



Official Xoso Coed Ultimate Frisbee Rules

Honor Code

Xoso Coed Ultimate Frisbee is played on the honor system. It is important to remind yourself and your teammates that everyone in the league is here to have fun and meet new people. Unsportsmanlike conduct will not be tolerated. Alcohol is not permitted in the park.

Only paid Xoso league members are allowed to play. NO EXCEPTIONS. Any team using a player not on their roster who did not register as a sub will forfeit their game. Subs can register at <http://www.xososports.com/page/sub-registration>

Ultimate in Ten Simple Rules

- 1. The Field** - A rectangular shape with endzones at each end. 5v5 fields are approximately 50 yards by 30 yards plus endzones. 7v7 fields are approximately 70 yards by 40 yards plus endzones. Xoso fields will be adjusted according to team/park size.
- 2. Initiate Play** - Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense.
 - 7v7: A team needs at least two of each gender on the field at all times, and to not forfeit.
 - 5v5: Teams need one of each gender on the field to not forfeit, and there is a max of 3 men on the field.
 - There will be a five minute grace period before the forfeit.
- 3. Scoring** - Each time the offense receives a pass in the defense's endzone (first point of contact: meaning some part of the person must touch in bounds when the catch is made), the offense scores a point. Play is initiated after each score. First team to 15 points, or the team leading when time expires (1 hour), wins the game. Three minute half time at 30 minutes (after a score), and the team who didn't receive the pull to open the game receives to open 2nd half.
- 4. Movement of the Disc** - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc and may pivot on one foot but cannot change the pivot foot. The defender guarding the thrower ("marker") counts out the stall count. If the defender is not counting the stall count out loud, the "thrower" will have an unlimited amount of time to throw. If a player does not throw before the stall count reaches ten, the defense gains possession. The defender must guard from an arms length distance

(This is a social league, so don't get all up in their face, let them make their pivot and attempt a throw). A player may catch his own throw only if the disc has been touched by another player during its flight.

5. Change of possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc (where they pick it up, not where it first touches the ground) and becomes the offense. The defense may hand the disc to the thrower when the defensive team is ready.

6. Substitutions - Players not in the game may replace players in the game after a score and during an injury timeout.

7. Non-contact - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

8. Fouls - When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone. Fouls that occur in the endzone will result in possession starting at the goal line.

9. Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. Spirit of the Game - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Xoso Ultimate is one of the only sports that is played without a referee or umpire. You are expected to call your own fouls and adjust play accordingly. Team Captains need to report the final score to a Xoso representative in person or by email within 24 hours of the game's conclusion.

Special thanks to Steve Courlang and Neal Dambra, 1991, for the development of "Ultimate in Ten Simple Rules".

3. For the purposes of tiebreakers, no team shall win or achieve a differential of more than +10, even if the team won by more than 10 games.