



# Official Rules

**2020 Season**

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I Field of Play

II Equipment

III Players

IV Game Format

V Status of Disc

VI Out of Bounds

VII Offense

VIII Defense

IX Positioning

X Scoring

XI Fouls

XII Violations

XIII Turnovers

XIV Stoppages

XV Officials and Their Duties

# I Field of Play

## A. Field Dimensions

1. The field of play is a rectangular field measuring 26 yards wide by 47 yards long.
2. Field lines will be painted 2" to 4" wide, a porta-field or lined with flat cones.
3. Ten USAG standard pylons are used to mark each corner plus the center of the back of the playing field proper and the back of the clear box. If no pylons are available, tall cones will be used.
4. The end line in front of the clear box also serves as the 2 point line and is not part the clear box.
5. The sidelines and end lines are out of bounds, while the pylons are neutral.

## B. Goal Box

1. At one end of the field is the Goal Box, a rectangle that measures 26 yards wide by 12 yards deep, where the Goal Area is located.
2. The front line of the Goal Box, between the goal posts of the Goal, serves as the Goal Line in front of the Goal Area.
3. Any throw originating from the Goal Box cannot travel airborne or be pulled through the backside of the Goal or a turnover will result.

## C. Goal Area

1. In the Goal Box is the Goal Area which forms an arc measuring 22 feet, 2 feet extended from each side of the Goal, by 18 feet deep at the apex (known as the reverse brick). The reverse brick of the Goal Area is 18 feet from the endline of the playing field.
2. The entrance to the Goal Area is based off the Goal, which are set 18 feet wide and extends 11 feet into the air forming an arc.
3. The goal line is a straight line between the goal posts of the Goal.

## D. Key Area

1. In front of the goal line, opposite the Goal Area is the Key Area forming an arc measuring 22 feet wide, two feet extended from the front of each Goal Post, arcing to the apex (known as the brick) of the Key Area, 4 feet from the goal line.

## E. Clear Box

1. Opposite from the Goal Area is the Clear Box, a rectangle that measures 26 yards wide by 10 yards deep and is 25 yards from the Goal Line.
2. The front line of the Clear Box also serves as the 2 point line.
3. Any throw originating from the Clear Box that results in a goal is worth 2 points.

## F. Substitution Box

1. The substitution box is 25 yards wide and 3 yards deep located at the side of the playing field between the goal line and the clear line.
2. For indoor play there may be a bench to use as the substitute area.
3. Each team member not on the field shall remain in the substitution box.

## G. Field Boundary

1. The area between the restraining line and the field perimeter is the sideline area.
2. A restraining line shall be established 3 yards from the perimeter of the entire field. Players not on the field, officials and tournament staff can occupy this area inside the restraining line.
3. Officials must signal a timeout or stoppage in play before coaches, other team members, or medical personnel are allowed onto the field.
4. Only team owners, a head coach, two assistants, medical staff, and team members shall be allowed in, and must remain in, their sideline area when they are not players on the field. Coaches and medical staff are not permitted to go to the scorer's table except during a suspension or stoppage of play.
5. A player-coach has no special privileges. They shall conduct themselves in the same manner as any other player.
6. All team personnel must conduct themselves in a manner that would reflect favorably on the dignity of the game and the officials. Violations by any team personnel require a written report to the USAG Operations Department for subsequent action.
7. Team personnel in the sideline area are not permitted on the field during an on field altercation. Violations of field boundary rules may result in unsportsmanlike flagrant fouls.

## II Equipment

### A. Equipment Inspection

1. The officials may inspect any player's equipment in order to ensure the safety of other players.
2. The use of metal or other hard objects to protect the body, such as casts, guards and braces, is permitted provided that such objects are appropriately covered on all edges and surfaces by foam, rubber or similar material. All face masks and eye or nose protectors must conform to the contour of the face and have no sharp or protruding edges.
3. Glasses or sunglasses are permitted only if they are 360 degree wrapped or affixed

by elastic or similar material.

4. A player may not wear any type of hand, arm, face, nose, ear, head, or neck jewelry.
5. A player may not wear unauthorized equipment (e.g., baseball cleats, track spikes, or golf shoes) or equipment that has been intentionally altered so that, in the judgment of the officials, has potential to cause injury to an opponent.

#### B. The Goal

1. The Goal is 32 feet long made of PVC or tent pole aluminum and has a minimum outside diameter of 0.5 inches and a maximum of 1.5 inches.
2. The Goal will be affixed such that when sufficient contact is made, it must yield to the player(s) involved to avoid injury.

#### C. The Disc

1. The disc officially approved USAG disc is the Discraft Ultra Star 175 gm.
2. The Tournament Director shall have at least 5 new discs available for each Final: one located at each pylon and one for use in the game.
3. All game discs will be inspected by the officials before the start of play.

#### D. Player Uniforms

1. Equipment or apparel that, in the judgment of the officials, may endanger or confuse opponents is illegal.
2. Each team shall wear their respective dark or light jersey. In the event that the uniforms cannot be adequately distinguished, in the judgment of the officials, the crew chief official will designate which jerseys will be worn.
3. Each player shall be conspicuously numbered, minimum 6 inches tall on the back of the jersey. Such number must correspond with that listed with the scorer. A player shall retain the same number throughout the game except when permission to change is given by the official. Such change(s) shall be reported to the scorer. Any changing of a jersey by a player shall occur on the sidelines, not on the field.

