

ADULT MIXED ULTIMATE FRISBEE LEAGUE RULES & REGULATIONS:

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B.A.S.L. follows standard Ultimate Volleyball rules with few exceptions. A summary of the most common rules enforced in the B.A.S.L. league are as follows:

SPIRIT OF THE GAME:

1. 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. Courtesy and respect is mandatory. Enjoyment and camaraderie is our reward.

RULES, FORMAT, GAME LENGTH:

1. Games are 1 hour and 30 minutes with half time at either 8 points or 45 minutes which ever comes first.
2. Before the game the captains should flip the disc (like a coin) to determine who will pull and who will receive. The opposite will occur after the half.
3. The game begins with a pull, both teams lined up on their end zones and one team 'pulls' or throws the disc to the other team. If a catch is attempted and missed on the pull then it is a turn over.
4. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc.
5. To score you must catch the disc in the end zone with at least one foot in the end zone.
6. After a goal, the team that scored pulls the disc to the opposing team after they have walked to the other end of the field. To signal that you are ready, you raise your arm in the air, to let the team know you are ready.
7. Substitutions can only occur after a goal is scored or due to an injury.
8. If the disc lands out of bounds on a pull the receiving team may call centre and bring the disc to the centre of the field at the level where the disc went out, or they can take it at the side lines.
9. After the disc goes out of bounds, the player brings the disc to the side line closest to where it went out of bounds and the defensive team must tap the disc in order to begin play again.
10. An incomplete pass or a knock down results in a turnover.
11. Only one defensive player may mark any one offensive player and there must be one disc length between them.
12. You may not use your feet in defending the disc.
13. Player with the disc may not move into a stationary defender.
14. After a fair catch is made the player only has a few steps to gain control before they must stop and establish a pivot foot (you can not move both feet while trying to throw the disc.)
15. The defensive player should count out stalls loudly, if the defensive player reaches 10 stalls, then there is a turn over.
16. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
17. 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.
18. Please call your own fouls.
19. Experienced players please share your knowledge with the less experienced players.

HAVE A GREAT SEASON!