

WAAR Ultimate Disc Rules



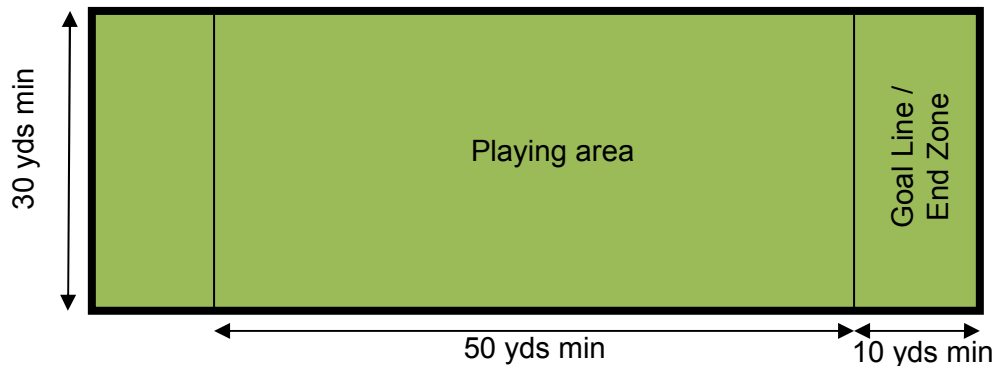
- 1) FIELDS AND EQUIPMENT
- 2) PLAYERS AND PARTICIPATION
- 3) OFFICIATING / REFEREES
- 4) PLAYING THE GAME
- 5) FOULDS AND VIOLATIONS
- 6) CLARIFYING STATEMENTS ON FOULS, VIOLATIONS AND POSITIONING
- 7) MISCELLANEOUS INFORMATION
- 8) GENERAL ETIQUETTE AND WAAR DODGEBALL CODE OF CONDUCT

ULTIMATE DISC: STRATEGY AND TACTICS

1) FIELDS AND EQUIPMENT

a) Field Dimensions and Markings

- i) An adequate playing field location will be established prior to the start of a season
- ii) The game may be played indoors or outdoors.
- iii) The playing field shall be a rectangular flat surface free from obstructions at least 50 yds long and at least 30 yds wide. Ideal measurements: 100 yds x 40 yds. Leagues may relax these dimensional constraints depending on available playing locations.
- iv) The playing field shall be marked with Side Lines, Goal Lines and End Lines. There should be at least 5 yds of unobstructed space outside of boundaries if possible. If no solid lines are available to mark each line, marker cones can be substituted.
- v) There will be an End Zone at the end of each field that is at least 10 yds long and the same width as the rest of the field.



b) Out-of-Bounds

- i) Any area not on the playing field is out-of-bounds. The perimeter lines themselves are out-of-bounds.
- ii) A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything out-of-bounds.
- iii) The disc may fly outside a perimeter line and return to the playing field, and defensive players may go out-of-bounds in order to make a play on the disc.
- iv) A player is out-of-bounds when s/he is contacting an out-of-bounds area. When a player is in the air, his/her in or out-of-bounds is determined by where the ground was last contacted by the player.
- v) For a receiver to be considered in bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered out-of-bounds.
- vi) Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point.
- vii) To start or restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point of the playing field proper nearest where the disc last crossed the perimeter line, and put the disc into play at that point.
- viii) The thrower may pivot in- and out-of-bounds, providing that some part of the pivot foot contacts the playing field.
- ix) If a pass does not come in bounds the opposing team gains possession of the disc where it left the field of play only if the defense did not contact the disc. If the defense contacted the disc, the disc must be put into play at the point on the playing field proper closest to where the contact occurred.

c) End Zones

- i) If a team gains possession in the End Zone which it is defending:

[Updated rules can be found at www.teamwaar.com](http://www.teamwaar.com)