### III Players

#### A. Team

1. Each team shall have no fewer than 4 and no more than 10 players from the active roster uniformed, able, and ready to play at the beginning of each game.
2. Each team must have 4 players on the field at all times during play. Violations will result in a delay of game penalty.
3. If there are only 4 eligible players remaining and one of these players must leave the game due to injury or ejection, the team must forfeit the game if no injured

player can return to play.

4. Play stops when delay of game sub violation is called.
5. Penalty:
  - a. If the penalty is on the offense, the clear will be nullified and the offense will move to the reverse brick, apex of the Goal Area and begin the process of clearing.
  - b. If the penalty is on the defense, offense will have an automatic clear, if the offense was in process of clearing.
  - c. If the penalty was on the defense and the disc was cleared, the disc will move to the brick, apex of the Key Area.
6. If an official must call a timeout for an injured or bleeding player, the official will stop play either:
  - a. immediately, if the disc is not in the air.
  - b. upon the result of the throw, if the disc is in the air.
  - c. upon completion of an imminent scoring opportunity, as determined by the official.

#### B. Substitutions

1. Teams are permitted unlimited substitutions during play from the substitution box.
2. An active player must make contact with the substitute player who has at least one contact point in the substitution box before the substitute becomes an active player.
3. Play stops when sub violation is called.
4. Penalty:
  - a. If the penalty is on the offense, the clear will be nullified and the offense will move to the reverse brick, apex of the Goal Area and begin the process of clearing.
  - b. If the penalty is on the defense, offense will have an automatic clear, if the offense was in process of clearing.
  - c. If the penalty was on the defense and the disc was cleared, the disc will move to the brick, apex of the Key Area.

#### C. Starting Lineups

1. At least 10 minutes before the game is scheduled to begin, teams shall supply the scorer with the name and number of each eligible player and indicate the starting lineup.

#### D. Captains

1. A team will have a captain and may have a co-captain. The designated captain may be any uniformed player.

2. In absence of Officials, the Captains will take on official duties (XIV.B).
3. The designated captain is the only player who may ask an official about a rule interpretation. They may not dispute a decision. They are entitled to an explanation of any decision, but no prolonged argument is allowed.
4. In the event that the captain is absent from the field and sideline, thier coach shall immediately designate a new captain.
5. Team captains shall be identified to the scorer prior to the start of the game.

## IV Game Format

### A. Game Length

1. The game shall start promptly at the time prescribed by the Tournament Director.
2. The game is 35 minutes, with two 15 minute halves and a 5 minute halftime.
3. Games that end in a tie in pool play will result in a tie.
4. Games that end in tie in bracket games when the clock has expired will result in Sudden Death (IV.D).
5. A team is permitted 30 seconds to replace a disqualified player.
6. A team is permitted 60 seconds to stop the bleeding of a player, or that player must be substituted.

### B. Disc Toss

1. Each period will begin in accordance with the games' disc toss.
2. Immediately prior to the game, the captains of both teams and officials will meet at midfield.
3. The head official will identify the sides of the two discs and then toss both in the air. The visiting team captain will call "same" or "different".
4. The captain of the team winning the disc toss will choose to start the game by either: (1) deciding to put the disc into play at the apex of the Goal Area and attempt to clear the disc (Possession), or (2) decide to defend the clear (Position). The captain of the other team will choose from the remaining option.
5. The results of the two options above will be reversed to start the second half.

### C. Clock

1. The scoreboard clock shall be the official clock for the game and shall be operated under the control of the timer.
2. Time will run continuously until the end of the period.
3. If the disc is in the air at the end of a half, play shall continue until the result of the throw is determined. No subsequent throw shall be permitted, regardless of the existence of a pivot foot. MACing, tipping or brushing the disc is allowed.
4. A period cannot end on a defensive foul. If time expires at the time of the defensive

foul, the thrower will have a 5 second stall count with no time clock. Play shall resume with a checked disc or the official whistles to restart play. If foul was on offensive, time expires.

5. If the clock shows 00:00.0 after a goal or when the disc is not in the air, then the period or game has ended.

#### D. Sudden Death Overtime

##### 1. 3 vs 3:

- a. When the second half expires in a tie, play will be suspended and "Sudden Death" will be announced.
- b. The offense will drop one receiver and the defense will drop one defender leaving 3 players on both teams ready for play to resume.
- c. The thrower in possession of the disc when time expired will offer a disc/ground check to the defense and play will resume.
- d. Team that scores first wins.

#### V Status of the Disc

##### A. Goal Area Possession

1. If a team gains possession after a turnover in the Goal Area they are defending, the 3-second count will be negated and they will put the disc into play after establishing a legal pivot.
2. If a team gains possession in the Goal Area that they are attacking without scoring, play will continue.

##### B. Stall Count

1. The stall count is to 5 and can be called by any defensive player.
2. A defensive player shall call "stalling" and begin the stall count once the thrower has possession of the disc.
3. The stall count should be loud enough for the thrower to hear.
4. "Stalling" will start the count with the intent of the "s" in stalling and the utterance of "one" being one second apart.
5. 1 second shall elapse between each number in the stall count.
6. If the stall count reaches 4, "stalling" should be said between 4 and 5 to keep from rushing the stall.
7. Where there are two stall counts, the numerically lower applies.
8. If the stall count reaches the 'F' of 5 before the thrower releases the disc, the marker shall call "stall". Play is suspended and violation is a turnover.

9. After a turnover, the disc is placed on the ground by the stalled thrower and the 10 second pre-stall begins.
10. Any offensive player can take possession of the disc. 10 second pre-stall still applies.
11. The stall count will reset to zero if a damaged disc needs to be replaced.

