

# **STONEWALL ULTIMATE** **FRISBEE RULES AND** **GUIDELINES**

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**Document Revision Date:**  
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## Ultimate Frisbee in 10 Simple Rules Section

Source: <https://usultimate.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. **There are no referees.**
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 Highlighted Important Rules Section**  
***(For the complete detailed set of rules, please refer to the URL link in the Ultimate Frisbee in Complete Rules Section)***

***Pull***

- Play starts at the beginning of each half and after each goal with a pull.
- After a goal, the teams switch their direction of attack, and the scoring team pulls.
- The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play.
- If the pull hits the ground or an out-of-bounds area untouched, it is put into play as follows:
  - If the disc initially hits and remains in-bounds, it is in play where it comes to rest or is stopped.
  - If the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the central zone (i.e., excluding the end zones) nearest to where it first crossed the perimeter line to become out-of-bounds.
  - If the disc initially hits in-bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds.
  - If the disc initially hits an out-of-bounds area, the receiving team put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds.
  - If the pull is caught on the playing field, the disc is in play where it was caught. If the disc is caught outside the playing field, the disc is put into play at the spot on the playing field nearest to where it was caught.
  - If a player on the receiving team touches the pull before it hits the ground and the disc then hits the ground, it is considered a dropped disc and results in a turnover.
  - After a pull, whichever player takes possession of the disc must put it into play. If a player drops the disc while carrying it to the spot where it is to be put into play and it contacts the ground before the thrower regains possession, the other team gains possession of the disc at the spot on the central zone nearest to the drop.
  - There is no stoppage of play when putting the pull into play. If the disc is to be put into play at a location other than where possession was gained, the disc is live, and the thrower must touch the disc to the ground after establishing a pivot at the appropriate spot on the playing field before attempting a pass.



### *Timeouts*

- A timeout can be called by the individual who currently possesses the disc, which once called will stop play and suspends time limit counts.
- Team Timeout: Each team has two team timeouts per half in a standard game that are 70 seconds long.
- Restarting play after a timeout called by a thrower:
  - Each offensive player must establish a stationary position by the end of the timeout. The defense has ninety seconds after the beginning of the timeout or up to twenty seconds after all offensive players have established their positions (whichever is longer) to check the disc into play.
  - The player who had possession of the disc when the team timeout was called restarts play with a check at the pivot spot, and the marker resumes the stall count with the word “stalling” followed by the last number uttered before the timeout plus one or 9 if over 8.
- A foul can be called only by the foul player and must be announced by loudly calling “foul” immediately after it occurs.

### *Throwing Fouls*

- A throwing foul may be called when there is non-incidental contact between the thrower and marker. [[Nearly every instance of contact between the thrower and marker will be non-incidental with respect to the thrower, whether it disrupts the thrower’s concentration, interferes with the thrower’s movement, disturbs the thrower’s grip, interferes with a throw, or affects continued play in any other way.]] The disc in a thrower’s possession is considered part of the thrower.

### *Receiving Fouls*

- 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.



### *Blocking Fouls*

- When the disc is in the air a player may not move in a manner solely to prevent 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.

### *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.

### *Dangerous Play*

- Actions demonstrating reckless disregard for the safety of or posing a significant risk of injury to fellow players, or other dangerously aggressive behavior are considered “dangerous play” and are treated as a foul. The proper call in such circumstances is “dangerous play” and play stops. This rule is not superseded by any other rule.
- The following are non-exhaustive examples of dangerous play:
  - Significantly colliding with a mostly stationary opponent, jumping into a group of mostly stationary players, diving around or through a player that results in contact with a player’s back or legs, running without looking when there is a likelihood of other players occupying the space into which the player is traveling, jumping or otherwise leaving the ground where it is likely that a significant collision will result, wild or uncontrolled throwing motions, initiating contact with a player’s head, initiating contact with an airborne player’s lower body that prevents them from landing on their feet, and jumping right in front of a sprinting player in a manner where contact is unavoidable.
- Dangerous play is considered a foul regardless of whether or when the disc arrives, or contact occurs.
- Most of the dangerous plays will involve contact between players. However, contact is not required for a player to invoke this rule where there is reasonable certainty that contact would have occurred had the player not taken steps to avoid contact. [[A player is not required to hold their position and receive contact to call “dangerous play,” but the mere possibility of contact is insufficient to justify a call. Furthermore, if the offending player stops or changes their path such that contact would not have occurred, contact was not “reasonably certain.”]].