- (1) The player taking possession must make the immediate decision to either:
 - (a) Put the disc into play from that spot, or
 - (b) Carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession commits the player to put the disc into play at that point.
 - (2) To fake or pause after gaining possession commits the player to put the disc into play at that point.
 - ii) If, as a result of a pass from a teammate, a player receives the disc in the End Zone which they are defending, that player does not have a choice of advancing the disc to the goal line.
 - iii) If a team gains possession in the End Zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.
- d) Local Laws and Field Regulations**
- i) Players must obey all existing field rules pertinent to their area. WAAR mandates to all players that we leave the field in the same or better condition than when we arrived.
 - ii) Alcohol is prohibited from being on the field during play. If local laws and field regulations permit, alcohol will be permitted immediately off of the playing field and Side Lines.
 - iii) Drugs or tobacco products will not be permitted on the field during play.
 - iv) Players breaking the local laws or field regulation shall be warned and, depending on the severity of the violation, may be ejected from the game by the Head Referee. Further disciplinary action will be determined by the League's Board of Directors, including possible expulsion from the league without refund.
- e) Equipment**
- i) Any flying disc may be used as long as it is acceptable to both team captains. Discs will typically be provided by WAAR.
 - ii) Individual players may wear any soft protective clothing as long as it does not endanger the safety of any other player.
 - iii) Players are required to wear the official Team WAAR shirt for their team.
 - iv) Cleats, such as metallic baseball cleats, soccer, track spikes, or worn or broken studs with sharp edges, **are not allowed**.
- f) Length of Game**
- i) Each half lasts for twenty (20) minutes of stopped time.
 - ii) There shall be a 5 minute halftime period.
 - iii) Each overtime period lasts for five (5) minutes of stopped time.
 - iv) The clock starts when:
 - (1) An offensive player gains possession of a throw-off and establishes a pivot foot;
 - (2) The marker touches the disc after a check;
 - (3) The thrower puts the disc into play after it has been out of bounds.
 - v) The clock stops:
 - (1) After a goal;
 - (2) At the end of a period of play;
 - (3) For time-outs;
 - (4) For injuries;
 - (5) For fouls and violations;
 - (6) When the disc contacts an out-of-bounds area.
- g) Time-Outs:**
- i) Each team is permitted two (2) time-outs per half. Each team is permitted exactly one (1) time-out in overtime.
 - ii) Each time-out lasts up to two (2) minutes.
 - iii) The player calling the time-out must form a "T" with his/her hands and call "time-out" loudly.
 - iv) A time-out may be called by either team after a goal and before the ensuing accepted throw-off.

- v) During play, only a player who has established a pivot foot and who has possession of the disc can call a time-out.
- h) When play resumes after a time-out:
 - i) The player who had possession puts the disc into play.
 - ii) The disc is put into play at the location where the disc was when the time-out was called.
 - iii) Play is resumed through the use of a check and all other players may set up in any position on the field.
 - iv) It is a turnover if a player calls a time-out when his/her team no time-outs remaining.
- i) Injury Time-Out :
 - i) Injury time-out can be called by any member of the injured player's team. The time-out call is in effect at the time of the injury. In other words, the call is retroactive to the time that the injury occurred. If the disc is in the air during the time-out call, the play is completed.
 - ii) Injury time-out results in a team time-out if the injured player does not leave the game. A "spirit of the game" exception is made when the injury is caused by an opposing player.
- j) When play resumes after an injury time-out:
 - i) The player who had possession of the disc when the injury occurred puts the disc into play. If that player leaves the field due to injury, the replacing player puts the disc into play.
 - ii) If the disc was in the air at the time of the injury, play continues until the disc is caught or it contacts the ground. If the disc is caught, the player who caught the disc puts the disc into play after the injury time-out.
 - iii) The disc is put into play at the location where the disc was when play was stopped.
 - iv) The play is resumed through the use of a check and all players must assume their respective positions on the field when the time-out was called. Players may not set up when restarting play after an injury time-out, unless it is also a team time-out.

2) PLAYERS AND PARTICIPATION

a) Player Eligibility

- i) Members must be registered online with the WAAR website (www.teamwaar.com) and assigned to a team.
- ii) Members must be 21 years of age or older by the date of the first game.
- iii) Members must have adequate health insurance.
- iv) Members must have acknowledged and agreed to the WAAR Liability Waiver
- v) Members must not play professionally.
- vi) A player may not be listed on more than one team roster within the same league.

