



Cassock Classic 2026

PLAYING RULES

1. Five (5) players on the field from each team. The number of female players on the field at a given time may vary but should be equivalent for each team.
2. **Players can only be substituted after each point or when a time-out is called.**
3. Games last 30 min or the first to 11 points, half time is at 6 points, during the playoffs the games will last 30 min but the score will be first to 15 with half time being at 7 points.
4. Each team has 2 timeouts, a time-out lasts 1 min.
5. After each game a team representative will go to the sound table and tell the score table who won and what the final score was.
6. The playoff standings are determined by wins or when there is a tie by points scored.

RULES OF ULTIMATE FRISBEE

There are no refs - players make their own calls.

1. **This is a non-contact sport**, if players run into each other while going after the disc, offense can call a foul and the disc moves to where the foul took place or if the defense disagrees, the disc returns to the thrower.
2. **When guarding the thrower during play**
 - a. If the guard counts to ten, at a normal pace, before the thrower gets rid of the disc, it is a turnover.
 - b. If the guard is counting too fast, the thrower may call a “fast count” and the guard subtracts two seconds from his count.
 - c. If the guard hits the thrower’s hand before the disc is released, then it is a foul and the disc is returned to the thrower.
3. **During the “kick off”**
 - a. If offense drops the disc thrown by opposing team then there is no turnover.***
 - b. If the disc lands out of bounds the offense gets the disc 5 steps in front of the end zone.
 - c. If the disc lands anywhere on the field, offense **must throw from where it landed.**
 - d. If the disc lands in bounds but rolls out of bounds the disc is taken to where it was last in bounds, or if the disc rolls out of bounds in the end zone the disc is taken to the front of the end zone.

This is not all of the rules of Ultimate Frisbee but it should be enough to have a good time.

*****This rule is specific to the Cassock Classic**