**WA ULTIMATE**

**SENIOR HIGH SCHOOL CHAMPIONSHIPS**

**RULES OF PLAY**

**Field of Play:**

Field dimensions: 70m x 25m with 15m long end zones.



**Starting Play:**

* Teams start inside opposite end zones.
* The Defensive team throws the disc to the offensive team to start the game. This is called a pull (first throw of point) and may be dropped by the offensive team without resulting in a turnover. The offensive team starts the point wherever they catch the pull or pick up the disc where it lands / stops rolling.
	+ This process is repeated after each goal is scored
* If the pull crosses any boundary line, take the disc to the edge of the line to begin play.

**Game Duration:**

* Games are 20 mins long
* Game end when the siren sounds
	+ If scores are level when the siren sounds, complete the point to determine a winner.

**General Play**

* Team must not have more than five (5) players on the field at any time.
* Gender ratio: teams must not have more than three (3) players of one gender on the field for any point.
* No contact.
	+ Players must always avoid any contact. Contact is considered dangerous play.
* No running with the disc (catch the disc & slow momentum > establish a pivot foot > look to pass to another teammate).
* Closest defender to the thrower must stand 1m away.
* Only one person can defend the person holding the disc (no double teaming).
* Only the defender can initiate the stall count.
	+ 10 second stall count.
	+ The count must be out loud so the thrower can hear
	+ The count works upwards from one (1) through to 10 in a steady one (1) number per second tempo.
* If a disc flies out of play across the sideline, the opposing team takes the disc from where it crossed the boundary line.
* If a disc flies out of play out the back of the end zone, the opposing team takes the disc to the front of the end zone to resume play.
* If the disc is dropped or intercepted inside the end zone, the opposing team takes the disc to the front of the end zone to resume play.
* If the disc is dropped and/or hits the ground, this results in a turnover regardless of who touched it last.
	+ The opposing team takes possession where the disc comes to rest - not where it first made contact with the ground.
* No time outs.
* Substitutes can occur in between points OR when there is an injury.

**Scoring**

* A point is scored when a member of the offensive team successfully catches a pass inside their attacking zone.
	+ When a point is scored, teams swap ends to begin the next point.

**Spirit of the Game**

Ultimate is self-officiated. Players learn to make their own calls. Focus on fair play, integrity & sportsmanship

Teams encouraged to form a spirit circle following each game

* Congratulate opponents on what they did well and resolve any conflicts that may have arisen during play.

**Game Facilitators**

Game Facilitators are present at each field. These Facilitators will be there to clarify rules, keep the games running smoothly, assist with Spirit of the Game and provide ongoing support to all teams taking part in the event.