b) Team

- i) Minimum Number of teams per league: 4 teams
- ii) Maximum Number of teams per league: 24 teams
- iii) Minimum Number of members per team: 6 members
- iv) Maximum Number of members per team: 20 members
- v) Teams must field a minimum of 6 players and a maximum of 8 at the start of any game.
- vi) Co-Ed League Teams must consist of both sexes. For Co-Ed Leagues, there is a minimum of 3 females required per team. A minimum of 3 females per team must be on the court at the start of any game.
- vii) If other members are located on the Side Line, they will be available as substitutions during injuries or for following games.
- viii) Ineligible players will result in a forfeiture of all games in which ineligible players played.
- ix) Additional players may be assigned to teams by WAAR Administration or the League President to accommodate new members or as the need arises.

c) Phrases and Terms

- i) A player is any of the fourteen (16) persons who are actually participating in the game at any one time. (8 per team)

- ii) To put the disc into play means that the thrower establishes a pivot foot and is ready to throw. To put the disc into play at a particular point on the field means to place the pivot foot at that point on the field.
- iii) Where the disc stops refers to the location where the disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.
- iv) Throw-off position is the particular arrangement of positions (which end zone each team is defending) and possession (which team is to throw-off) in effect before a throw-off.
- v) **Ground Contact**: All player contact with the ground directly related to a specific event or maneuver, including landing or recovery after being off-balance, e.g., jumping, diving, leaning, or falling.
- vi) **Possession of the disc**: Sustained contact with, and control of, the non-spinning disc.
- vii) To catch a pass is equivalent to establishing possession of that pass.
- viii) Loss of control due to ground contact related to a pass reception negates that receiver's possession up to that point.
- ix) There are no scrimmage lines or off-sides (except on throw-offs) in Ultimate.
- x) The disc may be passed in any direction.
- xi) A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
- xii) No defensive player may ever pick up the disc.

d) The Thrower

- i) The thrower is the offensive player in possession of the disc, or the player who has just released the disc.
- ii) If the disc is on the ground, whether in- or out-of-bounds, any member of the team becoming offense may take possession of the disc. Once an offensive player has picked up the disc, that player is required to put the disc into play.
- iii) The thrower must establish a pivot foot and may not change that pivot foot until the throw is released except in the case where the thrower has just received a pass and is throwing before the third ground contact in accordance with XV.5.
- iv) The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.
- v) If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- vi) The thrower may throw the disc in any way s/he wishes.
- vii) A defensive player who establishes possession of the disc becomes the thrower, but may not throw the disc before s/he establishes a legal pivot foot. To do so is a travelling violation.

e) The Marker

- i) Only one defensive player may guard the thrower at any one time; that player is the marker.
- ii) The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.
- iii) There must be at least one arms length between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.
- iv) The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- v) Stalling:
 - (1) A defensive player within three (3) meters of the pivot foot of the thrower may initiate a stall count. If an offensive player moving into the throwing position "stands over the disc" (i.e., within three meters) without putting the disc into play, the marker may issue a "Delay of Game" warning. If the disc is not picked up, the marker may initiate a stall count.
 - (2) The count consists of the marker calling "Stalling" or "Counting" and counting at one second intervals from one to ten (1, 10) loudly enough for the thrower to hear.

- (3) If the thrower has not released the disc at the first utterance of the word "ten" ("10"), a turnover and a check result.
- (4) If the defense decides to switch markers; and if the new marker wishes to initiate a stalling count, s/he must start again from "one" ("1").
- (5) In the event of a stall, the once marker, now offensive player, does not have to take the disc after the check. The once thrower, now marker, checks the disc to the new thrower, if s/he does not want the disc, the marker "checks" the disc by placing it on the ground and calling "in play."
- (6) The thrower may contest a stall call if s/he feels that s/he had released the disc before the first utterance of the word "ten".
 - (a) In the event of a contested stall, if the pass is completed, play stops, and possession reverts back to the thrower. After a check, the marker starts the stall count at eight (8).
 - (b) In the event of a contested stall, if the pass is incomplete, it is a turnover, and play continues without interruption.

f) The Receiver

- i) The receiver is any offensive player either in the act of catching the disc, or not in possession of the disc.
- ii) Bobbling to gain control of the disc is permitted, but a purposeful, controlled bobbling to oneself (i.e., tipping, delaying, guiding, or brushing) in order to advance the disc is considered travelling and is not allowed.
- iii) After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
- iv) If the receiver is running or jumping as s/he catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop; however, change in direction or increase in speed while in possession of the disc is a travelling violation.
- v) If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
- vi) If a pass arrives in such a manner that it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), the player(s) with the best perspective makes the call (usually the receiver).
- vii) If it is ever unclear where a receiver was in- or out-of-bounds at the point of making a catch, the player(s) with the best perspective makes the call.
- viii) Force-Out Foul: If an airborne receiver catches the disc, and is contacted by a defensive player before landing, and that contact caused the receiver to land out-of-bounds instead of landing in-bounds, the receiver must either call him/herself out-of-bounds, or call a force-out foul on the defensive player. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