#### C. Fast Count

1. The thrower may contest the “stall” by calling “Fast Count” if they believe they released the disc before the count reached the “F” in five.
2. If “Fast Count” is called:
  - a. and the pass was complete, play stops and possession reverts back to the thrower. A disc/ground check resumes play with the stall count coming in on 3.
  - b. and the pass was incomplete, it is a turnover.
  - c. a second time within the same 5-seconds, play is suspended. Play resumes after a disc/ground check with the stall count reset to zero.
  - d. and the thrower did not have reasonable opportunity to call “Fast Count” before the “F” in "Five", the play is treated the same as a contested stall.

#### D. Restarting play from out of bounds

1. To restart play on a disc that is out of bounds, the thrower will establish their pivot foot inside the perimeter from the closest point where the disc was last in bounds.
2. The stall count can start when pivot is established, no disc check or ground tap required.

#### E. Clearing the disc

1. After a score, the offense will work the disc towards the Clear Box to clear the disc.
2. Possession of the disc and one contact point inside the Clear Box is required to be cleared to attempt a score.
3. The offense will announce “Clear” when the disc is caught in the Clear Box.
4. If momentum carries a receiver into the Clear Box, the player is not clear. The player moves the disc back to the clear line and establishes a pivot and can now attempt to clear the disc.

## VI Out of Bounds

### A. Perimeter

1. The sidelines, Goal Box endline and the Clear Box endline are the perimeter and are out of bounds.
2. The ground outside of the field, and all non-players in contact with it, is out of bounds.
3. Pylons/cones marking the field of play and clear area are neutral and should be treated as air.
4. Officials are neutral; they are neither in nor out of bounds.

#### B. Live Play

1. A player is out of bounds if they contact anything out of bounds, except:
  - a. players in the air retain their status based on their last ground contact.
  - b. players retain their in-bounds status if momentum carries them out of bounds after catching a disc in-bounds.
  - c. players retain their in-bounds status if pivoting carries a thrower out of bounds, as long as the pivot is in bounds.
  - d. players do not transfer their status to other players through contact.
2. A disc is out of bounds when it contacts anything out of bounds, or when it is caught by a defender who is either out of bounds or who lands out of bounds. That defender must become the thrower and put the disc into play by establishing a pivot inside the perimeter.
3. A disc in the air may cross the perimeter and return to the playing field, and players may make plays on the disc at any point in its flight.
4. When a disc is out of bounds, a member of the team gaining possession must immediately carry the disc to the nearest spot where the most recent event occurred:
  - a. The disc finished crossing the perimeter.
  - b. An inbounds player touched the disc.
  - c. A defender touched the disc.
  - d. The disc became out of bounds before crossing the sideline.
5. While retrieving an out of bounds disc, the thrower has 10 seconds to establish a pivot where the disc shall be put into play inside the perimeter line.

C. When a disc is deemed out of bounds, possession cedes to the opposing team.

## VII Offense

### A. The Thrower

1. Any offensive player may pick up the disc if it is on the ground, and that player must put the disc into play. This player becomes the Thrower.
2. The offense has 10 seconds to put the disc into play if the disc is on the playing field. This is called a pre-stall. After 10 seconds, any defender can initiate a stall count.
3. The thrower must establish a pivot next to the disc when the disc is inside the field perimeter.
4. If the disc will be picked up other than where it is to be put into play:
  - a. the defense will suspend the pre-stall while the offense receives a new disc if the defense determines that the disc cannot be picked up within 10 seconds.
  - b. the thrower must establish a pivot at the spot of the infraction.
  - c. after being thrown or carried out of bounds by momentum, the player has 10 seconds to carry the disc to last point of in-bounds contact and establish a pivot inside the field perimeter. Stall count can start when pivot is established, no disc check/ground check necessary.

### B. The Receiver

1. A Receiver is any Offensive player attempting to catch a disc or not in possession of the disc. After the catch, the player's first contact point inside the field perimeter determines whether the player is in-bounds.
2. One contact point inside the Goal Area line plus the disc breaking the plane of the Goal is needed for a score to be counted.
3. One contact point inside the Clear Box line is needed for the disc to be cleared.
4. A player must stop as quickly as possible and establish a pivot after catching the disc.
5. If a player changes speed or direction after catching the disc it is a travel.
6. If the receiver loses control of the disc after the catch because of ground contact, it is a turnover.
7. A player may kick or bobble the disc in order to catch it, but may not intentionally move the disc in any direction by kicking, tipping, brushing, delaying, MACing, or otherwise bobbling the disc to themselves. Such maneuvers are a travel.
8. A player may tip, brush, or MAC any throw, including their own, to another player.
9. If a score results from a tip, brush, or MAC any throw, including their own, from behind the two point line, it is worth 2 points.
10. After a catch, a player may throw the disc without stopping and establishing a

pivot if it is accomplished before the third step.

11. Offense maintains possession if the offense and the defense catch the disc simultaneously.
12. The disc must be caught before it hits the ground; a disc that hits the ground and is caught simultaneously is not considered a catch. If playing on natural turf, the grass is considered ground contact.
13. If the catch is contested, the disc goes back to the thrower with the stall resuming at 3.
14. If the disc contacts the ground without a player being in complete possession, it is a turnover.

