

# Discball: Official Rulebook



Theo Coppola  
Stamford, CT  
[GitHub](#)

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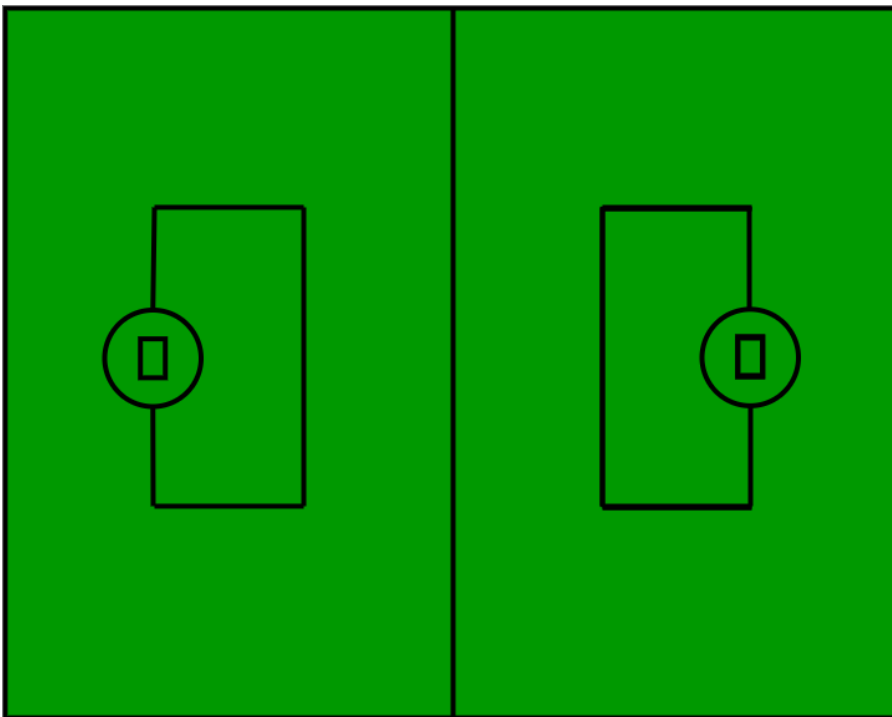
## 1 Introduction

Birthered by recent high school grads in the summer of covid (2020) this beautiful game is a fast and fun mixup of some of the highest velocity sports out there...and it only exists because the lacrosse goals were left unlocked on the field. Turn to discball instead of ultimate frisbee when:

- You don't have enough people for a full game
- You only have access to half of a football field
- You want to show people how accurate of a thrower you are
- You want to try something new
- Lacrosse goals are available

The game plays quick and you will most likely get gassed, but it will be worth it. It's a great way to learn how to curve your throws, throw at different heights, and work as a team.

## 2 The Field



Field Terms:

- **Crease:** The circle at the end of the field
- **Goal:** The lacrosse goal inside the crease, represented by a small rectangle.
- **Inner Box:** The rectangular space on the immediate front side of the crease.

- **Goal Line** The line in the Inner Box that runs through the crease.
- **Outer Box:** The area surrounding the Inner Box, but before the half-field line.
- **The Range:** The space past the half-field line. This area is the opponent's side of the field for a given team.

## 3 Starting the game

### 3.1 Making Teams

Teams should consist of 3 to 5 players each.

### 3.2 Beginning Play

There are multiple ways to start a game of discball. Pick the option that appeals to you most.

Option 1: Pulling

1. Flip a coin and determine the team that will start on offense
2. Each team lines up on their goal line, facing the other side of the field
3. Once both teams signal that they are ready (raising a hand in the air) one player from the team on defense pulls (throws) the disc to the other team. Pulls essentially work the same as in ultimate frisbee. Any additional rules for pulling specified in ultimate apply to discball when choosing this option. The throwing player is called the **puller**
4. As soon as the disc leaves possession of the puller, all players can go past the goal line.
5. The team that received the pull in the first half will be the team that pulls the disc in the second half.