3) OFFICIATING / REFEREES

- a) There will be a minimum of 2 referees per game.
- b) The **Head Referee** will be assigned by WAAR and will be responsible for:
 - i) Calling fouls and violations
 - ii) Starting/ Stopping the game clock
 - iii) Upholding and enforcing the rest of these WAAR Ultimate Rules
- c) Referees will be obtained from other teams in the league. The teams designated to supply the referees will be determined prior to the start of the season. Typically, referees will be supplied by a team playing immediately after or immediately before the current game.
- d) Failure of your team to supply a referee may result in a penalty (see recommendations below).

Penalty Recommendations (may vary from league to league):

- 1) **First Offense** – Any team not supplying the required number of referees “on time” and at

the proper location will be penalized 1 goal for each referee that they did not supply. The goal will be deducted at the earliest *future* game opportunity.

- 1) **Second Offense** – Any team not supplying the required number of referees “on time” and at the proper location will be penalized 2 goals for each referee that they did not supply. The goals will be deducted at the earliest *future* game opportunity.
- e) **Grace Period** – Unless conditions or unpreventable circumstances dictate otherwise, there will be a grace period of 15 minutes after the *scheduled* commencement of each game. If all playing criteria have not been met (See PLAYERS AND PARTICIPATION Section) by either team at the conclusion of the grace period, the Head Referee will then determine and announce the game a forfeit for the non-compliant team(s). If both teams are non-compliant, both teams receive a forfeit. If the present members of each team still opt to play as a scrimmage match they can. **The score of the scrimmage will NOT be recorded regardless of the desires of each Team Captain or Head Referee.**
- f) The Head Referee is empowered to terminate the game at any time for reasons of safety.
- g) If the game is terminated within the final 5 minutes of play. The game will be considered a regulation game otherwise it will need to be made up.
- h) **Rule Disputes** – If there is a dispute on the “meaning” of a rule or a play occurs that is either not clearly defined or included in this rulebook, the game may be temporarily be delayed at the request of either Captain until the situation can be clarified. The following personnel (if available) shall be contacted by the Head Referee to rule on the situation:
 - 1) League Rules Board Member
 - 2) League Vice-President or
 - 3) League President

4) **PLAYING THE GAME**

- a) Before a game starts, each team designates one captain to represent that team in disagreements and arbitration.
- b) **Start of periods of play:**
 - i) Representatives of the two teams each flip a disc. The representative of the home team calls "same" or "different" while the discs are in the air. The team winning the flip has the choice of:
 - (1) Receiving or throwing the initial throw-off; or
 - (2) Selecting which goal they wish to defend initially.
 - ii) The team losing the flip is given the remaining choice.
 - iii) The second half begins with an automatic reversal of the initial throw-off position.
 - iv) If overtime periods are needed, the disc flipping procedure is repeated for the first overtime period. The initial throw-off position of subsequent overtime periods is the reverse of the throw-off position that started the previous overtime period.
- c) **Throw Off**
 - i) Play starts at the beginning of each period of play and after each goal with a throw-off.
 - ii) Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.
 - iii) Positioning prior to the throw-off:
 - (1) The players on the throwing team are free to move anywhere in their defending End Zone, but may not cross the goal line until the disc is released.
 - (2) The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
 - iv) The throw-off may be made only after the thrower AND a player on the receiving team raise a hand to signal that team's readiness to begin play.
 - v) The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
 - vi) As soon as the disc is released, all players may move in any direction.
 - vii) No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.

