

ULTIMATE VICTORIA - 2025VPES GAMES

RULES OF PLAY

Starting Play

- Teams start inside opposite end zones.
- The Defensive team throws the disc to the offensive team to start the game (like American football). This is called a **pull** (first throw of point). The offensive team starts the point wherever they catch the pull or pick up the disc where it lands / stops rolling.
 - Process repeated after each point
 - A pull dropped by the offensive team is **not** a turnover.
- If the pull crosses any boundary line, take the disc to the edge of the line to begin play.

General Play

- No contact. Players must always avoid any dangerous play.
- No running with the disc (catch the disc & slow momentum > establish a pivot foot > look to pass to another teammate).
- Closest defender to the thrower must stand 1m away.
- 10 second stall count.
- Only one person can defend the person holding the disc (cannot “double team” the thrower).
- No time outs.
- Substitutes can occur in between points OR when the disc goes out of bounds.
- If a disc lands out of bounds in the Central Zone, the opposing team takes the disc from where it crossed the line.
- If a disc lands out of bounds in the attacking End Zone, the opposing team takes the disc from the centre of the goal line
- If the disc is dropped and/or hits the ground, this results in a turnover regardless of who touch it last.

Scoring

- A point is scored when a member of the offensive team successfully catches a pass inside their attacking zone.
 - When a point is scored, teams swap ends to begin the next point.

Spirit of the Game

- Game Runners may be used to help players with the rules of the game, but they will not make calls on fouls, violations or changes of possession. Players to make their own calls.
 - Focus on fair play, integrity & respectful communication with opponents.
- Teams encouraged to form a spirit circle following each game
 - Congratulate opponents on what they did well and resolve any conflicts that may have arisen during play.

