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## **ULTIMATE FRISBEE (MIXED)** ***Rules & Regulations***

### **1. Laws of the Game**

The competition shall be conducted in accordance with the World Flying Disc Federation (WFDF) and Ultimate Players' Association (Singapore) Rules and Regulations as well as the General Rules and Regulations of the NUS Inter-Faculty Games (IFG).

In the event of any dispute, the NUS IFG General Rules and Regulations approved by the IFG Council shall supersede any relevant international sports laws.

### **2. Player Eligibility**

Refer to Rule 5 for player eligibility in the NUS IFG General Rules and Regulations.

### **3. Registration of players**

3.1. Respective Faculty Sports Directors must confirm participation by submitting the General Participation Form to the NUS Students' Sports Club before the stipulated deadline found on the form.

3.2. **Participation** shall be confirmed with the hosting faculty at least **14 days** before the commencement of the competition. (Meaning 14 days before the first game of that sport regardless of which faculty is playing first)

3.3. Respective Faculty Sports Directors must submit the **Team Registration Form** to the hosting faculty and the NUS Students' Sports Club at least **7 days** before the commencement of the competition. (Meaning 7 days before the first game of that sport regardless of which faculty is playing first)

3.4. Each team may register a minimum of 7 players and a maximum of 19 players. Each team must have at least 4 players of the opposite gender. Each faculty may send a maximum of 1 team.

3.5. Registration must be finalised before the commencement of the competition. No substitutions or additions will be permitted after the commencement of the competition.

### **4. Prizes**

Medals will be awarded to the players of the top 3 teams. In addition, the champion team shall be awarded a champion trophy and banner.

### **5. Competition Rules**

#### **5.1. Submission of Line-up**

5.1.1. The team must submit the complete official line up of up to a maximum of 19 players to the hosting faculty convenor at least 10 minutes before the scheduled time of play. No changes will be accepted once the team line-up has been submitted

5.1.2. Each team is allowed a maximum of **2** Varsity Athletes. Teams are allowed to field only **1** Varsity Athlete at any time on court during every game

#### **5.2. Definitions**

5.2.1. A game (or match) refers to a contest between 2 teams (faculties).

5.2.2. Each game consists of 2 halves.

5.3. Competition Format

5.3.1. **In the event of 7 and less participating teams**, a single round robin format will be played, from which the top 3 teams would be decided based on league points scored (Refer to 5.4). There will be no Semi-Finals or Finals.

5.3.2. **In the event of 8 and more participating teams**, a preliminary group round robin format will be played. The top 2 teams from each group with the highest league points will proceed on to the Semi-Finals.

5.3.2.1. The Semi-Finals shall be played as follows:

Group A 1st position	VS	Group B 2nd position
Group B 1st position	VS	Group A 2nd position

The **winners of the Semi-Finals** will play in the Finals. The other 2 teams will play for 3rd and 4th placing.

5.3.2.2. The placing of the 1st to 4th teams will be determined by their finishing position after the Semi-Finals, Finals and 3rd Place matches. The remaining teams will be placed according to league points scored.

5.4. League Points

5.4.1. Points will be awarded in the following scenarios:

Win:	3 league points to the winning team of each game.
Loss:	0 league points to the losing team of each game.
Tie:	1 league point to each team.

Walkover: **10-0 points** for the entire game will be awarded in favour of the non-offending team, who will be declared winner of the game (Refer to 5.9).

5.5. Game Format

5.5.1. Games will be held in a 7 v 7 format (Refer to 5.8).

5.5.2. The first point of each half starts when the half starts.

5.5.3. After a goal is scored, and the game has not been won or half time has not been reached:

5.5.3.1. the next point starts immediately;

5.5.3.2. the teams switch the end zone (A or B) that they are defending;  
and

5.5.3.3. the team that scored becomes defence and pulls next.

5.5.4. **Preliminary Rounds & Single Round Robin Format**

5.5.4.1. Each game shall end upon the last disc scored after a period of 25 minutes during the preliminaries.

5.5.4.2. Half time occurs at 12.5 minutes. When half time is called, finish the point, and the next point will be according to Mirror Half rules (if Team A started the first half on Offence, they will start the point after half on Defence, and vice versa).