- Resolution
  - If uncontested, a call of “dangerous play” is resolved as an analogous foul (e.g., if the call occurred while or immediately after the calling player was making a play on a disc in the air, it is treated as a Receiving Foul (17.I.4.b)). A player called for dangerous play may contest the call if they believe the call was incorrect (17.B).
    - Dangerous play between a thrower and marker is treated as a throwing foul that affects the play, regardless of whether or when the disc is released or when contact occurs, unless the calling player determines otherwise.
    - Dangerous play occurring when or immediately after the disc is in the air is treated as a receiving foul if either player involved is attempting a play on the disc. However, the calling player may elect to treat the dangerous play as a general foul, if the player determines that the dangerous play was unrelated to the overall play that decided the outcome of the action. [[For example, if a third player appears and grabs the disc far before it reaches the two involved players, or if the disc is thrown to the opposite side of the field, the involved players will not be attempting a play on the disc. However, if multiple players accumulate under a floating disc, one player’s dangerous play will be treated as a receiving foul, even if a third player happens to make a successful play on the disc, as the players under the disc were attempting a play on the disc. The calling player would have discretion to deem the third player’s play so independent and removed from the involved players that the calling player wishes to treat the dangerous play as a general foul rather than a receiving foul. In general, a calling player’s decision that a dangerous play was unrelated to the overall play will be based on the dangerous play being removed in significant distance or time from the overall play. By way of further example, even a dangerous play committed against a player unaware of the approaching disc will be treated as a receiving foul, where the offending player was attempting to make a play on the disc, giving the benefit of the doubt that the calling player could potentially have become aware of the approaching disc, had the offending player made a safe play. In this instance, the calling player could determine that it would not have been possible to become aware of the disc such that the outcome of the play would have changed and therefore elect to treat the dangerous play as a general foul.]]
    - Dangerous play is treated as a general foul only if it occurs when the disc is not in the air, occurs far away from the disc, when the disc is



obviously uncatchable, or when the calling player has elected such treatment under 17.I.1.b.2. In this situation, the calling player determines whether the play was affected, under the standard enunciated in this rule and its annotations. [[A disc is obviously uncatchable only when it hits the ground before a catch could possibly be made, is out-of-bounds with no possibility of an in-bounds completion, or otherwise presents no opportunity for a catch (whether initial or subsequent efforts), giving every benefit of the doubt to the calling player.]] [[In determining whether a dangerous play affected the play under 17.I.1.b.3, the calling player should broadly consider the entire play, including any approach taken by the offending player immediately before the dangerous play. A good rule of thumb is to look to the last time when a player could have still changed their actions and actively avoided a dangerous outcome but did not (the “point of no return”) through the time immediately after resolution of the play and broadly consider whether the outcome of the play could possibly have been different, had the offending player taken a safe approach. Even a player’s awareness of the presence of the offending player can affect the 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://usultimate.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](#)
  - [Ultimate Frisbee HQ Vocab & Definitions](#)
  - [Ultiworld Glossary](#)





## Glossary Summarized Section

*(For the complete detailed set of glossary and definitions, please refer to the URL link(s) in the Ultimate Frisbee in Complete Rules Section)*

### ON-FIELD LINGO

- **OFFENSE** - The team with possession of the disc
- **DEFENSE** - The team attempting to prevent the offense from scoring.
- **ENDZONE** - Rectangular space at either end of the field within which a point is scored.
- **POINT (or score)** - When the disc is caught in the end zone by a player on offense.
- **Foul** - Non-Incidental contact between opposing players. In general, the player initiating the contact has committed the foul.
- **Incidental Contact** - Contact between opposing players that does not affect continued play. *(For example, contact affects continued play if the contact knocks a player off-balance and interferes with their ability to continue cutting or playing defense.)*

### IN MOTION

- **CUT** - An attempt to get free to receive the pass. Usually starting with a body fake and/or a sudden change in direction or speed
- **LAYOUT** - When a player dives to catch or intercept a disc.
- **BLOCK** - When a defender stops the disc mid-flight, preventing the offense from continuing to play.
- **TURNOVER** or “change of possession” - When the disc has been dropped, intercepted, or thrown out of bounds, and the defense becomes the offense.
- **MARK** - The defensive player who is playing defense on the player with the disc.