### C. Screens

1. A legal screen must be stationary with feet shoulder width apart or less and standing without extension of arms, elbows, hips or knees outside the frame of the body.
2. Time and distance are also factors in setting a legal screen. The distance that must be given varies by situation; namely, the visibility of the screener and the speed of the opponent.
3. The screener may move in the same path and direction as the opponent, parallel motion.
4. The player setting the screen will give the screened player options to avoid contact with the screen.
5. Screens are legal in the Key/Goal Area but the 3-second rule still applies.
6. Types of screens:
  - a. Visual: if the screen is within the visual confines of a stationary defender, the player can set the screen any distance away from that defender.
  - b. Blind: if the player setting the screen is outside the visual confines of a moving or stationary player the screen must be set at least one step away from that defender.
  - c. Time and Distance: if the defender is moving there must be a legitimate chance to avoid contact with the screen and the player must set the screen somewhere between one and two strides from the opponent, so as to give the defender "time and distance" to stop or change direction. The distance will vary based on the speed of the screened player.
  - d. Moving: the screen is allowed to move in the same path and direction as the opponent, parallel motion.

- e. Position: once a screener has established position, it is perfectly legal to move a little to brace in anticipation of contact, provided the screener does not initiate any part of the contact.
- f. Contact: the opponent may make inadvertent contact with the screen, and if the opponent is running rapidly, the contact may be severe. Such a case is to be ruled as incidental contact provided the opponent stops or attempts to stop on contact and moves around the screen.
- g. Disc or marker: no player shall use the thrower or the marker as a screen.

#### D. Penalty for illegal screen:

1. "Pick" or "violation" is called and play is suspended.
2. The illegally screened player will get to catch up to the offensive player they are guarding and the stall count resumes where it left off.
3. If the illegal screen was in the playing area, the thrower will move to the reverse brick, apex of the Goal Area, or where the violation was called, whichever is least beneficial with the stall where it left off.
4. If the illegal screen was in the Key/Goal Area, the thrower will move to the reverse brick, apex of the Goal Area with the stall where it left off.
5. Play resumes with a disc/ground check.

## VIII Defense

### A. The Marker(s)

1. The defense can use all 4 players as markers to guard the thrower.
2. Any defensive player can start a "satellite stall count" from anywhere inside the perimeter once the receiver has possession of the disc and/or established a legal pivot.
3. The marker starts at "stalling" and counts at one-second intervals 1 through 5 loud enough for the thrower to hear.
4. The marker must keep the "s" in stalling" and one at a one-second interval.
5. If the marker reaches the "f" in five before the disc is thrown, "stall" is called and result is a turnover at the spot of the pivot.
6. If another marker starts a new stall count during the current stall, the new stall overrides the first count.

### B. Legal Guarding Position

1. A marker is permitted to establish a legal guarding position in the path of a

- thrower's desired pivot provided he does not straddle the thrower's pivot.
2. It is a disc space foul if a line between any two points on the marker is less than one disc diameter away from the thrower's torso or pivot, unless such positioning is caused solely by the thrower's movement.
  3. It is a vision-blocking foul if the marker intentionally blocks the thrower's vision.
  4. Negligible contact between the marker and the thrower is not a contact foul and does not reset the stall count.

## IX Positioning

### A. Positioning of players

1. Players are allowed to be anywhere inside the perimeter unless overridden by another rule.
2. Players must allow opponents the time and space required to stop after catching the disc.
3. Players must allow airborne opponents the time and space required to land and stop after catching the disc.
4. Players may turn slightly to protect themselves from imminent contact but are never allowed to bend over to submarine an opponent.
5. A player may "back up", move away from an in motion player to protect themselves from imminent contact.

### B. Three Second Rule for Key Area and Goal Area

The Key Area (KA), the semi circle in front of the goal line, and the Goal Area (GA) are combined for the 3-second rule and all players intent after entering the KA/GA is to clear before 3 seconds has elapsed.

### C. The Goal Count

The goal count is to 3 and can be called by the defense on the offensive player they are guarding or called by the offense on the defender guarding them.

1. "Goal" will start every count with the intent of the "g" in goal and "one" being one second apart.
2. "Goal" must be said between each number until 3 is reached to distinguish the "goal count" from the "stall count".
3. All players goal count starts with the first contact point in the KA/GA.
4. If the goal count reaches 3 before a receiver clears the KA/GA, the staller shall call "3 seconds" and play will stop and the offender will be repositioned outside the KA/GA and the disc will be repositioned to the reverse brick, apex of the Goal Area with a zero stall count.
5. If the goal count reaches 3 before a defender clears the KA/GA, the staller shall call

“3 seconds” and play will stop and the offender will be repositioned outside the KA/GA and the disc will be repositioned to the brick, apex of the KA with a zero stall count.

6. If a player receives the disc in the KA/GA after the goal count reaches “3”, the player retains possession and the goal is nullified and play is continued with a checked disc.
7. Where there are two goal counts, the numerically lower applies.
8. During a shot on goal, the 3-second count is suspended once the disc is in the air and any player can make a play on the disc.

#### D. Contested Goal Count

1. Disc goes back to thrower with the stall count resuming at 3 and the players contesting the goal count will relocate outside of the KA/GA.

#### E. Clearing of the KA/GA

1. After entering the KA/GA , the player must clear before 3 seconds have elapsed.
2. One contact point outside of the KA/GA is necessary to reset any player's count.
3. As long as a defender is within arms reach of any offensive player, the defensive player has a zero count.
4. When an offensive player has one contact point outside the KA/GA and the defensive player is still in the KA/GA within arms , the defensive players count remains zero.
5. The defensive player can choose to switch to another player inside the KA/GA. The defenders goal count starts upon separation of the offense player they were guarding if he’s within an arms reach of the offensive player he switched to or can reset his goal count by one contact point out of the KA/GA.