- viii) If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from the spot. If the throw-off is caught in either End Zone, the player takes possession at that point, and puts the disc in play as described in Section f. (END ZONES). If the throw-off is caught out-of-bounds, it is put into play as described in Section e - vii. (OUT-OF-BOUNDS).
 - ix) If a member of the receiving team touches the disc during flight of the throw-off (whether in- or out-of-bounds) and the receiving team fails to catch it, the team which threw-off gains possession of the disc at the nearest point on the playing field proper. If a player drops the disc while carrying it to the point where the disc will be put into play, the team which threw-off gains possession of the disc at the nearest point on the playing field proper.
 - x) If the receiving team allows the throw-off to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops. If the disc initially lands in-bounds, then goes out-of-bounds, the receiving team gains possession at the point on the playing field proper nearest to where the disc first went out-of-bounds.
 - xi) If the throw-off lands out-of-bounds, the receiving team, before touching the disc, makes a choice of:
 - (1) Putting the disc into play at the nearest point on the playing field proper to where the disc crossed the perimeter line.
 - (2) Requesting a re-throw. To request a re-throw, any member of the receiving team must fully extend one hand above the head and call "Over." Once this re-throw signal is given, that throw-off can no longer be put into play.
- d) The Check**
- i) When play stops, the player who was in possession retains possession.
 - ii) All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
 - iii) The marker restarts play by touching the disc in possession of the thrower. If the thrower attempts a pass before the marker touches the disc, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.
- e) Scoring**
- i) A goal is scored when an offensive player completes a pass to a teammate in the End Zone which his/her team is attacking.
 - ii) In order for the receiver to be considered in the End Zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the End Zone.
 - iii) A player cannot score by running into the End Zone with the disc. Should a receiver's momentum carry him/her into the End Zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.
 - iv) A player must be completely in the End Zone and acknowledge that s/he has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.
- f) Turnovers**
- i) An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
 - ii) A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.
 - iii) The following actions result in a loss of possession and a check:
 - (1) If the marker's count reaches the maximum number;
 - (2) If the disc is handed from player to player;
 - (3) If the thrower intentionally deflects a pass to him/herself or another player;
 - (4) If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.
- g) Substitutions**

- i) Substitutions can be made only:
 - (1) After a goal and before the ensuing accepted throw-off.
 - (2) Before the beginning of a period of play;
 - (3) To replace an injured player(s).
- ii) If a team replaces an injured player(s), the opposing team has the option of substituting a like number of, or fewer players.
- iii) Substitutions other than injury substitutions cannot be made during a time-out taken during play.

5) FOULS AND VIOLATIONS

a) Fouls

- i) Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "Foul!" loudly immediately after the foul has occurred.
- ii) The player initiating contact is guilty of a foul.

iii) Throwing Fouls:

- (1) A throwing foul may be called when there is contact between the thrower and the marker.
- (2) Contact occurring during the follow through (after the disc has been released) is not sufficient grounds for a foul, but should still be avoided whenever possible.
- (3) When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower after a check.
- (4) If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- (5) If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

iv) Catching Fouls:

- (1) A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
- (2) If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.
- (3) If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, it is considered "harmful endangerment" and is a foul.
- (4) Dangerous, aggressive behavior or reckless disregard for the safety of fellow players is always a foul.
- (5) If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul (with the exception of a force-out foul) occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

b) Violations

- i) A violation occurs when a player violates the rules in a manner which does not result in physical contact. (e.g. illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out-of-bounds, etc.)
- ii) A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.
- iii) Travelling:
 - (1) The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
 - (2) If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.

- (3) If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

iv) Strip:

- (1) No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."
- (2) The player in possession then picks up the disc and play continues from the point where s/he regained possession.
- (3) If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero (0).
- (4) A contested strip of the receiver is treated the same as a contested foul; an uncontested strip in the end zone is a goal.

v) Double-Team:

- (1) Only one marker is permitted to guard the thrower.
- (2) No other defensive player may establish a position within three(3) meters of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.
- (3) Should the thrower recognize a double-team situation, s/he first calls "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero (0).

c) Positioning

- i) It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided.
- ii) Every player (excluding the thrower) is entitled to occupy any position on the field not occupied by any opposing player, provided that s/he does not cause personal contact in taking such a position.

iii) Picks:

- (1) No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick".
- (2) In the event of a pick, the obstructed player must immediately call "Pick" loudly; play stops and is resumed after a check, unless the continuation rule applies.

- iv) When the disc is in the air, players must play the disc, not the opponent.

v) The Principle of Verticality:

All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above an opponent. Should contact occur, the player restricting the vertical area is held responsible.

