manner solely to prevent an opponent from taking an unoccupied path to the disc and any resulting non-incident contact is a foul on the blocking player which is treated like a receiving foul.

A player may not take a position that is unavoidable by a moving opponent when time, distance, and line of sight are considered. Non-incident contact resulting from taking such a position is a foul on the blocking player.

**Strip:**

If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player loses possession as a result, it is a strip. A strip is a subset of fouls and is treated the same way.

Reckless disregard for the safety of fellow players or other dangerously aggressive behaviour (such as significantly colliding into a stationary opponent), regardless of whether or when the disc arrives or when contact occurs is considered dangerous play and is treated as a foul. This rule is not superseded by any other rule.

**Picks:**

A **pick** occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.

A pick can be called only by obstructed player and must be announced by loudly calling "*pick*" immediately after it occurs.

If play stops, players reposition. In addition, the obstructed player is then allowed to move to recover the relative position lost because of the pick.

**Traveling:**

The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a **travel** and results in a stoppage of play and a check.

In addition, each of the following is a travel:

- a) A player catches the disc and either speeds up, changes direction or does not stop as quickly as possible before establishing a pivot.
- b) A player receives a pass while running or jumping, and releases a pass after the third ground contact and before establishing a pivot.
- c) Purposeful bobbling (including tipping, delaying, guiding, brushing, or the like) to oneself in order to advance the disc in any direction from where it initially was contacted.
- d) The thrower fails to touch the disc to the ground when required.

Exceptions:

- a) If a non-standing player loses contact with the pivot spot in order to stand up, it is not a travel, provided the new pivot is established at the same location.
- b) It is not a travel if a player catches the disc and releases a pass before the third ground contact.
- c) If play stops, the thrower may reset the pivot.

A player's ability to catch or make a play on the disc is not considered to be "affected" because that player stopped, slowed down, or otherwise ceased to continue playing because a call was made by another player.

Players are encouraged to make every effort to continue playing until play actually stops.

**Positioning:**

Each player is entitled to occupy any position on the field not occupied by an opposing player, unless specifically overridden elsewhere, provided that no personal contact is caused in taking such a position.

A player who jumps is entitled to land at the take-off spot without hindrance by opponents. That player also is entitled to land at another spot, provided that the landing spot, and the direct path between the takeoff and landing spots, were not already occupied at the time of take-off.