5.5.4.3. In the event of a tie between 2 teams, the tie will be settled by playing a universe point.

5.5.4.4. There will be no stoppage of time during the game.

5.5.5. **Semi-Finals, Finals & 3rd Place Match**

- 5.5.5.1. Each game shall end upon the last disc scored after a period of 35 minutes during the Semi-Finals and Finals.
- 5.5.5.2. Half time occurs at 17.5 minutes. When half time is called, finish the point, and the next point will be according to Mirror Half rules (if Team A started the first half on Offence, they will start the point after half on Defence, and vice versa)
- 5.5.5.3. In the event of a tie between the 2 teams at the end of the Semi-Finals, Finals or the 3rd Place match, the tie will be settled by playing a universe point. The winner of the universe point will move on to the Finals or wins the Finals.
- 5.5.5.4. Universe point, similar to sudden death, means that the team that scores first after the tie wins immediately.
- 5.5.5.5. The game will resume for the universe point to be played.
- 5.5.5.6. The team that last scored, resulting in the tie, will start the game for the universe point and will be on defence.
- 5.5.5.7. There will be no stoppage of time during the game.

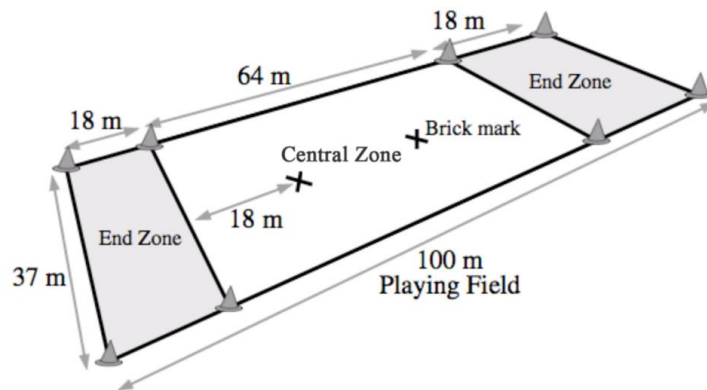
5.6. League Ties

- 5.5.1. Should there be a tie in league points between 2 teams, the winner of the game between the 2 teams concerned shall be awarded the higher placing.
  - 5.5.1.1. If that game ended in a draw, the team with a higher goal difference, for and against, among all the teams in the same group, shall be awarded the higher placing
  - 5.5.1.2. If there is a tie in goal difference, the team with a higher goal average shall be awarded the higher placing.
  - 5.5.1.3. If there is a tie in goal average, the team scoring more goals in total shall be awarded the higher placing.
- 5.5.2. Should there be a tie in league points between more than 2 teams, the team with a higher goal difference, for and against, among all the teams in the same group, shall be awarded the higher placing
  - 5.5.2.1. If there is a tie in goal difference, the team with a higher goal average shall be awarded the higher placing.
  - 5.5.2.2. If there is a tie in goal average, the team scoring more goals in total shall be awarded the higher placing.

5.7. The Field

- 5.7.1. The dimensions of the playing pitch are as follows: 37m (width) x 100m (length), according to the international standard.
- 5.7.2. The perimeter lines are not part of the playing field. The goal lines are the lines that separate the central zone from the end zones and are part of the central zone. The brick marks are the intersection of 2 crossed 1m lines in the central zone, located a distance equal to the length of the end zone away from each goal line, midway between the side-lines.

5.7.3. Every effort will be made to obtain the correct dimensions. However, pitch size may be adjusted to best suit the available space.



*Illustration of a typical playing field*

## 5.8. Players

5.8.1. Each team may field up to 7 players at any time.

5.8.2. Games will be played in a strict 4-3 or 3-4 format (4 males and 3 females or 3 males and 4 females per team playing at any time). In the first half of the game, the team at end zone A (end zones are decided at the start of the game; Refer to 5.10) will determine the gender ratio. In the second half, the team at end zone B will determine the gender ratio.

5.8.3. Both teams will field the same format for the same point.

## 5.9. Substitutions

A team may make unlimited substitutions after a goal is scored and before their team signals readiness for the pull.

## 5.10. Starting a Game

5.10.1. Representatives of the two teams shall fairly determine which team first chooses:

5.10.1.1. to receive or throw the initial pull; or

5.10.1.2. which end zone (A or B) they will initially defend.

5.10.2. The other team is given the remaining choice. At the start of the second half, these initial selections are switched.

