



General Rules

(Rules are subject to change)

Game Procedure

- Safety is the first concern. Fields will be setup so as to stay a safe distance away from the edge of the sand
 - o Keep the edge of the sandbox in mind at all times
 - o Feel free to be liberal with the field edges and with-out calls. This is about exercise and about running hard on the sand. Have fun!
- Field Size:
 - o End Zone depth: ~4 paces
 - o Game Field (front of the end zone – front of the end zone): ~25 paces
 - o Field Width: ~11 paces
- Games will start promptly at 6:00 and 7:10 PM, lasting for 60 minutes. This provides a 10-minute break between games
- Teams that arrive late (more than 5 minutes after the start time) will be assessed 1 point per every additional 3 minutes
- The bell will signal the start and end of the game
- At the sound of the bell finish the current point
 - o If this results in a tie, play one additional point
- Stall counts are to seven (7)
- It is the requirement of the winning team to report the game score. A missed score will result in a tie, 21-21

Self-Regulating Game

- The games are self-refereed. Please ensure all teammates read and understand the rules
- If there is a disagreement, take a minute to talk it out, and if no decision can be made follow standard ultimate frisbee rule protocol. If it is a contested foul, send it back to the thrower and restart from there
- If after 1 minute where no decision can be made it is considered a contested foul
- Have fun, be competitive, play hard, stay friends



Team Substitutions

- During the regular season substitutions are allowed if you are having a problem fielding a team. Please find someone of comparable skill
- All subs MUST have signed a waiver. No Exceptions
- Subs during the playoffs is allowed as long as the sub has played two times during the regular season

No Shows

- If you can not field a team please let us know at info@thebeachyyc.ca
- 24 hours notice is required
- Team no shows are subject to the following:
 - o 1st offence: \$0 but please don't forfeit
 - o 2nd offence: \$50 fine
- Your fine must be paid before playing again
- If you are unable to field a team and you are unable to find a sub with enough notice, a forfeit will be assessed for the games that night

Please do everything you can so as to not forfeit.

League Rules

The Beach YYC Beach Ultimate league generally follows all the standard ultimate frisbee rules set out by Ultimate Canada for 5-on-5 beach ultimate, with a few notable changes below.

Please read and know the rules before playing.

BULA Rules: [BULA 5-on-5 beach](#)



Coed 3-on-3

Spirit of the Game

- Ultimate is a self-refereed sport. It relies on players to understand the rules and be responsible for their own conduct during the game
- Suggested maximum of 12 people on the roster. There is limited room on the beach between courts, so please be courteous of your neighbours
- Know the rules. Play fair, have fun

Gender Ratio

- Games always start with a gender ratio of 2:1, W:M
- Gender ratio changes every time the score sums to a multiple of five (5)
 - Ie: a score of 3-2 or 21-14
- After a ratio change the offense has 10 seconds to setup, and defense has 10 seconds to match
- Gender is based on how an individual self identifies

Game Play

We play with a version of speed point play. There is no stoppage after a point & subs are done on the fly.

- Game length is 60 minutes and will be played to full time
- Half time is 30 minutes from the scheduled start of the game – 6:30 or 7:40 PM – and lasts 60 seconds
- Do not throw around posts. This will be considered a turnover from the spot that the disc left the field
- If a throw goes out of bounds during game play (not on a pull):
 - o If it goes out of the side, the pivot foot gets established where the frisbee went out of bounds. The non-pivot foot can be inside the field of play
 - o If it goes out the back of the field, the pivot foot gets established on the front endzone line. The non-pivot foot can be inside the field of play
- The pivot foot is the foot that has been established once you start play, and this foot is not allowed to move. The non-pivot foot is allowed to move



- The rope across the top of the field (used for the volleyball netting) is considered in bounds, and a disc can be caught after hitting the rope. A drop of the disc due to it hitting the rope is considered a turnover

Pulls

- Pulls only happen at the start of the game and after half and all pulls must be inverted (hammer, scoober, upside down pull)
- The team that pulls at the start will receive after half
- Teams switch ends at half. Because teams start from the same end after each point in a non-stoppage game (explained below), teams do not switch ends after each point as you would outdoors
- If the pull goes out of bounds without contacting the game area first, the thrower may either 1) if it goes out the back end may establish their pivot foot 3 meters forward from their defensive end zone line, or 2) if it went out the side where it went out of bounds, in the middle of the field

Stalls

- Stall counts are to seven (7)
- The marker must be within 3 meters before counting stalls
- The marker administers a stall count by announcing “Stalling” then counting from 1 to 6. The interval between stall counts must be at least 1 second
- If the marker gets to the first mention of stall seven (makes an “ess” sound), the stall count of seven has occurred and this results in a turnover
- Foot blocks are illegal, except when it occurs under the following:
 - o A thrower attempts to throw the disc at a low height (ie: through the defenders legs) and it hits their foot
 - o A player attempts to block a hammer or scoober by jumping in the air, and the thrower throws the disc at the defenders leg height
- If a foot block otherwise occurs (similar to a pick or other call):
 - o Play is stopped and the possession returns to the thrower
 - o If the offensive team caught the disc they retain possession after play is resumed



Substitutions

- Teams may sub on the fly at any time. This means you do not need to wait for a point to be scored to sub off and on to the field while the game is in play
- Maximum of 3 people on the field must always be maintained
- If a team has a substitution mishap and ends up with 4 people on the field:
 - o If the team with 4 people has possession, it is an immediate turnover
 - o If the team with 4 people does not have possession, 1 person should immediately come off
- Players must sub from the central 5 meters of the field, and must tag your replacement teammate within that zone
- If a team fails to tag in their sub:
 - o If they are on offence, they lose possession
 - o If they are on defense, the stall count is reset to 0

Scoring

- There is no stoppage after a point (except after the gender ratio change). Upon completion of a point, the receiving player places the disc on the sand where the point was scored, and the other team gains possession immediately. It is not necessary to wait for defense to be ready before starting the next point
 - o If offense take more than 15 seconds to begin play, defense can initiate play by tapping the disc and beginning the stall count
- Offense begins with the disc at the exact location where the previous point was scored. Do not walk it up to the line, just pick it up where it lies and begin play
- Note: DO NOT use the number 21 on the scoreboards. At the 21st point bring the score marker to the bottom of the scoreboard at the 1 position – this is point 21

Turnovers

- When there is a turnover inside the endzone – by a point being scored, a defensive play, or a drop – the disc is picked up and play begins immediately where it lands
- If the disc goes out the back of the endzone, the disc is brought to the front line of the endzone



- If the disc goes out the side of play, the disc is brought in where it went out of bounds
- When a turnover (from a score, a drop or a d) occurs and the disc remains in the field (including the endzone), the disc is live from the moment it is picked up
- If there is a stoppage on a play (pick, injury, foul), the disc must be tapped in to begin play
- If the disc is brought in from out of bounds, it must be tapped in to begin play

Fouls and Infractions

- Contested fouls restart at a maximum of stall 5
- Be aware of your space and watch out for picks

Time Outs

- Teams have 1 time out per game, lasting no more than 30 seconds
- Time outs cannot be called in the last five minutes of the game

Injuries

- If there is an injury on the field, give the player time to recover and ensure they are safe and ok
- If a player takes more than 30 seconds to recover from an injury, that player must sub off before coming back to play
 - o Don't force anyone to stand up or to walk off the field. Give them the time they need



The Beach yyc