#### F. Offense

1. If an offensive player receives the disc in the goal area under 3 seconds of entering as a score or as a possession, the 3-second rule is negated and the 5-second stall count will start upon control of a non-spinning disc.
2. 3-second count is suspended for all players on the release of a shot on goal.
3. Screens are legal in the KA/GA but only under 3 seconds.
4. Contested screen over 3 seconds: the screener is repositioned to the closest point outside the KA/GA and the disc is returned to thrower with the stall coming in where it left off.

5. If a screen is over 3 seconds in the KA/GA, any reception is negated and the thrower moves to the reverse brick, apex of the Goal Area.
6. If the thrower is in the KA/GA and releases the disc, the thrower now becomes the receiver and the goal count starts upon release of the disc.

#### G. Defense

1. If a defensive player enters the KA/GA without an offensive player within arms reach, defense must clear the goal within 3 seconds.
2. If an offensive player clears the KA/GA, defense must be within an arms reach (actively guarding) of any offense player to remain in the KA/GA with no count.
3. If any defender in the KA/GA is farther than arms reach from any offensive player, the 3-second count starts upon separation.
4. Defense can switch to another offense player in the KA/GA if they can accomplish this under 3 seconds.
5. Players may double, triple team in the KA/GA only if they are actively guarding an offensive player.

#### H. Penalty for 3-second violation

1. Offensive 3-second violations in the KA/GA results in a stoppage of play and the repositioning of the offender(s) to the closest area outside the Key/Goal Area. The thrower must move the disc to the reverse brick, apex of the Goal Area (GA) with the stall starting where it left off.
2. Defensive 3-second violation in the KA/GA results in a stoppage of play and the repositioning of the offender(s) to the closest area outside the KA/GA and the thrower moves the disc to the brick, apex of the KA with a fresh stall count.

#### I. Posting up in Key Area/Goal Area:

1. Players are allowed to hold their space they are occupying, post-up, in the KA/GA but must use controlled contact motions to back down players inside the KA/GA.
2. Backing down, leaning into a player, is allowed but must be done in a controlled contact way.
3. All blatant, obvious shoving, pushing, body check motions, hooking with the arms to create space are fouls.
4. Extended arm use while backing down a player is a foul.

## X Scoring

A score is recorded when an offensive player catches a disc that was thrown, carried airborne or pulled to break the plane of the Goal and have one contact point in the Goal Area they are attacking maintaining possession of the disc throughout ground contact.

1. The players first point of contact must be completely in the Goal Area and not on the Goal Line or Goal Area Line.
2. Disc only needs to break the plane of the Goal.
3. After a score, the offense retains possession and after a legal pivot is established, needs to work the disc into the Clear Box before they attempt to score again.
4. The Goal is a “one way gate” in which a disc may only be thrown towards the Goal Area. Any disc thrown through the backside of the goal, is a turn over. A member of the team now in possession must establish a pivot where the disc came to rest inside the playing field or where it went out of bounds.
5. Any throw that originates from the Clear Box that results in a score, including any deflection(s), is worth 2 points.
6. If during a score the player is forced to land out of the Goal Area by contact by the defense or a foul causes the player to lose the disc after the catch, it is a score.
7. If a player catches the disc outside the Goal Area they are attacking and their momentum carries them into the Goal Area through the goal, no score is awarded and play continues after they stop and establish a legal pivot.
8. Any goal-line straddled player may:
  - a. establish a pivot in the Key Area and pull the disc back through the goal if the throw originated from the playing area.
  - b. receive a disc that was thrown from the Goal Box, backside of the goal, but must establish a pivot in the Goal Area or it will be considered a turnover, pulled through the “one way gate”.
9. If any player deflects the disc and it continues through the Goal and an offensive player in the Goal Area catches the disc, it is a score.
10. A disc that deflects off the Goal and is caught for a score by the offense is a score.
11. If the disc breaks the plane of the goal before it is released, no goal is awarded. “Through” is called and possession continues with the new thrower with establishment of a legal pivot.
12. A player may catch the disc while airborne and carry the disc through the Goal into the Goal Area and be considered a score.
13. If a player has one contact point in the Goal Area they may pull, not push, the disc to break the plane of the hoop for a score.
14. A player may “Greatest” if they:
  - a. retain their inbounds status based on their last ground contact.
  - b. advance the disc, that has broken the plane or flown through the scoring side of the Goal, while airborne by throw, brush, tip or MAC to another player with one contact point in the Goal Area for a score.
15. An offensive player in the Goal Area cannot reach around the goal and push the disc to break the plane for a score.

## 16. Goal Reposition

### A. Offense:

1. If the offense, in the act of catching a score:
  - a. hits the goal but it doesn't have to be repositioned, it is a score.
  - b. knocks the Goal over or moves it to a point where it has to be adjusted before play can resume, no score is awarded. Possession is retained at the reverse brick, apex of the Goal Area with a zero stall count.
2. If the pass was incomplete, it is a turnover.

### B. Defense

1. If the defense, in the act of defending a possible score:
  - a. hits the Goal but it doesn't have to be repositioned and the receiver catches the score, it is a score for the offense.
  - b. knocks the Goal over or moves it to a point where it has to be adjusted before play can resume, and the receiver catches the disc for a score, the score counts. After the Goal gets adjusted, the offense will put the disc back into play at reverse brick, at the apex of the Goal Area.
2. If the catch was not a goal, the receiver now thrower will retain possession and move to the brick, apex of the Key Area with stall count reset to zero.
3. If the pass was incomplete, the thrower will retain possession at the reverse brick, apex of the Goal Area with stall count reset to zero.

