

Specific Rules of Play
PSAA ULTIMATE DISC RULES AND REGULATIONS (as of June 2025)

FAIR PLAY

- Coaches** need to make certain that their players, assistants, and players' parents also respect the decisions made by the on field observers.
- Comments** made from the sideline should be positive, constructive, and encouraging.
- Comments** by players on the field should be positive and encouraging and relating to the play.
- **We are expecting** that everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational or condescending.
- **Players** are not to shout/scream in a manner to unsettle a player in order to gain an advantage.

- Observers** will address the players and coaches cordially. Will know these rules and will apply them fairly. Will attempt to maintain a good position on the field in order to make the proper call.

- Coaches** need to be supportive of the calls observers make. The key is that the observer makes consistent calls. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. This is not about whether you agree or not regarding who gets called out, or whether a foul or violation should have been called or not.
- Following the game**, this information should be directed to the tournament convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



1. EQUIPMENT

1.1 Uniforms

- a) Brings bibs/pinnies in case of duplication in shirt/jersey color.
- b) Standard numbered shirt is a necessity.

1.2 Players

- a) Cleats are allowed, but must be rubber, molded soles. No screw in cleats. Inspections must be made prior to the game.

1.3 Disc

- a) U-12 and U-14 to use 175g White Disc
- b) Disc to be provided by ACSI – convenor to bring to the tournament.

1.4 Dimensions

- a) Length of field for U-14 is as follows: 60 Yards
- b) Width of field for U-14 is as follows: 30 Yards

c) Length of field for U-12 is as follows: 50 Yards

d) Width of field for U-12 is as follows: 30 Yards

***NOTE:** Field size will be one soccer field divided in half

- 1. For the junior teams we will play width ways on the field
- 2. For the senior teams we will play the length of the soccer field

e) End Zone for both divisions is as follows: **10 Yards**

f) 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.

2. ROUND ROBIN PLAY

2.1 Time:

- a) Game length is 30 minutes, running time.
- b) One “time out” per game – 1 minute in length, team must have possession to call a “time out”.

2.2 Possession:

- a) The Pull - Play starts at the beginning of the game and after each point with a pull.
 - ii. **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.

- iii. **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.
- iv. ****NEW 2023**** If a catch is attempted and missed (if contact is made with the disc before it hits the ground) and dropped on the pull it is **NOT** a turn over.
 - o Play restarts with a defensive check after players on both teams have set up.
 - o *Note: This is intended to teach catching the pull, not to be used simply to knock the pull out of the air.*
- v. 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)

***NOTE:** 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.

2.3 Positions:

ULTIMATE DISC IS NON-CONTACT, PICKS AND SCREENS ARE NOT ALLOWED.

- a) 6 players are on the field at a time. Made up of 3 male and 3 female players
- b) Man to Man_– play only, there is no zone play in ACSI ultimate. Only one defensive player may mark any one offensive player.

2.4 Movement of the Disc:

- a) 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.
- b) 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).

- i. 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).
- ii. When there are conflicting calls (disc space & offensive foul), the marker backs up & resumes at count +1 or at 6 if over stall 5.

c) Marker: If the marker reaches stall Ten, it is considered a turn over on the T-of Ten.

- i. 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.
- ii. Observers will use the player misconduct system to enforce this rule.

d) 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).

2.5 Counting Stalls:

a) **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.

- i. All stall counts initiated, reinitiated or resumed after a stoppage of play must start with the word “*stalling*.”
- ii. 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.

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

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 |

2.6 Turn Over: Change of possession

a) 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. Observers will make an active call “In/Out” or “Up/Down”
- iii. If two players catch the disc at the same time the offense maintains possession.

2.7 Out of Bounds:

a) A player may call “out” if they think the player with the disc is out of play. Observers will actively call “out” if the disc leaves the playing area.

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

2.8 Check: Tapping the disc into play

a) 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.

b) If a called infraction occurs while play is stopped, any subsequent play is negated and players must assume their appropriate locations

c) When the situation is resolved, the player determined to be in possession offers the disc to the marker for a check.

- i. The marker restarts play by touching the disc in the thrower's possession.
- ii. 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

2.9 Offensive Self-check:

- a) 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:
- b) the defense must acknowledge readiness by asking "*is everyone ready?*"; and
- c) the thrower establishes a pivot at the appropriate spot on the field, touches the disc to the ground and **loudly announces "*in play.*"**

2.10 Defensive self-check:

- a) 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.*"**

2.11 Self-Refereeing:

- a) Players are responsible for their own foul calls. Players must try to resolve their own disputes (an Observer may resolve a dispute without request from the players involved if they cannot resolve it in a timely manner, ~15 seconds).
- b) All calls should be made by the players on the field (no bench calls), unless coaches are reminding students of rules after a play.