- vi) A player who jumped is entitled to land at the same spot without hindrance by opponents. S/he may also land at the another spot provided the landing spot was not already occupied at the time of take-off and that the direct path between the take-off and landing spot was not already occupied.

6) CLARIFYING STATEMENTS ON FOULS, VIOLATIONS AND POSITIONING

a) Cardinal Rule:

Whenever an infringement of the rules or a time out occur, play is halted and the disc is put back into play at the point of the last possession before play was stopped. (Note exceptions under Turnovers and Catching Fouls.

b) Continuation Rule:

i) Disc In the Air

- (1) If a foul, violation, or pick is called while the disc is in the air, the play is always completed.
- (2) If the team which called the foul, violation, or pick gains possession as a result of that pass (e.g., an incomplete pass following a travelling violation, or offensive foul), play continues unhalting. In this situation, players should call "play on."

- (3) If the pass is completed, but the defensive effort on the pass was affected by the violation (e.g. picks), the pass does not count and possession reverts back to the thrower.
- ii) Disc Not in the Air
 - (1) If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover.
 - (2) If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.
- iii) It is the responsibility of the player who made the call to call out "Play on" to indicate that this rule has been invoked.
- c) If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.
- d) If offsetting catching fouls are called by offensive and defensive players on the same play, the disc reverts back to the thrower after a check.
- e) Any time the marker's count is interrupted by the call of a foul, violation, pick, or time-out, the count is resumed as follows:
 - i) Defensive Foul Uncontested 0
 - ii) Defensive Foul Contested same or 5 if over 5
 - iii) Offensive Foul same
 - iv) Travel or Pick same or 5 if over 5
 - v) Strip. 0
 - vi) Fast Count / Double Team
 - (1) First Call subtract 2; no check
 - (2) Second Call 0
 - vii) Time Out same
 - viii) Contested Stall. 8
- f) When play resumes after a time-out, the stall count is continued from where it was when time-out was called. The marker must initiate the count by calling "Stalling" or "Counting".
- g) If the marker counts too fast, the thrower may call "fast count."
 - i) The first "fast count" call is a warning. On the first "fast count" call, the marker must subtract 2 from the stall count.
 - ii) If "fast count" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero (0).
 - iii) The continuation rule applies to fast counts.
 - iv) If the fast count occurs in such a manner that the thrower does not have a reasonable opportunity to call "fast count" before the utterance of the word "ten," the play is treated the same as a contested stall
- h) Should a foul or violation result in possession reverting to a thrower who was airborne while releasing the disc, play shall be restarted at the point on the playing field proper closest to the location from which the throw was made.

7) MISCELLANEOUS INFORMATION

- a) **Blood Rule** - A player who is bleeding shall be prohibited from participating further in the game until appropriate treatment can be administered. If adequate medical care or treatment is administered in a responsible length of time, the individual will not have to leave the game. The length of time that is considered reasonable is left to the Head Referee's judgment.
- b) **Forfeits** – If a team forfeits their game they are given a loss in the team standings and 0 goals awarded. The non-forfeiting team is awarded a win in the team standings and 6 goals towards their Goal Differential.
- c) **Playoffs**
 - i) Seeding for playoffs will be based on winning percentages of the teams. In case of a tie record when entering the playoffs, the tie-breaker system will be
 - (1) the winner of the regular season head-to-head game

- (2) total run differential
- (3) a head-to-head game (if time permits)
- (4) a coin toss

ii) The higher ranked team will be the Home team.

- d) Any players ejected from a game for reasons of misconduct shall be automatically suspended from the next 2 games played. Depending on the severity of the misconduct, additional suspensions may apply subject to the discretion of the League Board of Directors. Suspended players are not allowed to attend games until their suspension is lifted.

8) GENERAL ETIQUETTE AND WAAR DODGEBALL CODE OF CONDUCT

- a) If a foul is committed and not called, the player who commits the foul should inform the infracted player of the foul.
- b) It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.
- c) If the receiving team wishes to have an out-of-bounds throw-off re-thrown, they should give the re-throw signal as soon as possible.
- d) It is a violation against the spirit of the game for a defensive player to call for a pass from the thrower.
- e) Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.
- f) In the case where a novice player commits a violation out of sincere ignorance of rules, it is common practice to stop play and explain the violation.
- g) Understand, appreciate and abide by the rules of the game and the honor system.
- h) Respect the integrity and judgment of game officials and WAAR staff.
- i) Respect your opponent and congratulate them in a courteous manner following each match, whether in victory or defeat.
- j) Be responsible for your actions and maintain self control.
- k) Do not taunt or bait opponents. Refrain from using foul or abusive language.

