



Revised 5/18/12

PLAYERS

- Six players on the field per team.
- Teams must have at least 2 males and 2 females on the field at all times.
- Substitutions can be made on touchdown

DURATION OF GAMES

- Games will consist of two, 24-minute halves.
- There is no overtime if the end of regulation ends in a tie
- Each game will have a 5 minute halftime
- Games can end in a tie except for Finals Night when a 5 minute overtime will commence if regulation has ended in a tie. If overtime ends and the game is still tied, a hole of frisbee golf, organized by the ref, will determine who advances.
- Referees may increase or decrease game length and half-length at their own discretion.

HOW TO PLAY

- The team winning the coin toss elects to receive or kick off. ("pull"). The thrower pulling, must release the disc in his end zone, and his teammates cannot move up field until he has released the disc. If the disc is thrown out of the back of the end zone, play starts at the receiving team's 20 yard line. They may also catch the disc in their end zone, and go down on one knee. This is a touchback and play starts at the 20 yard line.
- Any catch by the receiving team in front of their end zone is live, and play starts from there. If the disc lands on the ground or is dropped by the receiving team on the kick-off, it is ruled dead. Play starts at the point of the drop of the Frisbee on the ground. This is the only time where a dropped Frisbee does not result in a turnover.
- The team in possession now starts the play. The disc must be passed or thrown to a teammate who must catch it. A player cannot advance more than three steps while holding the disc. A defensive player must give the offensive player an arm's length of space to throw the Frisbee. Contact is not allowed!
- If a throw is intercepted, the defensive team assumes possession and switches to offense. If the disc is thrown and hits the ground, this also results in a change of possession.

- The offensive player who possesses the disc must establish a pivot foot like basketball. This foot cannot leave the ground once established. A player switching pivot foots will be called for a traveling violation resulting in a change of possession.
- A team scores when they catch the disc into their opponent's end zone. . The disc may not be caught outside of the boundary lines of the end zone. A "touchdown" or "score" counts as one point. Having one foot in bounds when catching is not out of bounds.
- A player may dive, taking off with both feet inbounds, and tip or flick a disc thrown out of bounds, back in bounds to a teammate, as long as their feet never touch out of bounds before they make contact with the disc.
- A disc is not dead until it hits the ground thus allowing players to bend throw out of bounds and have it return to the field of play as long as it doesn't touch the ground.

Social Boston Sports and the referees reserve the right to amend and update these rules at any point.