2.12 Observers: Are non-players whose role is to carefully watch the game.

Observers may perform any or all of the following duties:

- a) Track score, time limits and announce associated warnings and expirations.
- b) Make active line (in/out of bounds)
- c) Make active disc calls:
 - i. Up (still in play)/down (turn-over)

- ii. Disc-space and marking violations (see player Misconduct System for more details)
 - iii. Standing over the disc (observer will say “pick up the disc” wait 3 seconds then tell the marker to “start counting”)
- d) Resolve player disputes.
 - i. Any player directly involved in a dispute may request observer resolution.
 - ii. An Observer may resolve a dispute without request from the players involved if they cannot resolve it in a timely manner (~15 seconds)
 - iii. If a player is intentionally abusing the Spirit of the Game, the Observer may overrule their call (e.g. if a player is contesting a blatantly obvious foul, or intentionally breaking the rules because the other team isn’t calling it), or make a call when there obviously wasn’t one.
 - iv. If an Observer is involved in resolving a dispute, play restarts with a check.
- e) Censure or eject players for sportsmanship infractions. Track and report violations and incidents. This includes assigning responsibility for game delays to a specific player, monitoring conduct, and enforcing sanctions as necessary.
 - i. Observers will follow the 2014 Observer Manual
 - ii. The Player Misconduct System (Section V in the Observer Manual) will be used to reinforce disc-space (pushing/shoving) and marking violations.
- f) Render opinions on other on-field events (e.g., line and off-side calls), as determined in advance by the event organizer.
 - i. Give hand signals where appropriate to communicate calls to players, coaches and spectators.

2.13 Scoring:

- a) A goal is scored when an offensive player completes a pass to a teammate in the endzone which his/her team is attacking.

b) 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.

c) 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.

d) 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.

e) 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.

2.14 Substitutions:

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

2.15 Violations: Kicking the Disc

a) 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.

2.16 Violations: Travelling

a) 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.

Coaches are encouraged to teach pivoting and therefore players should not call insignificant traveling violations.

- 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.

2.17 Violations: Marking

a) 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...*”).

2.18 Violations: Fast count

a) Counting at a frequency of less than one second, starting with "stalling". If this is called and contested after the tenth stall

2.19 Violations: Disc-space

a) If a line between any two points on the marker touches the thrower or is less than one arm length away from the torso or pivot of the thrower, it is a violation. However, if this situation is caused solely by movement of the thrower, it is not a violation.

- ii. To measure for disc-space extend your arm and move it gently from side to side.
- iii. The thrower may not push or shove the defender away from them with the disc. They will receive one verbal warning, and if it continues they may receive a blue card for a pushing/shoving violation (see Section V of the Player Misconduct System).

2.20 Violations: Double-team

a) 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.

2.21 Violations: Vision blocking

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

2.22 Violations: Resuming Play

a) 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.

b) 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.

***NOTE:** restarting play: All players return to where they were when the foul was called.

- iv. When a foul disrupts possession, the play resumes as if the possession was retained.
- v. If the player committing the foul disagrees (contests) with the foul call, the play is redone. (the disc goes back to the thrower)

2.23 Fouls: Throwing

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

2.24 Fouls: Delay of game

a) 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"

2.25 Receiving Fouls: Interference

a) 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.

b) 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.

2.26 Receiving Fouls: Air Space

a) 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.

2.27 Blocking Fouls:

a) 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-incidental contact is a foul on the blocking player which is treated like a receiving foul (XVI.H.3.b).

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-incidental contact resulting from taking such a position is a foul on the blocking player.

2.28 Strip:

a) 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.

2.29 Dangerous play:

a) 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.

2.30 Pick:

- a) 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.
- b) 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.]

3. PLAYOFF QUALIFIERS

- 3 points for a win; 1 point for a tie.
- Always keep track of scores for tie-breaking purposes.
- * Should a team demonstrate superior play, it is not necessary to convey that information on the scoreboard (at the convenor’s discretion).**

TIE BREAKER (ROUND ROBIN PLAY)

- a) Tie breaking procedure for playoff seeding: HEAD TO HEAD WON/LOSS RECORD
HEAD TO HEAD against the next seeded team [**continue down rankings until tie is broken.**]

- b) The "HEAD TO HEAD" rule: If three teams are tied, the teams will be ranked based on the team with the lowest points against. If still tied, plus/minus, where the team with the best plus/minus (points for and against) will receive the higher placing.

4. PLAYOFFS

If there is a tie at the end of regulation, the following will be used to break the tie:

Each team will get an opportunity to score by starting from 20 m from the designated goal line. 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. Each team gets 2 chances to score from the 20m mark and if neither team is able to score after 2 series each, the next two rounds [if necessary] will begin 10 m closer.

COMMITMENT

- Teams are expected to remain on site for all scheduled matches.
- Each Coach is asked to bring his/her own First Aid Kit.

We are all responsible for leaving Pine Glen clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.

*All other questions regarding rules and regulations will be answered according to the Official rules of Ultimate – 11th Edition. Available at www.upa.org.
2014 Observer Manual at www.usultimate.org/ocp/*