### THROWING

- **BACKHAND** - To throw the disc from the opposite side of the body as the throwing hand, with the back side of the hand leading. The motion is like the backhand in tennis.
- **FOREHAND (or FLICK)** - To throw the disc from the same side of the body as the throwing hand, with the palm of the hand leading.
- **HAMMER** - A throw that is released overhead, with the disc upside down, with the disc following in a parabolic path.
- **HUCK** - A long pass; often nearly the full length of the field



## 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(s)
  - Hailstorms
  - Lighting present in a storm
  - Field is flooded.
  - Fog (*Visibility is less than full field view*)
  - Blizzard Conditions/Whiteout Conditions
  - The wind making the game play unplayable.

### *Weather Policies Breakdown:*

#### **Field Safety**

- If games are not officially canceled, but captains deem that it's unsafe to play (re: weather, temperature, or field damage), discontinue the game immediately.
- Games CAN be played in rain, if there is no danger of long-term damage to the field. Unavoidable standing water usually means long-term damage is possible.

#### **Storm and Lightning**

- Lightning can be a significant threat to the safety of participants in outdoor athletic events like ultimate. The odds of being struck by lightning are significantly reduced when proper safety precautions are taken.
- **All games will stop immediately, when lightning strikes are reported via a reliable weather application/source within 10 miles from the playing field location.**
- Use the Flash-to-Bang method to determine when and if you need to send people to shelter. By the time the Flash-to-Bang count has reached 30 seconds, all individuals should be in a safe shelter location.
  - *Flash-to-Bang: Begin counting when a lightning flash is sighted. Stop counting when the associated thunder is heard. Divide the count by 5 to determine how far away the lightning is. 30 seconds equals about 6 miles. Lightning has been known to strike from as far away as 10 miles, even under clear skies.*
- Wait at least 15 minutes after the last flash of lightning or sound of thunder before resuming play.



**Safe shelter includes the following:**

- **First choice:** Any frequently used building with electrical wiring and plumbing facilities which will help to ground the structure. Shower facilities should be avoided. Showers and other plumbing facilities should not be used during a storm event.
- **Second choice:** Any fully enclosed vehicle with a hard top and closed window. It is not the rubber tires that protect the occupants from a lightning strike, but the hard metal framework which dissipates the electric charge around the vehicle. It is important not to touch the sides of the vehicle.
- **If you can't get to a safe shelter,** avoid being the tallest object in an open field or on open water. Avoid other tall objects, metal objects, and water. Assume a crouch position with only the balls of your feet touching the ground, your arms wrapped around your knees, and your head lowered. Minimize contact with the ground. Do not lie flat.

**Cold/Freezing Weather**

- **WINDCHILL (not temperature)**
  - 32°F - 25°F - Be aware and ready for the possibility of cold injuries. Total exposure time: maximum of 2 hours
  - Below 25°F - Cancel/reschedule play or move indoors.
  - *Read more information about cold-related injuries and stress [HERE](#).*

**High Temperature/Humidity**

- Teams and players are advised to use their best judgment regarding excessive heat. Stonewall Sports Ultimate recommends that all league activities follow the [USA Ultimate policy](#) for extreme heat, which states:
  - *"When the Heat Index reaches 100 F (see [NOAA/National Weather Service Heat Index Chart](#)), play must be suspended."*

*Stonewall Sports Ultimate Frisbee staff will do their best to communicate last-minute updates via E-Mail, Text,  Instagram, and/or  Facebook.*