## 5.11. Scoring

5.11.1. A goal is scored if an in-bounds player catches a legal pass and:

5.11.1.1. all their ground contacts are entirely within their attacking end zone, or for an airborne player, all of their first simultaneous points of ground contact after catching the disc are entirely within their attacking end zone, and

5.11.1.2. they subsequently establish possession of the disc, and maintain the catch throughout all ground contact related to the catch

## 5.12. Stall Count

5.12.1. The marker administers a stall count on the thrower by announcing "Stalling" and then counting from 1 to 10.

5.12.2. The interval between the start of each number in the stall count must be at least 1 second.

- 5.12.3. The stall count must be clearly communicated to the thrower.
- 5.12.4. The marker may only start and continue a stall count when:
  - 5.12.4.1. Play is live, or until a pivot is established after a turnover;
  - 5.12.4.2. They are within 3m of the thrower's pivot point, or the pivot location if the thrower is not at that location; and
  - 5.12.4.3. All defenders are legally positioned.
- 5.12.5. If the marker moves beyond the appropriate 3m radius, or a different player becomes the marker, the stall count must be restarted at "Stalling 1".
- 5.12.6. After a stoppage in play the stall count is resumed as follows:
  - 5.12.6.1. After an accepted breach by the defence the stall count restarts at "Stalling 1".
  - 5.12.6.2. After an accepted breach by the offence the stall count restarts at maximum 9.
- 5.12.7. After a contested stall-out the stall count restarts at "Stalling 8".
- 5.12.8. After all other calls, including "pick", the stall count restarts at maximum 6. However:
  - 5.12.8.1. If there is a call involving the thrower, and a separate receiving breach, and the disc is returned to the thrower, the stall count is resumed based on the outcome of the call involving the thrower.
  - 5.12.8.2. If there is a violation called related to The Check, the stall count resumes at the same count that was determined prior to that violation.
- 5.13. The Check
  - 5.13.1. Whenever play stops during a point for a foul, violation, turnover, contested goal, stoppage, discussion, play must restart as quickly as possible with a check.
  - 5.13.2. Prior to the check, the person checking the disc in, and the nearest opposition player, must verify that their own team-mates are ready.
  - 5.13.3. To restart play with a check:
    - 5.13.3.1. When the thrower has the disc:
      - 5.13.3.2. if there is a defender within reach, the defender must touch the disc;
      - 5.13.3.3. if there is not a defender within reach, the thrower must touch the disc to the ground and may call "Disc In".
    - 5.13.3.4. When the disc is on the ground, the defender nearest to the disc must call "Disc In".
- 5.14. The Pull
  - 5.14.1. A 'pull' is a throw by the defence that commences play at the start of the game, after half-time or after a score.
  - 5.14.2. The pull may be made only after both teams have signalled their readiness by having the puller and a player on offence raise a hand above their head.

- 5.14.3. After signalling readiness:
  - 5.14.3.1. All offensive players must stand with one foot on their defending goal line without changing location relative to one another; and
  - 5.14.3.2. All defensive players must keep their feet entirely behind the vertical plane of the goal line until the pull is released, lest a violation (“offside”) can be called.
- 5.14.4. As soon as the disc is released, all players may move in any direction.
- 5.14.5. No player on the defensive team may touch the disc after a pull until a member of the offensive team contacts the disc or the disc hits the ground.

## 5.15. Turnovers

- 5.15.1. A turnover that transfers possession of the disc from one team to the other occurs when:
  - 5.15.1.1. the disc contacts the ground while it is not in the possession of an offensive player (a “down”);
  - 5.15.1.2. a defensive player establishes possession of a pass (an “interception”);
  - 5.15.1.3. the disc becomes out-of-bounds (an “out-of-bounds” or “out”); or
  - 5.15.1.4. During the pull, the offensive team touches the disc before it hits the ground, and subsequently fails to establish possession of the disc (a “dropped pull”).
- 5.15.2. A turnover that transfers possession of the disc from one team to the other, and results in a stoppage of play, occurs when:
  - 5.15.2.1. there is an accepted offensive receiving foul;
  - 5.15.2.2. the disc is intentionally transferred from one offensive player to another without ever being completely untouched by both players (a “handover”);
  - 5.15.2.3. the thrower intentionally deflects a pass to themselves off another player (a “deflection”);
  - 5.15.2.4. in attempting a pass, the thrower catches the disc after release prior to the disc being contacted by another player (a “self-catch”);
  - 5.15.2.5. an offensive player intentionally assists a team-mate’s movement to catch a pass.

