



Aavhan 2020

IIT Bombay's Annual Sports Fest

Ultimate Frisbee Championship Official Rule-book

This rulebook is binding and will be strictly followed in the course of the tournament

A. List of Events: Ultimate frisbee tournament will be conducted in league format

B. Schedule of Events: 27th to 29th March 2020

C. Eligibility for Participation:

- All players should be currently registered full-time students of the same college. All players must carry a valid Identity card before the start of every match.
- A team can have a maximum of 2 guest players. A guest player is one who is not a registered full-time student at the college.
- In-case of protest against the admission of a player into a particular college, said player must produce a copy of fee-receipt, current semester mark sheet or website registration details as proof of admission within 4 hours of intimation to avoid disqualification

D. Registration Fee: INR 3000

E. Prize Money (Tentatively may increase depending upon participations):

- a. Winner: 6000INR
- b. Runners-up: 4000INR

F. General Regulations:

- If the teams fail to report within 20 minutes of the scheduled time, the opponent team gets a walkover win.
- It is mandatory for every participant to carry an institute ID card and a national ID card for verification.
- In case an objection on the ID card arises, the participant has to produce a fee payment



receipt/college mark sheet (online) within 2 hours.

- Teams may have to play more than one match in a single day.
- If a team walks out of the ground during its playtime, that team will be disqualified from the tournament immediately.
- Teams are liable to disqualification against breach of disciplinary conduct if players/management are involved in illegal activities as per IIT Bombay disciplinary norms.
- Smoking/consumption of alcohol or any prohibited substances inside the campus is strictly prohibited. The entire team will be disqualified from the tournament even if a single player is found to be violating these rules.
- **ONLY turf shoes and running shoes** are allowed on the ground, **NO cleat and spikes** are allowed on the ground.
- **G. Rules of Play:**
- The tournament will be conducted according to the 2017 World Flying Disc Federation (WFDF) rules of Ultimate as adopted from time to time by the UPAI unless a change below conflicts.
- The maximum roster size of the team is **18 players**, a team can take a maximum of **2 guest players. 4 players** of each gender (male/female) are compulsory for rostering the team.
- Game format: **7 vs 7 person**
- Game duration: **45 minutes or a game to 11.**
- **Gender ratio(Male:Female) : 5:2 and 4:3** gender ratio changes alternatively.
- **NO half time** as the game time is 45 minutes.
- 1 time-out per team (60 Seconds each).
- The game ends as soon as 45 mins is up, with **5 minutes soft cap** to finish the last point or game point. **10 minutes hard cap** ends the game even if the disc is in the air. The team with the highest score will be declared the winner.
- The team getting 7 people on the line after the first 5 minutes gets 1 point every 5 min. However, the team must put a significant effort to locate the opponent team. If there has been a time delay (TD) in the last match then do NOT claim points.

THE BASIC RULES of WFDF 2017

The Pull

- Each point starts with a throw-off from the goal line (“pull”). All players must remain in their end zone until the pull is thrown. At the start of the game, a toss decides which team throws the first pull.



- After a goal is scored, play stops. The team that scored stays in that end zone and throws the pull and becomes the defensive team. So, teams change their direction of attack after each point.
- If the pull lands outside the playing field the thrower can either start play from the sideline where the disc left the field, or from the “brick” mark closest to their end zone. The thrower indicates they are choosing the brick option by raising their hand and calling “brick”.

In-bounds and out-of-bounds

- A disc is in-bounds when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The sidelines are not part of the playing field. If you catch the disc in-bounds, and then momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc.
- You are allowed to throw the disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field.
- If the disc goes out-of-bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field.

No running with the disc

- You are not allowed to run while you have possession of the disc (“travel”). After catching the disc while running, you must stop as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot.

The 10-second rule

- The thrower has 10 seconds to throw the disc. A defender can stand in front of you (remember: no contact!) and count aloud to ten, in one-second intervals. If the disc is still in your hand at the “t” of “ten”, the other team gets possession of the disc.

Turnovers

- The defensive team takes possession of the disc (a “turnover”) if the offense fails to catch a pass, if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player.
- Turnovers also occur when:
 - the marker reaches “ten” before the disc was thrown
 - the disc is handed from one player to another without being thrown
 - the thrower catches their own throw without the disc being touched by anyone else
 - the offensive team tries to catch the pull but drops it
- After an in-bounds turnover, the other team may immediately resume play at the point



where the disc was caught or stopped.

Fouls, Violations, and Infractions

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- Contact that is dangerous or affects the outcome of the play is a Foul.
- The thrower may not be defended by more than one player at the same time (“double team”).
- The marker may not come closer than one disc diameter to the thrower (“disc space”).
- The marker may not hit or grab the disc out of the hand of the thrower. They may, however, try to block the disc with their hands or feet after it is thrown.
- If opposing players catch the disc at the same time, the offensive player gets possession of the disc.
- Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players (“pick”).

Making a Call

- If you believe you have been fouled by an opposing player, you can call “foul”. If the disc is in the air, play continues until possession is established (a catch or a turnover). If your team gets possession, then play continues, otherwise, play stops immediately.
- After play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call “contest” and the disc is returned to the previous thrower. If they agree that there was a foul, they call “uncontested” and, generally, you take possession of the disc. Play is resumed with a “check”: the marker touches the disc in the thrower’s hand and calls “disc in”.

Scoring

- You score a goal if you catch the disc in the endzone that you are attacking. If you are in the air, your first point of contact must be in the endzone. If your foot touches the goal line it is not a goal. After a goal, play stops and teams swap which end zone they are defending. The first team to 11 goals wins, with a time cap of 45 minutes.

Substitution of players

- After each point, you may substitute as many players as you want. During a point a player may only be substituted due to an injury. After an injury, play stops and the other team may also substitute a player, if they wish.

SPIRIT OF THE GAME

- Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no referees; the players are solely responsible for following and enforcing the rules, even at the World Championship. Competitive play is encouraged,



but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

- This sheet provides an outline of the rules only. If you want become familiar with the official WFDF rules, which you can find on the link below:
- [http://www.wfdf.org/files/WFDF Rules of Ultimate 2017 - FINAL - 31 Dec.pdf](http://www.wfdf.org/files/WFDF_Rules_of_Ultimate_2017_-_FINAL_-_31_Dec.pdf)

H. Point of Contact

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