**Follow us for the most updated information on  Facebook &  Instagram.**



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 60-minute-long games. Hard stop at the 60-minute mark. If the 60-minute mark has arrived and the game is in play, the game will end when the next point is scored. Games will be played 6vs6 or 5vs5, depending on what captains come to an agreement on for that game.
  - Stonewall Ultimate Frisbee will implement a rule that does not align with USA Ultimate Frisbee National rules. This rule was voted on and created by board members and captains, to ensure the fun of the game doesn't diminish with new and existing players in the league. **Effective 8/24/2023**, when the team is pulling the frisbee to start the game after a point was made or in the beginning of the game, and the receiving team tries to catch the frisbee from the initial pull and doesn't complete the catch/drops the frisbee. **This is not a turnover**; the receiving team will still have possession of the frisbee to start the game.
4. **Dates, Time, & Location(s):** Games will be played:
  - In the Spring on Monday nights between the hours of 7:00 p.m. – 10:00 p.m. at a City of Pittsburgh Parks Field in Pittsburgh, Pennsylvania, Carnegie Park in Carnegie, Pennsylvania, or at any field announced at the start of the season.
  - In the Fall, on Wednesday nights between 7:00 p.m. – 10:00 p.m. at a City of Pittsburgh Parks Field in Pittsburgh, Pennsylvania, or at any field announced at the start of the season.
5. **Double Header Games:** If a double header game is scheduled for a team. The schedule will reflect that team play an early game and a late game to allow rest in between games to provide fair playing between the teams. Exceptions can be made due to scheduling because of number of teams playing in that season.



6. **Teams:** Stonewall ultimate frisbee will consist of a minimum of 8 players to become an official team. The maximum total number of players on a team will be 16 players per team.
- To promote a more balanced and learning playing experience, the board will look to spread out seasoned players (*8+ seasons of Ultimate Frisbee*) to all teams. The goal is to have seasoned players on every team, and not more than half the roster will be seasoned players.
    - The commissioner will seek and move players if deemed necessary to make teams equal with seasoned players.
      - The commissioner will first reach out to the captain of that team to discuss relocation of players before just reassigning players and the captain's do have the right to appeal.
7. **Subs/Floaters:** Stonewall ultimate frisbee subs/floater policy is outlined as stated: Subs/floaters can be any active stonewall ultimate frisbee player that is willing to sub/float for another team if it's not the same time as their own scheduled game. Teams can request subs/floaters if the team is at minimum requirements or does not meet the minimum requirement to play. When a team requests subs/floaters, the number with subs/floaters doesn't exceed the other team's numbers. To request a sub, the request must be no more than one week before the game is scheduled and is communicated in the captain's chat needing a sub/floater and who they picked up as a sub/floater from another team if that individual agreed. Teams cannot pre-schedule subs in advance and the same sub cannot play no more than 2 consecutive games for the same team. **Teams can have no more than a maximum of 2 subs per team per game.**
- ***Exception:*** *If the following scenario occurs, a team who already has the minimum number of players and already has the maximum number of subs/floaters to meet requirements above and one of that team members calls injury and no longer can play the rest of the game. A sub/floater from another team that is not playing can be used to replace the injured team player for that team that meets the exception listed earlier.*
8. **Captains & Co-Captains:** Stonewall ultimate frisbee games do not have referees/umpires. It is the responsibility of the captains & co-captains to peacefully resolve any rulings and game play to the opposing team's captains & co-captains. If need assistance, then the commission and/or co-commissioner (*if applicable*) will make a final ruling. A group chat for each season with the commissioner, co-commissioner (*if applicable*), and all team captains will be created to ask questions, provide updates, and ask for subs/floaters.



9. **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.)*
10. **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.
11. **Alcohol and Drug Policy:** Stonewall Ultimate will purchase the alcohol permit at Carnegie Park or any fields/parks that offer it for all individuals 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. A friendly reminder, per the City of Pittsburgh Parks website, no Alcoholic Beverage, Drugs, and/or Illegal substances are permitted on the fields/park locations.
12. **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](mailto:william.bainbridge@stonewallsportspgh.org).

