



Lunchtime Sport Competition Ultimate Disc Rules

1. Team registrations must be paid in full before the first round of competition. Teams with outstanding fees will forfeit match points until the fees are paid. (Unless alternate arrangements have been made with the Lunchtime Sport Coordinator)
2. Players are required to play a minimum of three (3) regular season games to qualify to play in the finals.
3. All team members must wear shirts of the same type and colour. Bibs may be provided if needed by ANU Sport.
4. Each team will put a maximum of seven (7) players and a minimum of five (5) players on the field. A team may have a maximum of five (5) reserves.
5. A player can only be used from another team if the borrowing team has less than five (5) players. Teams not able to field four (4) of their own players will forfeit match points. A friendly game may still be played but the outcome will have no bearing on the competition.
6. Games are 45 minutes in duration – 2 x 20 minute halves with a 5 minute half time. All games will begin promptly at ten (10) minutes past the hour.
7. No extra time is played in regular games. In the case of semifinals and finals, if the scores are level at full time, extra time is played.
8. The point scoring system is as follows:

Win	3 points
Draw	1 point
Loss	0 points
Forfeit (with notice)	0 points plus 5 goals against
Forfeit (without notice)	-2 points plus 8 goals against
9. In the case of a team needing to forfeit please notify the Lunchtime Sport Coordinator either via marci.oringo@anu-sport.com.au or the ANU Sport Reception. If a team forfeits without advising ANU Sport they will lose two (2) competition points.
10. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules.
11. Representatives of the two teams fairly determine which team first chooses either:
 - whether to receive or throw the initial pull; or
 - which end zone they will initially defend.

12. At the start of the game, after half-time or after a score, play commences with a throw-off, called a pull. After signalling readiness all offensive players must stand with one foot on their defending goal line without changing location relative to one another until the pull is released. After signalling readiness all defensive players must keep their feet entirely behind the vertical plane of the goal line until the pull is released.
13. A team can interchange players when the disc is out of play and after a goal has been scored. There is no limit to the amount of times a player may leave or re-enter the court of play.
14. A turnover that transfers possession of the disc from one team to the other occurs when:
 - the disc contacts the ground while it is not in the possession of an offensive player (a “down”);
 - a pass is caught by a defensive player (an “interception”);
 - the disc becomes out-of bounds (an “out-of-bounds”); or
 - during the pull, the receiving team touches the disc before it contacts the ground, and fails to catch the disc (a “dropped pull”).
15. If a player determines a turnover has occurred they must make the appropriate call immediately. If the opposition disagrees they may call "contest". If, after discussion, players cannot agree or it is unclear what occurred in the play, the disc must be returned to the last non-disputed thrower.
16. A goal is scored if an in-bounds player catches a legal pass and all of their first simultaneous points of contact after catching the disc are entirely within their attacking end zone. If a player believes a goal has been scored they may call “goal” and play stops. After a contested or retracted goal call play must restart with a check and the call is deemed to have been made when the pass was caught.
17. Always remember a good game is a clean game, if you are not there to enjoy yourself and play ultimate disc, then don't play!!

Send Offs and Suspensions

1	Foul and abusive language	2 games
2	Persistent misconduct after previously being cautioned	2 games
3	Attempting to strike or kick a player	2 games
4	Deliberately striking a player	Banned
5	Deliberately kicking or kneeing a player	Banned
6	Spitting on a player	Banned
7	Deliberate foul or late tackle on a player	3 games
8	Deliberately wrestling an opponent to the ground	3 games
9	Deliberately throwing a ball at a player	3 games

OR such other offences as deemed to be dangerous or unsportsmanlike.

At all times the management of ANUSRA reserve the right to ban any player or team from further participation in any competition.