



Ultimate Frisbee

All participants must wear their SYG wristband when playing, and show it to the umpires, officials and Sports Coordinators when requested.

GRADE

Mixed A
Mixed B
Mixed C
Mixed Under 18

FORMAT

- Round robin competition followed by knockout finals
- Finals will be held at the completion of the round robin
- 7 players allowed per team, plus substitutions
- **Maximum of 5 males allowed on the field at one time**
- Each team to provide one scorer / time keeper.

UMPIRES

- Each group will be required to supply an umpire on a rostered rotation basis

UNIFORMS AND EQUIPMENT

- Uniforms must be of like kind and colour.
- All other equipment is provided

State Youth Games is presented by Youth Vision Victoria

To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.



RULES AND REGULATIONS

Ultimate in Ten Simple Rules

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1. The Field -- A rectangular shape with endzones at each end. A regulation field is 65 metres by 30 metres, with endzones 20 metres deep. Smaller dimensions will apply at SYG.
2. Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defence throws ("pulls") the disc to the offence. A regulation game has seven players per team.
3. Scoring -- Each time the offence completes a pass in the defence's endzone, the offence scores a point. Play is initiated after each score.
4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a team mate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession -- When a pass is not completed (eg. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offence.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout. **Each team is limited to a maximum 5 males on the field at one time.**
7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

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