## XI Fouls

### Foul Categories

Spot fouls award the appropriate team possession of the disc at the spot of the foul. If the spot foul is against the defense, the fouled offensive player is awarded possession with a fresh stall count. If against the offense, the stall count will remain unchanged.

### A. Contact

1. Players may not hold, push, charge into, or impede the progress of an opponent by extending a hand, forearm, leg, knee, or by bending the body into a position that is not typical.
2. Contact that affects an opponent's ability to make a play on a disc in the air is a foul.
3. If a thrower is in a throwing motion, light, incidental contact initiated by the marker is not a contact foul or a reset of the stall count. If the marker makes significant contact with the thrower, foul is called and play is suspended.
4. A thrower may not push away or pivot into the body of a defender who has established a legal guarding position.
5. Players must be in control of their bodies at all times. Contact due to recklessness

is a foul.

6. Controlled contact is not a foul. Controlled contact is permitted as long as it does not affect a player's balance, speed, jump, catch, pivot, throw, or play on the disc.
7. Accidental contact away from the disc that does not affect the play is permitted.
8. Intentional contact away from the disc is a foul.

#### B. Enforcement of Fouls in the Key Area/Goal Area

1. Any foul committed by the defense on the thrower/receiver in the Key Area/Goal Area will result in the offensive choice of the disc being moved to the brick, apex of Key Area OR resume possession where the foul was committed the stall count reset to zero.
2. Any foul committed by the offense on a defender in the Key Area/Goal Area will result in the defensive choice of disc being moved to the reverse brick, apex of Goal Area OR resume possession where the foul was committed, which ever is least beneficial. Stall count will resume where left off. Play will resume with a disc/ground check.
3. Any foul committed by the defense during/after a goal attempt in the Goal Area shall have a penalty enforced by the offense moving the disc to the brick, apex of the Key Area with the stall count reset to zero.
4. Any defensive foul that occurs after the clock expires with the disc in the air will entitle the offense to one untimed throw with a stall count after enforcing the foul.
5. Any offensive foul that occurs after the clock expires with the disc in the air will have no effect on the clock.

#### C. Disc Space

1. It is a disc space foul if a line between any two points on the marker is less than one disc diameter away from the thrower's torso or pivot, unless solely the thrower's movement causes such positioning.

#### D. Cylinder of Verticality

1. Players have the right to jump or reach into the air space immediately above their torso to make a play on the disc.
2. Contact in this space that occurs before the disc is caught or blocked is a foul on the player.

#### E. Strips

1. A defender may not dislodge or pull the disc away from an offensive player who has the disc.
2. If the strip occurs in the Goal Area the stripped team is attacking, it is a score.

#### F. Blocking (illegal defensive position)

1. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent a moving or airborne receiver carrying the disc for a scoring attempt.
2. The Key Area doubles as the Restricted Area. If the defender is on or inside the half circle marking the restricted area and contact happens between the defender and the offensive player who is trying to score, it will always be a blocking foul.
3. The defender has to be established in front of the offensive player and waiting for the offensive player to make the contact out of the Restricted Area (Key Area).
4. The defender cannot move in either direction or use extended hands against the offensive player.
5. A defender is allowed to move backwards to avoid contact.
6. Penalty:
  - a. If a goal was scored during a blocking foul, the score will count and the offense will put the disc back into play at the reverse brick, apex of Goal Area.
  - b. If the catch was dropped during a blocking foul, offense will put disc back into play at the brick, apex of Key Area.
  - c. Play resumes with a disc/ground check.

#### G. Charge (illegal contact offense)

1. A charge is an offensive foul that is committed when an offensive player pushes or runs over a defensive player.
2. An offensive player must avoid a legally positioned defender or a charge will be called.
3. Penalty:
  - a. If a goal was scored during the offensive charge, the goal will be nullified and the receiver will retain possession, become the thrower and will move the disc to the reverse brick, apex of the Goal Area.
  - b. If the throw is incomplete during the offensive charge, it will be a turnover.
  - c. Play resumes with a disc/ground check.

#### H. Vision Blocking

1. It is a vision blocking foul if the marker intentionally blocks the thrower's vision and the thrower will receive a fresh stall count.

#### I. Swinging of Elbows

1. A thrower is not allowed excessive or vigorous swinging of the elbows when a

defender is nearby, even if no contact occurs.

2. Penalty:
  - a. Offense maintains possession and if the disc was already cleared, the clear is nullified. Offense will start at the reverse brick, apex of Goal Area and begin the process of clearing.
  - b. If the offense was not clear, the thrower will move the disc to the reverse brick, apex of Goal Area and begin the process of clearing.

#### J. Double Fouls

1. A double foul occurs when 2 players foul each other during the same general play or moment.
2. If a double foul occurs when the disc is not in the air, the offense shall retain possession with an unchanged stall count.
3. If a double foul occurs when the disc is in the air, the disc will go back to the thrower with an unchanged stall count.

### XII Violations

#### A. Thrower Travel is called if:

1. A player catches the disc and either changes direction or does not stop as <sup>[[1]]</sup>soon as possible.
2. A player throws the disc after three steps and before establishing a pivot.
3. A player intentionally moves the disc in any direction by kicking, tipping, brushing, delaying, MACing, or otherwise bobbling the disc to themselves.
4. An illegal pivot position is established, whether on a perimeter, in the end zone, upon picking up the disc, or in any other situation.
5. The thrower's pivot moves before the disc is thrown, then it is a travel at the spot of the original pivot.

