

# NATCON21

## ULTIMATE FRISBEE

RULES AND REGULATIONS



## PLAYER ELIGIBILITY AND TEAM COMPOSITION

A player is a registered student attending National Convention, a member of the National Convention staff team, or a parent/chaperone attending National Convention; guests/visitors are not eligible.

A team consists of 14 players, with a minimum of 5 girls on a team and 5 guys on a team. You are limited to the following: 1 intern guy/program director, 1 intern girl, and 1 adult per team. None are required.

Team Captains may add players to their team by May 7 by contacting the NatCon Sports Director, Caleb Jennings at [caleb.jennings@teenpact.com](mailto:caleb.jennings@teenpact.com). If you do not have 14 players on your team, the additional spots will be filled by the NatCon Sports Director prior to the event.

If you do not have a team, you can register as a “free agent” and will be placed on a team.

Each team will have 7 players on the field at a time with a minimum of 3 girls on the field per team and 3 guys on the field per team. Teams must have 6 eligible players ready in order to start a game (3 guys and 3 girls).

Substitutions can be made directly following a goal, in the case of an injury, or in the case of a team timeout.

## EQUIPMENT

All players are required to wear shoes. No metal cleats or detachable cleats are allowed. Boots and sandals are prohibited. For safety reasons, we recommend that players not wear dangling accessories of any kind (earrings, chains, etc). Casts or any items deemed dangerous may not be worn during the game.

Ultimate discs will be provided by the Tournament Director at the field. Field dimensions will be as they appear onsite. The Lee University soccer field will be used for the championship game, weather permitting.

## GAME LENGTH

Each game will consist of two 10-minute halves of running time with a 3-minute halftime period.

Overtime: During preliminary matches, should there be an equal score for both teams at the end of regulation, each team will be awarded a tie, with no win or loss granted.

During playoff matches, should there be an equal score for both teams at the end of regulation, there will be a first-team-to-score sudden-death period.

Timeouts: Each team receives one timeout per half. Each timeout is 60-seconds in length. Unused timeouts do not carry over to the next period. There are no timeouts in overtime. Timeouts may be called by any team member on the playing field following a goal. While the disc is in play, only

the player in possession of the disc may call timeout.

## THROW OFF (PULL)

At the start of each point, a throw-off (pull) will occur. Prior to the throw-off, players on each team must take a position within their own end zone. Players are free to move but may not cross the goal line until the disc is released. Each team raises a hand to signal readiness; then the disc is thrown.

After the disc has been thrown off, the receiving team takes possession where the disc comes to rest. The receiving team may try to catch the disc before it lands on the ground, but if they drop it in the process it is considered a turnover and the throwing team gains possession. If the disc flies out of bounds before reaching the end zone, the receiving team takes possession at the point where the disc flew out of bounds. If it goes out the back of the end zone, walk it to the closest spot on the end line. Players in-bounding the disc must have pivot foot on the line. A check is not required on the throw-off.

Playoff Matches: If the throw-off results in the disc flying out of bounds in the last two minutes of game time, the clock will stop. A check is required to start the clock and resume play.

## GENERAL GAME PLAY

All games will be self-officiated, players are expected to make their own calls.

The offensive player in possession of the disc is called the thrower. The defensive player guarding the thrower is called the marker. Any offensive player not in possession of the disc is called a receiver.

The disc may only be advanced by passing. The disc may be passed in any direction by any player. No handoffs are permitted.

Ultimate is a non-contact sport. Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.

A player who has jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at another spot provided the landing spot was not already occupied at the time of takeoff and the direct path between the takeoff and landing spot was not already occupied. The player's first contact with the ground after catching the disc determines whether s/he is in or out. The line is out. The first point of contact must be all the way in. This includes the end zone.

If a player catches the disc while falling out of bounds, they must maintain complete control of the disc. The disc may touch the ground, but the player must continue to maintain control, and thus possession, throughout.

A player may never run with the disc. Upon catching the disc a player must stop as soon as possible and establish a pivot foot. Any further movement is considered traveling and can be called by

anyone on the field. This causes the disc to be returned to the thrower at the point of the infraction and a disc check takes place.

In the event of an unsuccessful throw (i.e. out of bounds, dropped, or hits the ground), possession of the disc is turned over to the defensive team. A player may not catch their own throw, unless tipped by another player.

Only one marker is permitted to guard the thrower. The marker can be no closer than the combined length of the thrower's arm and the disc in hand, fully extended. No other defensive player may establish a position within 3 yards (9 feet) of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.

A thrower is allowed 10 seconds to throw the disc. The "stall" count cannot begin until the thrower is marked. The marker shall begin a verbal 10-second count (1 one-thousand, 2 one-thousand, etc). If the disc is not thrown before the 10-second "stall" count is reached, the disc is turned over and the defense gains possession of the disc where the thrower was standing.

No defensive player may touch (strip) the disc while in the hands of the thrower (excluding the check). In the case of a strip, the stall count ceases until the thrower has regained possession, at which point the count restarts. Play does not stop.

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 a "pick." In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check.

## SCORING

A goal is scored when an offensive player receives the disc in the defender's end zone. End zones will not alternate with each point but are fixed at the beginning of the game, and teams will switch end zones at the beginning of the second half.

In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone. A player must be completely in the end zone AND acknowledge that s/he has scored a goal. If that player plays the disc unknowingly into a turn over, then no goal is awarded.

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, s/he must carry the disc back to the closest point on the goal line and put the disc into play from there.

Following a goal, the team just scored on will briskly walk to the other end of the field. Once each team is standing at their respective end zones, the team that just scored will throw off (pull) to the other team.

## SUBSTITUTIONS

Teams may substitute players following a goal or to replace an injured player.

## TURNOVERS

An incomplete, intercepted, knocked-down, or out-of-bounds pass results in a loss of possession. A check is not required.

When the disc goes out of bounds, play is resumed where it crossed the line. If it goes out the back of the end zone, walk it to the closest spot on the end line. Players in-bounding the disc must have pivot foot on the line. A check is required.

The following actions result in a loss of possession and a check: If the marker's count reaches the maximum number, if the disc is handed from player to player, if the thrower catches his/her own throw (without a deflection).

To check the disc, the thrower holds the disc and the marker states "disc in," then taps the disc. If no opposing player is present to check the disc, the player taps the ground and states "disc in."

## FOULS

It is the responsibility of all players to avoid contact in any way possible. Contact fouls include picking, blocking, and shoving for position.

A foul can only be called by the player who was fouled. It must be called immediately after the occurrence. All players must freeze; the stall count goes to zero; and play resumes after the disc is checked. A check is required after all fouls.

Offensive fouls result in a re-throw. Defensive fouls on a reception result in offensive possession at the spot of the foul. It is treated like a catch.

If a receiver is fouled in the end zone, it is treated like a catch, but s/he must walk the disc to the end zone line and start play from there. It is not an automatic goal. The disc must be checked in before play can begin.

The defense can contest the call, at which point the disc goes back to the thrower.

## SPIRIT OF THE GAME

Players are expected to conduct themselves with respect. This formatting of frisbee places the responsibility of fair play on the player. Players are encouraged to be competitive, but never to a degree that compromises or disrespects other players, the game, the rules set forth, or the environment within which this tournament is conducted. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, foul language, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.

If violations of conduct occur, the NatCon Sports Director (Caleb Jennings) and the NatCon Pro-

gram Director (Quinton Cools) reserve the right to remove any individual from the tournament.

## QUESTIONS

Please direct all questions to the Ultimate Frisbee Tournament Director, Wes Swain, at [wes.swain@teenpact.com](mailto:wes.swain@teenpact.com).