STONEWALL ULTIMATE FRISBEE RULES AND GUIDELINES

STONEWALL Ultimate FRISBEE
Pittsburgh, PA | Est. 2014

Ultimate Frisbee in 10 Simple Rules Section

Source: *https://usaultimate.org/rules/10-simple-rules/*

1. **THE FIELD:** A rectangular shape with end zones at each end. A regulation field is 70 yards long by 40 yards wide, with end zones 20 yards deep.
    a. (*Stonewall ultimate will be using a smaller field size*)

2. **STARTING PLAY:** Each point begins with both teams lining up on the front of opposite end zone lines. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
    a. (*Stonewall ultimate will be 6 vs 6, 12 players max on a team total*)

3. **SCORING:** Each time the offense catches a pass in the defense's end zone, the offense scores a point. The teams switch direction after every goal, and the next point begins with a new pull by the team that just scored.

4. **MOVEMENT OF THE DISC:** The disc may be advanced in any direction by completing a pass to a teammate. 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 (e.g., out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

6. **SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during an injury timeout.

7. **NON-CONTACT:** Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.

8. **FOULS:** When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained. If the player that the foul was called against disagrees with the foul call, the play is redone.

9. **SELF-OFFICIATING:** Players and coaches are responsible for their own foul and line calls. Players resolve their own disputes. ***<u>There are no referees.</u>***

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10. **SPIRIT OF THE GAME:** The foundation of the rules in ultimate is Spirit of the Game, which places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Ultimate Frisbee in Complete Rules Section

1. If you would like the complete full set of ultimate frisbee rules. Please visit the following URL address which USA ultimate frisbee has the information published.
    - https://usaultimate.org/rules/

2. The full set of rules will be distributed via email to all captains of the season.
    - If the captain wants a paper copy, please email the request to the commissioner or the captains can print their own copy from the email communication.

3. Other helpful resources regarding ultimate frisbee
    - https://pittsburgh-ultimate.org/new-to-pittsburgh-ultimate#New
    - Glossary of terms
    - What is ultimate and why play?
    - Ultimate in Ten Simple Rules
    - USA Ultimate Current Rule Set

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Stonewall Sports Ultimate Frisbee Specific Rule Section

1. **Weather:** *Safety is a priority!* Stonewall ultimate frisbee will play in all-weather except the following scenarios:
    - Tornado
    - Hailstorms
    - Lighting Present in a storm
    - Field is Flooded
    - Blizzard Conditions/Whiteout Conditions

2. **Sportsmanship Conduct:** Stonewall ultimate frisbee is all about the love and fun of the sport and its players. Please be respectful to the game and the players. Un-Sportsman type behavior conduct, disrespectful and/or violent behavior is not tolerated at all.

3. **Game:** Stonewall ultimate frisbee will be playing 50-minute-long games. Hard stop at the 50-minute mark. Games will be played on Monday nights between the hours of 6:00 p.m. – 9:00 p.m. at Carnegie Park in Carnegie, Pennsylvania.

4. **Attire/Clothing:** Stonewall ultimate frisbee will call out a few pieces of clothing/attire on specifics:
    - Any time you play, Stonewall suggests the following being prepared for your game:
        - Tennis shoes AND cleats (if you have them)
        - Cleated Shoes – Must be rubber/plastic bottoms not metal spikes.
        - Athletic clothing (stretchy, no big clasps, zippers, etc.)
        - Your Stonewall team shirt. (If you forget your Stonewall team shirt, pack a colored shirt close to your team's color and a white shirt. {*Captains can discuss so teams can each pick a color if both teams have individuals without their team shirt.*})
        - A (full!) reusable water bottle
        - Gear for the weather!
        - Gloves & Hats – Acceptable to wear as long as they are soft and safe.
        - Glasses - Acceptable to wear. (*Prefer players to use sports glasses so no possible damage to regular glasses occurs.)*

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5. **Gender Matching in Games:** In respecting our intention to be diverse, equitable, and inclusive, gender matching will not be implemented for Stonewall Sports Pittsburgh Ultimate Frisbee. Stonewall Sports Pittsburgh celebrates the many gender identities of participants and not implementing gender matching provides the opportunity to make the sport more accessible for all. We recognize not all individuals' gender identities are binary, and a gender binary default for participation potentially could make some individuals feel excluded and unsafe. Stonewall Sports Pittsburgh has set a precedent of not implementing any gender guidelines or rules for any of its sports and will continue to do so with Ultimate Frisbee.

6. **Alcohol and Drug Policy:** Stonewall ultimate did purchase the alcohol permitted for all individuals years 21 and older. No one under the age of 21 should be consuming or given alcohol if present. Drug and illegal substances are strictly prohibited by federal, state, and city/township law.

7. **Contact:** Stonewall ultimate frisbee has a point of contact if you have any questions, disputes, or suggestions. Please contact the commissioner William Bainbridge at: william.bainbridge@stonewallsportspgh.org.