

# School Sport SA Modified Ultimate Frisbee

## Modification

Ultimate Frisbee would normally be played with 7 players playing on the field. The modification for the School Sport SA format of the competition will be **5 players** per side. Competitions can be single or mixed gendered teams as the district or zone decides.

See the following video for a quick summary of how to play the game.

<https://www.youtube.com/watch?v=UnNUEvS2Ev0>

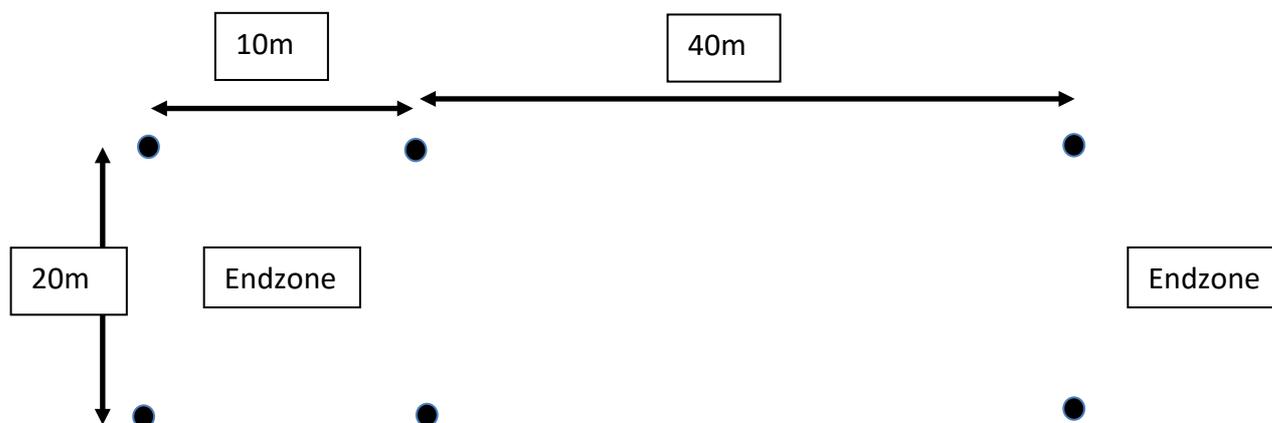
## Rules

1. **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.
2. **Scoring** — Each time the offense completes a pass in the defense’s endzone, the offense scores a point. Play is initiated after each score.
3. **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.
4. **Defending** - The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count when they are within 3 meters. Defending can be as close possible without contact.
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 and becomes the offense.
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.
9. **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** — Ultimate Frisbee 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.



## Equipment and field size

A Frisbee and 8 cones per field is all that is required. The field size should be flexible to the space available. A guide for field set up is:



## Intra-school competition

Schools are encouraged to run an internal competition at their site to determine their top team/s. This could be done during lunch breaks, through a SEPEP (Sport Education in Physical Education Program) unit or another format determined by the school.

## Possible district/zone carnival format

Games are 20 minutes in length (9 minute halves, 2 minute half time). Central timing. 5 minutes between games. Games are self officiated. Clarification can be sought from teachers. Games are timed and not based on number of scores.

Round	Time	Field 1	Field 2	Field 3	Field 4
1	9.30				
2	9.55				
3	10.20				
4	10.45				
5	11.10				
6	11.35				
LUNCH	12.00				
7	12.30				
8	12.55				
Semi final	1.20				
Grand Final	1.45				
	2.10	PRESENTATIONS			