ULTIMATE DISC: STRATEGY AND TACTICS

1) Ultimate Disc Strategy: Offense

- a) Teams employ many different offensive strategies with different goals. Most basic strategies are an attempt to create open lanes on the field for the exchange of the disc between the thrower and the receiver. Organized teams assign positions to the players based on their specific strengths. Designated throwers are called handlers and designated receivers are called cutters. The amount of autonomy or overlap between these positions depends on the make-up of the team.
- b) One of the most common offensive strategies is the **vertical stack**. In this strategy, the offense lines up in a straight line along the length of the field. From this position, players in the stack make cuts (sudden sprints out of the stack) towards or away from the handler in an attempt to get open and receive the disc. The stack generally lines up in the middle of the field, thereby opening up two lanes along the sidelines for cuts, although a captain may occasionally call for the stack to line up closer to one sideline, leaving open just one larger cutting lane on the other side.
- c) Another popular offensive ultimate frisbee strategy is the **horizontal stack**. In the most popular form of this offense, three handlers line up across the width of the field with four cutters upfield, also lined up across the field. It is the handler's job to throw the disc upfield to the cutters. If no upfield options are available, the handlers swing the disc side to side in an attempt to reset the stall count while also getting the defense out of position.
- d) Many advanced teams develop specific offenses that are variations on the basics in order to take advantage of the strengths of specific players. Frequently, these offenses are meant to

Updated rules can be found at www.teamwaar.com

isolate a few key players in one-on-one situations, allowing them more freedom of movement and the ability to make most of the plays, while the others play a supporting role.

- e) Players making cuts have two major options in how they cut. They may cut in towards the disc and attempt to find an open avenue between defenders for a short pass, or they may cut away from the disc towards the deep field. The deep field is usually sparsely defended but requires the handler to throw a huck (a long downfield throw).
- f) A variation on the horizontal stack offense is called a feature. In this offensive ultimate Disc strategy three of the cutters line up deeper than usual (roughly 5 yards farther downfield) while the remaining cutter lines up closer to the handlers. This closest cutter is known as the "feature." The idea behind this strategy is that it opens up space for the feature to cut, and at the same time it allows handlers to focus all of their attention on only one cutter. This maximizes the ability for give-and-go strategies between the feature and the handlers. It is also an excellent strategy if one cutter is superior to other cutters, or if he is guarded by someone slower than him. While the main focus is on the handlers and the feature, the remaining three cutters can be used if the feature cannot get open, if there is an open deep look, or for a continuation throw from the feature itself. Typically, however, these three remaining cutters do all they can to get out of the feature's way.

2) Ultimate Strategy: Defense

a) The force

- i) One of the most basic defensive principles is the force. In this ultimate Disc strategy, the marker effectively cuts off the handler's access to half of the field, by aggressively blocking only one side of the handler and leaving the other side open. The unguarded side is called the force side because the thrower is generally forced to throw to that side of the field. The guarded side is called the break-force side because the thrower would have to "break" the force in order to throw to that side.
- ii) This is done because, assuming evenly matched players, the advantage is almost always with the handler and against the marker. It is relatively easy for the handler to fake out or outmaneuver a marker who is trying to block the whole field. On the other hand, it is generally possible to effectively block half of the field.
- iii) The marker calls out the force side ("force home" or "force away") before starting the stall count in order to alert the other defenders which side of the field is open to the handler. The team can choose the force side ahead of time, or change it on the fly from throw to throw. Aside from forcing home or away, other forces are "force sideline" (force towards the closest sideline), "force center" (force towards the center of the field), and "force up" (force towards either sideline but prevent a throw straight up the field). Another common tactic is to "force forehand" (force the thrower to use their forehand throw) since most players, especially at lower levels of play, have a stronger backhand throw. "Force flick" refers to the forehand; "force back" refers to the backhand.
- iv) When the marker calls out the force side, the team can then rely on the marker to block off half the field and position themselves to aggressively cover just the open/force side. If they are playing one-to-one defense, they should position themselves on the force side of their marks, since that is the side that they are most likely to cut to.
- v) The opposite of the "force" is the "straight-up" mark (also called the "no-huck" mark). In this defense, the player marking the handler positions himself directly between the handler and the end zone and actively tries to block both forehands and backhands. Although the handler can make throws to either side, this is the best defense against long throws ("hucks") to the center of the field.