## 5.16. Fouls

- 5.16.1. Foul: A breach of the rules due to non-minor contact between 2 or more opposing players.
- 5.16.2. Infraction: A breach of the rules regarding a Marking or Travel breach. Infractions do not stop play.
- 5.16.3. Violation: Every other breach of the rules.
  - 5.16.3.1. A player intentionally initiating minor contact is still a breach of the rules, but is to be treated as a violation, and not a foul.
  - 5.16.3.2. Refer to the WFDF’s 2021-2024 rules for the complete set of situations that will accord a foul, violation or infraction.

- 5.16.4. In the event of a foul or violation, play stops immediately and the fouled player gains possession of the disc.
- 5.16.5. If a foul or violation is called:
  - 5.16.5.1. against the thrower and the thrower attempts a pass, or
  - 5.16.5.2. by the thrower during the act of throwing, or
  - 5.16.5.3. occurs when the disc is in the air, then play continues until possession has been established.
- 5.16.6. Once possession has been established, if the team that called the foul or violation:
  - 5.16.6.1. gains or retains possession as a result of the pass, the play stands.
  - 5.16.6.2. does not gain or retain possession as a result of the pass, play must be stopped.
  - 5.16.6.3. If the team that called the foul or violation believes that possession has been affected by the foul or violation, the disc will be returned to the thrower for a check.
- 5.16.7. Regardless of when any call is made, if the players involved from both teams agree that the event or call did not affect the outcome, the play stands. This rule is not superseded by any other rule.
  - 5.16.7.1. If the play resulted in a goal, the goal stands.
  - 5.16.7.2. If the play did not result in a goal the affected players may make up any positional disadvantage caused by the event or call and restart play with a check.
- 5.16.8. Actions contributing to a foul include but are not limited to:
  - 5.16.8.1. Actions demonstrating reckless disregard for the safety of fellow players, or posing significant risk of injury to fellow players, or other dangerously aggressive behaviours, are considered dangerous play and must be treated as a foul, regardless of whether or when contact occurs.
  - 5.16.8.2. When a player initiates non-minor contact with an opponent before, while, or directly after, either player makes a play on the disc.
  - 5.16.8.3. When an opponent fouls a player and that causes the player to drop a disc they caught or to lose possession of the disc. If the reception would have otherwise been a goal, and the foul is accepted, a goal is awarded.
  - 5.16.8.4. When a receiver is in the process of establishing possession of the disc, and is fouled by a defensive player before establishing possession, the contact causes the receiver to catch the disc out-of-bounds or in the central zone instead of their attacking end zone.
  - 5.16.8.5. When there is non-minor contact between a receiver and a defensive player that does not directly affect an attempt to make a play on the disc.

- 5.17. Equipment  
Flying discs will be provided by the IFG Council.

5.18. Walkovers and Disqualification

5.18.1. If a team concedes to a walkover or is disqualified, the non-offending team will be awarded a score of 10 for the entire game. The offending team will be awarded a score of 0.

5.18.2. In the event that a team has been found to partake in or committed, but not limited to, dishonest behaviour such as cheating, fielding ineligible players or similar situations in which a breach of integrity has occurred, the IFG Organising Committee reserves the right to disqualify the team from the competition.

5.18.3. Refer to Rules 8 and 9 for no-show and walkover rules in the General Rules and Regulations.

**6. Attire**

Refer to Rule 11 for attire in the NUS IFG General Rules and Regulations.

**7. General**

Varsity team players will be nominated to serve as timekeepers and observers.

**8. Official Calls**

8.1. In all games, any calls should be settled by the players on the field, or the captains. However, in the situation where the players are unable to come to a consensus, all faculties shall abide by the decisions of the Match Officials.

8.2. The IFG Council will be the rightful and final adjudicators of all protests and disputes.

**9. Alterations and Amendments**

The IFG Council reserves the right to change or alter these Rules and Regulations given any unusual or extraordinary circumstances at its discretion and will inform all teams of any amendments accordingly.

**END**

**Approved by:**



Office of Student Affairs  
27 July 2022

WFDF R&R (2021):

<https://rules.wfdf.org/documents/wfdf-rules-of-ultimate-2021-2024/download>

**Acknowledgement**

The above Rules & Regulations for IFG 22 has been read and checked by:

	
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