

U-12 & U-14
PSAA Ultimate Rules [2013 ed.]

SPIRIT OF THE GAME:

PSAA 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.

GAME FORMAT

- 1) **Game Length** - 30 minutes
 - i. **One “time out” per game** – 1 minute in length, team must have possession to call a “time out”.
- 2) **The Field** –35 yards by 75 yards, with end zones 8 yards deep (at Pineglen the top of the 18 yard box is the top of the endzone). If we have a larger tournament and need to create 4 fields, we would use the field size of indoor soccer [which is one quarter of the regulation soccer pitch – our end zones would only be 5 yards deep]
 - i. end zones will only have 4 pylons at each corner, so players need to look down the line to designate whether they are in or out of bounds.
- 3) **Equipment** –
 - i. 175g White Disc – Disc to be provided by PSAA – convenors to bring to tournament.
 - ii. Players may wear cleats (no metal cleats are permitted).
- 4) **Number of Players** – A regulation game has six players per team on the field, 3 males, 3 females.
 - i. **Man to Man** – play only, there is no zone play in PSAA ultimate. Only one defensive player may mark any one offensive player.
 - ii. **Non-contact** – No physical contact is allowed between players at any time. Picks and screens are also prohibited. A foul occurs when contact is made.
- 5) **Self-Refereeing** – Players are responsible for their own foul and line calls. Players resolve their own disputes (if an agreement cannot be reached within 30 seconds, the disc goes back to the thrower and the play is re-done).
 - i. **All calls should be made by the players on the field** (no bench calls), unless coaches are reminding students of rules after a play.
- 6) **Observers** – See the Observer section below.

RULES & REGULATIONS

- 7) **Initiate Play – The Pull** - Play starts at the beginning of the game and after each point with a pull.
 - i. **Beginning of the Game:** Before the game captains should flip the disc (like a coin) to determine who will pull and who will receive, one captain flips the disc, the other captain calls up or down (the face of the disc) when the disc is in the air. Winner chooses whether their team pulls or receives. The defense throws (pulls) the disc to the offense.
 - ii. **Signal that you are ready:** Each point begins with both teams lining up on the front of their respective end zone line. When the **receiving** team holds their **hands** in the air to signal they are ready the **thrower** may release the disc. Once the disc is released players may run towards their opponents.
 - iii. If a catch is attempted and missed (if contact is made with the disc before it hits the ground) and dropped on the pull then it is a turn over.

- iv. If the **disc lands out of bounds on the pull** – offensive player claps his/her hands above his/her heads and calls out “middle” to bring the disc into the mid-line of the field, level with where it left the field, before resuming play, or they make take it from the sidelines (At all other times, the disc will be thrown-in from the sideline)
 - 1. If the disc rolls into the end zone on a pull the player taking the disc may walk up to the top of the end zone [goal line], tap the disc on the ground (to signal they are ready to put the disc into play) and resume play.

8) **Movement of the Disc** – The disc may be advanced in any direction by completing a pass to a teammate. The person with the disc (thrower) has ten stalls to throw the disc. The defender guarding the thrower (marker) counts out the stall count.

- i. **Thrower:** Players may not run with the disc. After a fair catch is made the player only has THREE STEPS TO REGAIN CONTROL (slow down) before they must stop and ESTABLISH A PIVOT FOOT (you can not move both feet while trying to throw the disc).
 - 1. The thrower may NOT push the marker with the disc, this is an offensive foul (players may receive one warning, if it happens a second time, it results in a turn over). NOTE: IF THE MARKER IS TOO CLOSE the thrower should call: DISC SPACE and the count drops by one (e.g. from stall 5 to stall 4).
 - 2. When there are conflicting calls (disc space & offensive foul), the marker backs up & resumes at count +1 or at 6 if over stall 5.
- ii. **Marker:** If the marker reaches stall Ten, it is considered a turn over on the T-of Ten.
 - 1. The marker must be approximately 2 meters away (an arms length with the disc extended while being flat). If a player comes closer than 2 meters a “disc space” violation occurs.
 - 2. **Use of feet and legs to block throws not allowed:** Players are to use only their body, arms and hands in the catching and blocking actions. We want to stay away from kicking actions – so players are to use their feet to move the body and establish position and should not be used to play the disc in any manner (you may stop the disc from continuing to roll on the ground, but you may not kick it).

