

Rules of the Game (short list)

Before starting

1. Two disc flips before play begins:
 - a. 1 to determine who will pull first or which end they will defend (winner chooses first, loser gets remaining choice)
 - b. 2 to determine first gender ratio
2. Second half starts with the reversal of initial choices
3. Seven players on the field for each team
4. Ratio changes every odd number in total points played (1st, 3rd, 5th and so on)

Starting the game

1. Teams must be in their respective end zones for the pull
2. It only takes one player from each team to raise a hand to signal readiness for the pull
3. Once readiness has been signaled, the receiving team must maintain their positioning on the goal line relative to one another until the disc is released. The pulling team can move around in their end zone, not crossing their goal line until the disc is released
4. After the pull, players can move freely in any direction
5. If the receiving team tries to catch the pull and drops it, it's a turnover
6. No player on the pulling team can touch the disc before the receiving team touches it
7. If the pull lands in bounds and rolls, play resumes where the disc comes to rest or is stopped by the receiving team
8. If the pull lands in bounds then goes out of bounds, the disc is put into play at the sideline nearest to where it went out
9. If the pull goes straight out over the sideline, it can be put into play
 - a. at the sideline nearest the exit point
 - b. at the 10m brick mark (brick is called with fist over head)
 - c. at the middle mark nearest the exit point (middle is called with fist over head)

During play

1. The sidelines are considered out of bounds (like in basketball), with the following exceptions:
 - a. an airborne player is still in bounds until they make first contact out of bounds
 - b. momentum after a catch, as long as first contact is in bounds, go to go, play resumes with a check at sideline
 - c. a player may pivot out of bounds so long as the pivot foot remains in bounds
2. If both teams make a catch at the same time, offense gets the disc (the defensive team never really had sole possession of the disc, therefore no change in possession)
3. Players can start the stall count when they are within 3m of the handler
4. The mark must say stalling 1, 2, 3 and so on (one second intervals)
5. Counting too quickly is a fast count and results in resuming the stall count minus one second

6. A stall count of 10 results in a turnover
7. Only one defender within 3m of the handler
8. The mark can't be closer than one disc relative to the handler (if the handler causes this, the mark is not at fault)
9. The handler can illustrate a close mark violation by using the disc as a visual (**they must not jab or hit the mark when illustrating this!!!**)
10. Some minor contact may occur, like in the act of jumping up to make a catch. However, any deliberate contact or picks is not permitted.
11. The disc is to be considered a part of the handler's body and therefore can't be touched while marking.

Scoring

1. First point of contact must be **completely** in the endzone (not on the line)
2. You can't pivot into the endzone to score (you can pivot in to make a pass)
3. You can't walk into the end zone (if a player makes a catch and their momentum brings them into the endzone, the player shall return to the goal line closest to the point of crossing, check the disc, and continue play)
4. If a team gains possession in the endzone which they are attacking other than by scoring a point, they must bring the disc back to the goal line, check the disc and resume play.
5. If a team gains possession in the endzone which they are defending, they must immediately:
 - a. put the disc into play from the spot
 - b. or bring the disc to the goal line, check the disc and put it into play

Disputes

1. If/when a dispute arises, the two players involved are the ones to come to a decision. Other players should refrain from chiming in
2. If a dispute can't be resolved, coaches should be consulted. If an agreement can't be reached, the last play should be restarted with a stall of plus 1 or 6 if over 5 (players must return to their relative positions and a check must be completed).

Sportsmanship is at the forefront of this sport. Players should always be considerate of the rules and their opposition. Coaches need to ensure that players are aware of this and that their mindset is programmed to compete while demonstrating respect for all those in and around the field. We will have many students from kindergarten to grade 12 visiting the field throughout the day. Please remind all players of the importance of leadership as all eyes and ears will be on them. Thank you in advance ;)