

**Hwa Chong Institution (College)**  
**Festival of Sports (FOS) Inter-Faculty Competition 2011**  
***Inter-Faculty 7 v 7 Ultimate Frisbee Rules & Regulations***

Ultimate in 10 simple rules:

1. The playing field is regular rectangular shaped with end zones at each side of the field, marked with cones at the 4 corners.
2. Initiate play - Each point begins with both teams lining up at the front of their respective end zone line. The defense throws ("pulls") the disc to the offence. The game has 7 players per team, with at least 2 girls.
3. Scoring - Each time the offence completes a pass in the defense's end zone, the offence scores a point. Play is initiated after each score.
4. Movement of the Disc - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. If the thrower fails to throw by 10 counts, possession goes to the marker.
5. Change of possession - When a pass is not completed (e.g. out of bounds, dropped, blocked, intercepted), the defence immediately takes possession of the disc and becomes the offense.
6. Substitutions - Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls - When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9. Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes.**
- 10. Spirit of the Game - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and the basic of joy.**

Competition format

1. Preliminaries will be played in a league format sub-divided into 2 groups. The top 2 teams from each group will proceed to the semi-finals. Each faculty can send 1 or 2 teams.
2. If 2 or more teams score the same number of wins, the 2 teams that have the highest total score-concede difference will advance.
3. All games will be played in games of 10 minutes each (no half time). All teams are to report at least 5 minutes before scheduled game time. A team will be disqualified if it fails to report on time.

4. Each team shall register a minimum of 7 players and a maximum of 14 players, maximum of 10 boys and 4 girls. Each team must have **at least 2 female players** during play. Only **1 school team representative per team** is allowed to play at any one time. No replacement is allowed unless a valid reason is given i.e. medical certificate. The replacement player must be from the same faculty and is not registered to play in another game.
5. **Fielding illegal players will result in the disqualification of the team from the entire UF competition. All its scores will become 0 – 5.**
6. All players are to present their student pass or NRIC for verification purpose.
7. Only **Faculty t-shirts** are allowed to be worn during the game. If both teams from the same faculty meet in the semis or finals, bibs will be given to one team.
8. For all games, if a draw occurs when the time is up, the team to score the next point will be the winner.
9. Prizes will be awarded to the top 3 teams of the competition.
10. Any other matter arising that has not been covered shall be decided at the discretion of the PE department.

Teacher-in-charge of competition:  
Mr Alex Tan