b) One-on-one defense

- i) The simplest and often most effective defensive ultimate Disc strategy is the one-on-one defense (also known as "man-on-man" or simply "man"), where each defender guards a specific offensive player, called their "mark". The one-on-one defense emphasizes speed, stamina, and individual positioning and reading of the field. Often players will mark the same person throughout the game, giving them an opportunity to pick up on their

opponent's strengths and weaknesses as they play. One-on-one defense can also play a part role in other more complex zone defense strategies.

c) Zone defense

- i) With a zone defense strategy, the defenders cover an area rather than a specific person. The area they cover moves with the disc as it progresses down the field. Zone defense is frequently used when the other team is substantially more athletic (faster) making one-on-one difficult to keep up with, because it requires less speed and stamina. It is also useful in a long tournament to avoid tiring out the team, or when it is very windy and long passes are more difficult.
- ii) A zone defense usually has two components. The first is a group of players close to the handlers who attempt to contain the disc and prevent forward movement, called the "wedge", "cup", "wall", or "clam" (depending on the specific play). These close defenders always position themselves relative to the disc, meaning that they have to move quickly as it passes from handler to handler.
- iii) The wedge is a configuration of two close defenders. One of them marks the handler with a force, and the other stands away and to the force side of the handler, blocking any throw or cut on that side. The wedge allows more defenders to play up the field but does little to prevent cross-field passes.
- iv) The cup involves three players, arranged in a semi-circular cup-shaped formation, one in the middle and back, the other two on the sides and forward. One of the side players marks the handler with a force, while the other two guard the open side. Therefore the handler will normally have to throw into the cup, allowing the defenders to more easily make blocks. With a cup, usually the center cup blocks the up-field lane to cutters, while the side cup blocks the cross-field swing pass to other handlers. The center cup usually also has the responsibility to call out which of the two sides should mark the thrower, usually the defender closest to the sideline of the field.
- v) The wall involves four players in the close defense. One player is the marker, also called the "rabbit" or "chaser" because they often have to run quickly between multiple handlers spread out across the field. The other three defenders form a horizontal "wall" or line across the field in front of the handler to stop throws to cuts and prevent forward progress. The players in the second group of a zone defense, called "mids" and "deeps", position themselves further out to stop throws that escape the cup and fly upfield. Because a zone defense focuses defenders on stopping short passes, it leaves a large portion of the field to be covered by the remaining mid and deep players. Assuming that there are seven players on the field, and that a cup is in effect, this leaves four players to cover the rest of the field. In fact, usually only one deep player is used to cover hucks (the "deep-deep"), with two others defending the sidelines and possibly a single "mid-mid".
- vi) Alternately, the mids and deeps can play a one-to-one defense on the players who are outside of the cup or cutting deep, although frequent switching might be necessary.

d) Junk defense

- i) An ultimate Disc junk defense is a defense using elements of both zone and man defenses; the most famous is known as the "clam" or "chrome wall". In clam defenses, defenders cover cutting lanes rather than zones of the field or individual players. The clam can be used by several players on a team while the rest are running a man defense. This defensive strategy is often referred to as "bait and switch". In this case, when the two players the defenders are covering are standing close to each other in the stack, one defender will move over to shade them deep, and the other will move slightly more towards the thrower. When one of the receivers makes a deep cut, the first defender picks them up, and if one makes an in-cut, the second defender covers them. The defenders communicate and switch their marks if their respective charges change their cuts from in to deep, or vice versa. The clam can also be used by the entire team, with different defenders covering in cuts, deep cuts, break side cuts, and dump cuts.

3) Spirit of the game

Updated rules can be found at www.teamwaar.com

- a) Ultimate is known for its "Spirit of the Game", often abbreviated SOTG. Ultimate's self-officiated nature demands a strong spirit of sportsmanship and respect. The following description is from the official ultimate rules established by the Ultimate Players Association:
- b) Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other 'win-at-all-costs' behavior are contrary to the spirit of the game and must be avoided by all players.