#### B. Receiver Travel is called if:

1. A player catches the disc and either changes direction or does not stop as soon as possible.
2. A player throws the disc after three ground contacts and before establishing a pivot.
3. A player intentionally moves the disc in any direction by kicking, tipping, brushing, delaying, MACing, or otherwise bobbling the disc to themselves.
4. Exceptions:
  - a. A player may lose contact with the pivot spot in order to stand up and establish

- a pivot foot at the same location.
- b. A player may throw the disc before the third ground contact if they do not change direction or increase speed.
- c. A player may reset the pivot if play stops.
- d. The officials determine when the receiver becomes the thrower and enforce the travelling foul accordingly.

### C. Delay of Game

1. It is a delay of game penalty if a player uses a stoppage of play to gain an unfair advantage or delay the flow of the game.
2. It is a delay of game penalty if there are not 4 players on the field for a team.
3. The team must have 4 players after the foul.
4. Penalty:
  - a. If the penalty is on the defense, offense will have an automatic clear, if the offense was in process of clearing.
  - b. If the penalty was on the defense and the disc was cleared, the offense will move to the brick, apex of the Key Area.
  - c. If the penalty is on the offense, the clear will be nullified and the offense will move to the reverse brick, apex of the Goal Area and begin the process of clearing.

### D. Unsportsmanlike, Flagrant Conduct

1. Disrespectfully addressing an official.
2. Physically contacting an official.
3. Overtly indicating resentment to a call.
4. Using profanity.
5. A coach entering the field without an official's permission.
6. Intentionally throwing elbows or attempting physical contact without making contact.
7. Taunting,
8. Spiking the disc on or toward an opponent or in a way that can only result in damage to the disc.
9. Initiating physical contact to an opponent if it could be avoided, such as lowering a shoulder or pushing.
10. Merely cursing or blaspheming an official is not unsportsmanlike conduct, but running tirades or continuous criticism may be. Excessive misconduct may result in ejection.
11. Unsportsmanlike conduct calls shall be avoided whenever possible, but when necessary, they will be assessed without delay.

12. Unsportsmanlike conduct calls can be made after the game is over or the player has been ejected. All additional unsportsmanlike conduct must be reported immediately to the USAG Operations Department.

#### E. Fighting

The following acts may constitute fighting:

1. Unnecessary or excessive contact.
2. Intentional elbows that make contact.
3. punch, kick, or other blow that does or does not make contact.
4. Intentionally entering the stands other than as a continuance of play.
5. Fighting fouls can be assessed to players, coaches, or staff, and the participants will be ejected immediately.
6. Fighting fouls can be assessed whether play is live, suspended, or stopped.
7. All fighting incidents must be reported immediately to the USAG Operations Department.

#### F. Flagrant Fouls

1. A flagrant foul occurs when an intentional or unintentional foul is committed in which there is danger to the players involved.
2. A player must be ejected for the remainder of the game if they commit two flagrant fouls in the same game. At the official's discretion, players may be ejected after one flagrant foul.
3. Flagrant fouls can be called on any team personnel, not just players on the field.
4. Ejected players must leave the field immediately and cannot remain on the sidelines or in the stands. Ejections must be reported to the USAG Operations Department.
5. If a player receives more than one ejection in a tournament, that player is suspended for the rest of the tournament and a formal complaint will be filed with the USAG Operations Department for review.

#### G. Flagrant, Unsportsmanlike and Fighting Position Penalty:

1. If a flagrant/unsportsmanlike call is made on the defense, the offense moves the disc to the Clear-line (auto clear) unless already cleared, then the disc moves to the brick, apex of the Key Area.
2. If a flagrant/unsportsmanlike call is made on the offense, it is a turnover and the new offense is allowed to move the disc to the Clear-line (auto clear).

#### H. Integrity Rule

- 1 Any player on the playing field or head coach can overturn any call made by an official if the official's call favored the player(s) or coach(s) own team.

- 2 Officials shall respect the player(s) or coach(s) call and overturn the original call immediately.
- 3 The intention is for teams to display sportsmanship and remedy an incorrect call against their opponent.
- 4 The integrity rule applies only to calls made by an official and not to non-call situations.
- 5 A call includes fouls or decisions regarding the results of a play (i.e, if the disc was caught or out of bounds).

### XIII Turnovers

#### A. Flying Disc

1. If a thrown disc is not caught in bounds, it is a turnover.
2. If a disc in play is dropped by the thrower and the disc is not caught, then it is a turnover.
3. If the disc is caught by the thrower before another player contacts the disc, the thrower retains possession and stall count continues.
4. If a thrown disc is intercepted, then it is a turnover.
5. If the defender proceeds to lose control due to ground contact, or drops the disc, it is still a single turnover and the defense takes possession.

#### B. Other Turnovers

1. If the stall count reaches the "F" in 5 before the disc is thrown, it is an immediate turnover at the spot of the pivot.
2. If the disc is thrown thru the backside of the goal.
3. If a straddled player receives a disc from the thrower that originated from the Goal Box, back side of the Goal, and establishes a pivot in the Key Area, pulling the disc through the "one way gate."
4. If the thrower hands the disc to a teammate.
5. Players may not intentionally physically assist a teammate's effort to catch or block the disc, and players may not intentionally push off of a teammate to catch or block the disc:
6. Players may not use equipment (e.g., hats) in an effort to catch, block, or affect the disc in the air.
7. Penalty for illegal assist or equipment:
  - a. If the offense does so, it is a turnover.
  - b. If the defense does so and:

1. the disc was cleared before the violation, it is a position foul with the stall count reset to zero and the offense has choice to move the disc to the brick, apex of the Key Area OR the disc stays where the violation was originally called. Disc/ground check to resume play.
2. the disc wasn't cleared, the disc is moved to the Clear-line and considered cleared. Disc/ground check to resume play.

