



ANU INTERHALL SPORT RULES

ULTIMATE DISC



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Last amended 09/01/2025

Ultimate Disc will be played according to the rules of the [World Flying Disc Federation](#), with specific exceptions listed below.

EVENT FORMAT

Ultimate Disc is contested as a mixed round-robin tournament. Matches will be played on weekdays between 9am and 5pm. Teams will be seeded according to their result in the competition in the previous year. Finals shall consist of Semi-Finals and a Grand Final. Playoff games shall also be played.

TEAM SIZE & ELIGIBILITY

Each residence may name a team of up to 20 players, of which all can take part in any one game. The minimum number of players required at the start of play without incurring a forfeit is 5.

Per ANU interhall sport rules, each residence is permitted to play one ex-resident (per fixture) if they are unable to field a team*. Note that this ex-resident must still be a student at the ANU.

SUBSTITUTIONS

Teams may substitute their players only after each point is scored, except in the case of injury. When substitutions occur after a point is scored, no players are allowed on the field except those who are to play the next point.

MATCH DURATION

Two halves of 25 minutes will be played each way with a 5-minute half time break. Halves will end with the sounding of a siren at which point play will conclude at the next completed pass, changeover or point scored, whichever comes first. The game will end when one of the teams has scored 15 times or when the two halves of 25 minutes have elapsed, whichever occurs first. The team with the most points will be declared the winner.

If time ends the game, the team with the disc in possession is allowed a single pass, either a goal, catch, out or intercept, results in the end of the game.

In the event where a playoff game has both teams on equal points when the second half has concluded, the game will continue until the next point is scored.

GENDER RATIOS

Before the start of each match, team captains must decide on the system for which they will decide gender-ratios for each point. Teams must agree upon one of the following systems.

ABBA Format

The gender that has 4 players on the field alternates every 2 points with the exception of the conclusion of the first point, where the gender ratio switch is made. The starting gender is decided by the team that wins the pre-game flip.

An example of changes in gender-ratios under the ABBA format is given:

A	Point 1	4 men*
B	Point 2	4 women*
B	Point 3	4 women*
A	Point 4	4 men*

Team that wins the flip decides to play offence starting with 4 men* on the field.

*Ex residents are required to apply for permission to play for their college before the fixture. This can be done by emailing Olly Ellis with permission from their head of hall and proof of enrollment. Once an ex-resident has completed this process they are eligible to play in any fixture

CONTACT

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Campus Engagement Administrator
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CONSISTENT GENDER RATIO

4 women* to 3 men* or 4 men* to 3 women*.

This option must only be selected if one team has 4 or less players of one gender and wants to restrict that gender to only 3 players on-field for the duration of the game. Both teams must agree on the prescribed 'gender ratio'.

FORFEITS

If a team does not have 5 players to commence the game within 10 minutes of the scheduled start time, a forfeit shall be declared. Should a forfeit occur, the team which does not forfeit will be deemed to have won. A score of 15-0 will be recorded.

GAME OFFICIALS

The game is self-officiated. ANU Sport will provide Duty Officials to manage the competition.

UNIFORM AND EQUIPMENT

Competitors should wear the colours and uniform of their residence. Discs for warm-ups and games will be provided by the residences. The field will be set up by ANU Sport, which is the size of the marked soccer field.

ANU INTERHALL SPORT POLICIES

All ANU Interhall Sport policies and procedures must be adhered to by all participants. Sports Representatives from each residence are expected to ensure that participants are aware of all of the relevant policies and procedures and act accordingly. For more information, consult the ANU Sport website.

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