9) **Counting Stalls**

- i. **Stalling:** The period of time within which a thrower must release a throw may be timed by the stall count. 1. The stall count consists of announcing “*stalling*” and counting from one to ten loudly enough for the thrower to hear. The interval between the first utterance of each number in the stall count must be at least one second.
- ii. b) All stall counts initiated, reinitiated or resumed after a stoppage of play must start with the word “*stalling*.”

Only the marker (II.K) 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 (XIII.A.3, XIII.A.4, XIII.A.5 or VI.B.5.d) apply.

- i. 3. If the thrower has not released the disc at the first utterance of the word “*ten*,” it is a turnover.
- ii.
- iii. 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:

iv. General Rules:

1) uncontested defensive foul or violation	1
2) uncontested offensive foul or violation	Count reached plus 1, or 9 if over stall 8
3) contested foul or violation	Count reached plus 1, or 6 if over stall 5
4) offsetting calls	Count reached plus 1, or 6 if over stall 5
5) Unresolved calls	Count reached plus 1, or 6 if over stall 5

v. Specific Rules:

1) Pick	Count reached plus 1, or 6 if over stall 5
2) 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 stall 5
5) Offensive technical time-out	Count reached plus 1, or 9 if over stall 8
6) Obstruction within 5 meters of playing field	Count reached plus 1, or 9 if over stall 8

10) **Turn Over (Change of possession)** – A turnover occurs when a pass is incomplete and contacts the ground (e.g. out of bounds, drop, block, interception), or if the disc goes out of bounds.

- i. On a turn over the defense immediately takes possession of the disc and becomes the offense.
- ii. 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.
- iii. If two players catch the disc at the same time the offense maintains possession.

11) **Out of Bounds** – players may call “out” if they think the player with the disc is out of play.

- i. The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of- bounds.
- ii. A player contacting the out-of-bounds area is out-of-bounds.
 1. A pivoting thrower may contact an out-of-bounds area, provided that part of the pivot remains in contact with the playing field.
- iii. 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.

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

- i. If a called infraction occurs while play is stopped, any subsequent play is negated and players must assume their appropriate locations
- ii. When the situation is resolved, the player determined to be in possession offers the disc to the marker for a check.

1. 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.
 - a. **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 by asking "*is everyone ready?*"; and b) the thrower establishes a pivot at the appropriate spot on the field, touches the disc to the ground and **loudly announces "in play."**
 - b. **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 by tapping the disc; and c) the defender closest to the disc **loudly announces "in play."**

13) **Scoring** –

- i. A goal is scored when an offensive player completes a pass to a teammate in the endzone which his/her team is attacking.
- ii. In order for the receiver to be considered in the endzone after gaining possession of the disc, his/her **first point of contact** with the ground must be completely in the endzone.
- iii. A player cannot score by running into the endzone with the disc. Should a receiver's momentum carry him/her into the endzone 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.
- iv. A player must be completely in the endzone and acknowledge that s/he has scored a goal. If that player plays the disc and unknowingly throws the disc away, the initial point is counted.
- v. After a point, the teams switch their direction of attack and the scoring team pulls 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.

14) **Substitutions** – substitutions can only occur after a point is scored or during an injury timeout.

VIOLATIONS & FOULS

Violations:

- **Kicking the Disc** - Any player may stop a rolling or sliding disc, but advancing it in any direction (i.e. kicking the disc) is a violation. Play resumes from where the disc originally landed.
- **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.
 - o In addition, each of the following is a travel:

- A player catches the disc and either speeds up, changes direction or does not stop as quickly as possible before establishing a pivot
- The thrower fails to touch the disc to the ground (or ask an opponent to tap the disc into play) when required

Exceptions:

- 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.
 - It is not a travel if a player catches the disc and releases a pass before the third ground contact
 - If play stops, the thrower may reset the pivot.
- **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..."*).
- **Fast count** - Counting at a frequency of less than one second, starting with "stalling". If this is called and contested after the tenth stall
 - **Disc-space** - If a line between any two points on the marker touches the thrower or is less than one disc diameter away from the torso or pivot 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.
 - The thrower may not push the defender away from them with the disc. They will receive one warning, and if it continues will lose possession of the disc
 - To measure for disc-space extend your arm and move it gently from side to side.
- Another reoccurring issue was that students were using the **disc space** rule, but instead of asking for disc space they would extend their arm and 'push' students back.
- Just a reminder this IS an offensive foul – if the thrower pushes the marker once they get 1 warning, if they do it again it is a turn-over.
 - **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 (II.G) another offensive player, it is a double team. However, merely running across this area is not a double team.
 - **Vision blocking:** If the marker deliberately blocks the thrower's vision, it is a vision blocking violation.
 - **Resuming Play:**
 - If ANY of the above marking violations get called: Fast Count, Disc Space, Double-team, Vision Blocking. Then the marker must first CORRECT the situation (disc space, double team, removing blockage) and then drops one from the count.
 - Example: Stalling one, two, three, four... Disc Space (player backs up)... three, four, five.
 - If they don't correct the situation, the thrower may choose to call the violation again by name or the thrower may call violation & stop play. After the second marking violation (does not have to be

the same type of violation), the thrower may say violation and then the thrower must resume from Stalling 1.

Fouls

It is the responsibility of all players to avoid contact in every way possible. When a player initiates contact on another player a foul occurs. The player who was fouled must immediately yell “*foul*” or the name of the specific infraction loudly (e.g. traveling, disc space) and game-play promptly stops.

- i. Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position, is not in itself a foul.
 - ii. When a foul is call **ALL** players must stop where they are in the field or go back to where they were when the violation occurred (so no players gain advantage)
 - iii. A player called for an infraction may **contest** that call if that player believes the infraction did not occur.
 - iv. **restarting play: All players return to where they were when the foul was called.**
 1. When a foul disrupts possession, the play resumes as if the possession was retained.
 2. If the player committing the foul disagrees (contests) with the foul call, the play is redone. (the disc goes back to the thrower)
- **Throwing Fouls:** 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.
- Although it should be avoided whenever possible, incidental contact occurring during the follow- through (after the disc is released) is not a foul.
 - **Delay of game:** The thrower may not wait over the disc until their team is in play to play the disc. If the thrower is waiting the marker can start count by saying "Delay of game, stalling in 2, 1... Stall one"
- **Receiving Fouls:**
- **Interference:** 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 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.
 - **Air Space:** All players have the right to enter the air space immediately above their torso to make a play on a thrown disc. If non-incidental 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.
- **Blocking Fouls:**
- When the disc is in the air a player may not move in a manner solely to

prevent [obstruct] 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 (XVI.H.3.b).

- 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.
- **Dangerous play:** Reckless disregard for the safety of fellow players or other dangerously aggressive behavior (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 the obstructed player and must be announced by loudly calling "*pick*" immediately after it occurs

Note: 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

REMINDER: We would ask that coaches make certain that their players are making legitimate challenges regarding fouls and violations. We do not want challenges to become a defensive strategy to stop man advantage attacks. [While the challenge is being discussed, defensive players can re-establish position and a transitional break is foiled – even though the challenge was not accepted and the team retains the disc.]

Observer

The role of the observers is as follows:

- i. An Observers fundamental role is to help players uphold the Spirit of the Game.
- ii. Hold the pre-game meeting.
- iii. Track and announce time between points, for timeouts, after a turnover and half-time. Enforce time limits as described in this manual. Communicate game start times and caps as instructed by event organizer.
- iv. Make active line calls for in and out of bounds, goals, off-sides.
- v. Make rulings on contested calls (fouls, violations, other disputes) if requested by players or needed to keep game moving (after 30 seconds).
- vi. Monitor conduct. Enforce sanctions as necessary. Track and report violations and incidents.

- vii. Keep track of score and timeouts.
- viii. Give hand signals where appropriate to communicate calls to players, coaches and spectators.

Tie-Break Procedure:

Should a game end in a tied score, each team will get an opportunity to score by starting from 20 m from the designated goal line.

- During **round robin** matches, teams will get 1 to 2 series each to try and break the tie, depending on time constraints. The team's attempt to score will stop once the disc is dropped or intercepted and the other team will start from the 20 m mark. If unable to break the tie, the game will remain a tie.
- For the **playoffs**, the tie-break format will continue until a winner is declared. If neither team is able to score after 2 series each, the next two rounds [if necessary] will begin 10 m closer. If both clubs have scored on both of their first two series, the next two rounds [if necessary] will begin 10 m farther from the goal line.

All other questions regarding rules and regulations will be answered according to the Official rules of Ultimate – 11th Edition. Available at www.upa.org.