## XIV Stoppages

### A. Injury Timeout

1. Officials may call timeout for an injured or bleeding player, stopping play as soon as possible, upon the completion of an imminent scoring opportunity, as determined by the official.
2. To restart play after an injury timeout:
  - a. the injured player must be treated. If the player is unable to return to play after 60 seconds, he must be substituted.
  - b. if a substitution occurs, the opposing team may also substitute a player.
  - c. the injured player may return to the game when he has received appropriate treatment by medical staff personnel.
  - d. the thrower resumes possession at the same spot when the injury timeout was called, and all other players return to the position on the field when the injury timeout was called and wait for the official's signal to restart play.
  - e. if a substitution occurs, the stall count is reset to 0.

### B. Technical Timeout

1. Any official may call a technical timeout for illegal equipment, a dangerous condition, a broken disc, or other administrative reasons.
2. Any official may briefly delay a signal to restart play to allow a player to correct equipment issues (e.g., to tie shoes, straighten or request a new disc). If the player cannot correct the equipment issue quickly, then he must be substituted.

## XV Officials and Their Duties

### A. Game Officials

1. Officials may be used if desired by the event organizer.
2. The game officials are the crew chief official and 1 to 2 assistant officials. They will be assisted by a scorer and a timer.
3. All officials shall be approved by the USAG.
4. The officials shall wear the USAG prescribed uniform.

5. When no officials are used, the duties of the officials will fall on the captains.

#### B. Duties of the Officials

1. The crew chief official shall be the official in charge.
2. The officials will, prior to the start of the game, inspect and approve all equipment, including the field (I), equipment (II), uniforms (IID), and timer's and scorer's equipment.
3. The officials must check the game disc to see that it is in new condition and have four extra game discs available.
4. The crew chief official shall preside over the disc toss.
5. If a coach desires to discuss a rule or interpretation prior to the start of a game or between halves, or if the officials wish to discuss a game situation with either coach, it will be mandatory for the officials to ask the other coach to be present for the discussion.
6. The crew chief official shall decide when officials disagree and matters upon which scorers and timers disagree.
7. All officials shall be present during the 10-minute pre-game warm up period to observe and report to the USAG Operations Department any issues and to review scoring and timing procedures with table personnel.
8. Officials must report any atypical or unique incident to the USAG Operations Department, including flagrant, punching, fighting fouls or a team's failure to have 4 players to begin the game.

#### C. Elastic Power

1. The officials have the power to make decisions on any point not specifically covered in the rules. The USAG Operations Department will be advised of all such decisions as soon as possible.

#### D. Different Decisions by Officials

1. The crew chief official has the authority to overrule or question decisions regarding a rule interpretation made by another official.
2. The nearest official shall determine whether a goal is scored. If they cannot, they will ask the other official for assistance. If they cannot assist, the crew chief official shall rule. Their decision will be final.

#### E. Time and Place for Decisions

1. The officials have the power to enforce the rules inside or outside the sidelines, even if the game is stopped.
2. Officials active calls will be clears, in or out of bounds and all calls pertaining to

- goals. All other infractions shall be called by the player(s)
3. Officials will allow 30 seconds for players debate about contested violations. If no decision has been made after 30 seconds, the official closest to the infraction shall make a decision. Their decision is final and not open to debate.
  4. When an official erroneously whistles during play, play shall stop. The official shall whistle to restart play once the thrower has the disc.
  5. An official may suspend play for any unusual circumstance.

#### F. Duties of Scorers

1. The scorer shall record the goals, the time remaining after each goal, and the number of the players throwing and catching the goal. If there is a question about the score, the scorer shall check with the head official immediately. If no error can be found, the official shall accept the scorer's record, unless he has information that forces him to overrule the scorer.
2. The scorer shall record the number of players who have D's, assists and goals.
3. The scorer shall record the name of the team that wins the toss.
4. The scorer shall record the names and numbers of the players who start the game and of all substitutes.
5. When there is an infraction of the rules pertaining to the lineup, substitutions or numbers of players (III A. and B.), they shall notify an official during the first stoppage of play.
6. The scorer shall record the time players are ejected.
7. The scorer shall signal officials by using a horn or other device unlike that used by the officials. This may be used when there is a stoppage of play or to correct a significant error during play.
8. If the scorer signals the officials during live play, the players on the field shall ignore it. The officials must use their judgment in stopping play.

#### G. Duties of Timers

1. The timer shall operate the game clock and it will run continuous.
2. The timer shall be provided with a stopwatch to time any stoppages.
3. The timer shall add on time from any stoppages at the end of both halves.
4. The timer shall notify the official crew chief and both coaches 5 minutes before each half, and they shall notify the scorer 2 minutes before each half.
5. At the beginning of each half, the game clock shall start when the disc hand checked or ground checked at the reverse brick, apex of the Goal Area.
6. If the clock shows 00:00.0 after a goal, the half or game is over.
7. If the clock shows 00:00.0 while a disc is in the air, the half or game is not over until the disc is caught or hits the ground.