Option 2: Jump disc

1. Two players, one from each team, stand next to each other at the middle of the half-field line. They are called the **headers**
2. One player from a random team stands on the sidelines at the half-field line. They are called the **setter**.
3. The setter tosses the frisbee above the headers, as close as possible to evenly between them. If one of the headers feels that the throw is not even enough or it favors one side over the other, the headers can reset and the setter makes another attempt. If a bad throw occurs three times, the setter is replaced by another player on the same team.
4. The headers jump up and attempt to grab the disc. The team of the header that gets the disc is on offense, and the other team is on defense. As soon as a header gains possession of the disc, all players can leave the goal line. If the disc hits the ground, the team on the side of the field that the disc lands on gains possession and is on offense.
5. The team that did not set the disc in the first half will be the team that sets the disc in the second half

Option 3: Shootout

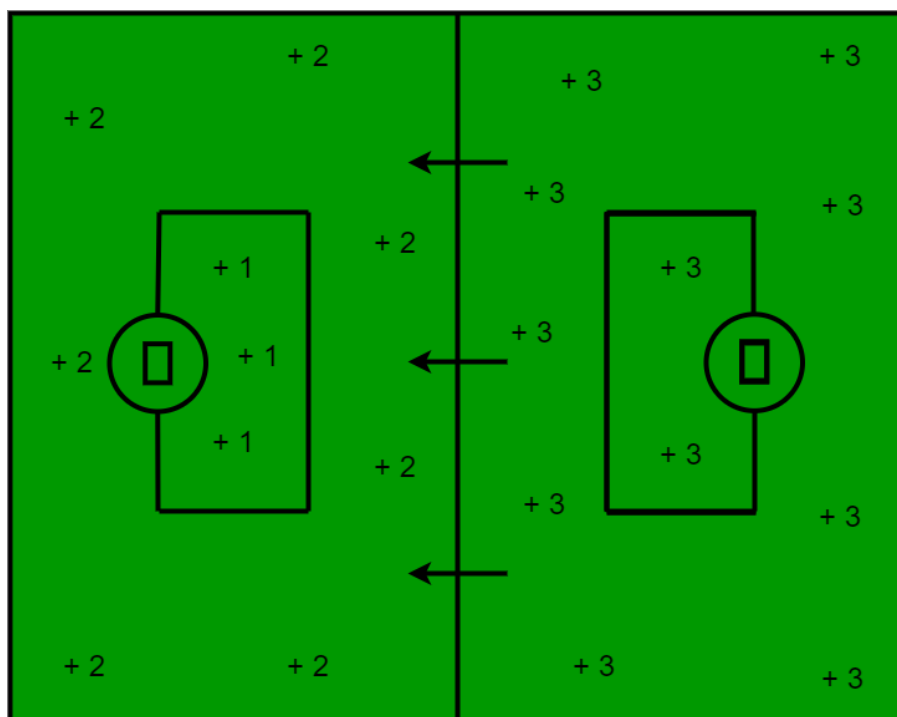
1. Flip a coin and determine the team that will shoot first.

2. Players line up on the sidelines at the half-field line. A single-file line forms, with each spot in the line alternating between players from different teams. A player from the team that wins the coin flip goes to the front of the line.
3. The player at the front of the line goes to the middle of the field and attempts to score a goal. If they are successful, their team is on offense. If they do not score, that player retrieves the disc and throws it to the next player in line. Then the next player in line makes the same attempt and the first player goes to the end of the line.
4. The line continues to shift and players continue to throw at the goal until a player scores. The team of the player that scores is on offense and the other team is on defense.
5. As soon as a player scores a goal, the team on defense must go to their half of the field, while the team on offense retrieves the disc and may go anywhere on the field.

## 4 Playing the game

## 5 Scoring

This image shows how points are awarded when a team is aiming for the goal on the left side of the field.



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## 6 Penalties

Players call the penalties. If a player thinks a foul occurred, they call it out and play stops. If the offending player agrees that a foul occurred, then play resets and

1. If the fouled player was handling the disc, they retain possession at their current position.
2. If the fouled player was receiving a pass, the original handler retains possession at the point of the throw.
3. If the fouled player was defending against a pass, a turnover occurs at the position where the foul occurred.
4. If the fouled player was marking the handler, a turnover occurs at that position.

### 6.1 Other penalties

- Defensive and offensive players are not allowed in the crease.
  - If an offensive player steps into the crease, a turnover occurs at the position of the handler.
  - If a defensive player steps into the crease, they must go behind the goal and do a pushup, then they can return to play.

Players are allowed to jump across the crease, but they must quickly leave the crease if they land in it.

- If all but one defensive player are not behind the half-field line on the side of the field opposite the offense when the disc is checked, the offensive checker retains possession of the disc at the middle of the field, in front of the half-field line.