



Dublin Youth Ultimate - Simple Rules for Schools Ultimate League

“It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.”

– Rule 1.2, *WFDF Rules of Ultimate*

- If any issues arise, opposing players are expected to talk about it and decide how the game should resume.
- If a player calls a foul, it is the responsibility of all other players to listen to what is being said and reach a conclusion on how play should be restarted. It is not acceptable to ignore an opponent or restart playing without opponents consent.
- If players do not know a rule has been broken, other players (team mates and opponents) are encouraged to explain to help increase rules knowledge across all teams.
- To start a point, all players from each team must be inside their endzone. A player from each team raises a hand to show they are ready. Only when both teams have a hand raised can the disc be thrown.
- From the first throw (the ‘Pull’), if the disc is catchable when it reaches the endzone than play starts where the disc is caught, goes out of bounds or stops (in that order).
- If it is not catchable, or doesn't reach the endzone, than play starts in the middle of the court (left to right) and roughly 1/3 of the way up the pitch (goal to goal).
- The cones used to mark the endzone also mark the sideline. Catching the disc on or outside this sideline means a player is out of bounds and the disc is turned over to the other team. This applies to the side of the court and the back of the endzone.
- If the disc lands on the ground, possession is turned over to the other team. The team gaining possession should start from either:
 - If the disc stayed on the court the entire time, play starts at spot where the disc is picked up.
 - If the disc goes off the court (even if it rolls or bounces back in), play starts at spot where the disc first crossed the sideline.
 - If the disc is in or out the back of the endzone, play starts on the goal line closest to where the disc is picked up (in endzone) or crossed the sideline/backline.
- If a player catches the disc before the endzone but runs in, they should return to the goal line and play on from there. A completed pass while standing in the endzone does not count and the disc should be given back to the thrower on the goal line.
- If a foul is called, play stops. All players stop where they are, or return to where they were. Play only starts again when a defender taps the disc and says Play.
- When defending against a thrower, a player is allowed stretch their arms out sideways. Reaching forward (wrapping around the thrower) is a foul.
- In the Mixed Division, teams must have 3 boys and 2 girls on court at all times.