



Stonewall Sports National Tournament Official Rulebook: Ultimate Frisbee

(Last Updated: May 17, 2026)

Stonewall Sports is For All

Stonewall Sports is dedicated to creating a community of diverse participants via organized sports and activities that take place in inclusive spaces. We are founded on the pillars of respect, holistic wellness, open-mindedness, and the appreciation of diverse backgrounds.

Our shared responsibility is to bring our community together, empower individuals, and provide a safe, welcoming, and supportive environment to learn and grow, thus uplifting those who are part of the Stonewall community and beyond.

We believe in uplifting and celebrating all individuals within the LGBTQIA+ community — including lesbian, gay, bisexual, transgender, non-binary, Two-Spirit, and queer people, among others — and we welcome friends and allies into these spaces with open arms.

In pursuit of these values, we encourage each of our participating teams to embrace these principles with representation from members of the LGBTQIA+ community. Our Sports Operations team is empowered and encouraged to open a dialogue with teams when they see an opportunity to promote diversity and inclusivity within our spaces.

Please review and abide by the following throughout the tournament:

- **Stonewall Sports Player Code of Conduct:**
<https://stonewallsports.org/wp-content/uploads/2026/04/National-Code-of-Conduct-Tournament.pdf>
- **Stonewall Sports National Tournament Uniform Policy:**
<https://stonewallsports.org/wp-content/uploads/2026/05/2026-Uniform-Policy.pdf>



Tournament Details

Below, please see the details of the first ever Ultimate Frisbee Exhibition hosted as part of the Stonewall Sports National Tournament.

1. "SPEED ULTIMATE" GAME PLAY

- a. 5 players per team on the field.
- b. Games are 30 minutes long and will end at the sound of the buzzer.
- c. Games will start on time and will not exceed their scheduled time.
- d. The clock does not stop at any point during the game.

2. EXHIBITION STYLE FORMAT

- a. The Ultimate Frisbee Exhibition is designed to maximize playing time for all participants in the short timeframe that we have. Rather than doing an elimination tournament, all teams are guaranteed max amount of games per number of teams signups throughout the exhibition.

3. STANDINGS

- a. The standings for the exhibition style format will be based on the result of the team's performance over three games. At the conclusion of the day, teams will be ranked based on overall standing starting with an undefeated record (4 wins, 0 losses) to a defeated record (0 wins, 4 losses).
- b. A team's points ratio will be calculated to break any ties in the standings. The points ratio is defined as the total points scored (PS) to the total points scored against (PA) across all matches.

4. CAPTAIN RESPONSIBILITY

- a. This is a self-refed exhibition day. It is the responsibility of the captain to peacefully resolve any rulings and game play to the opposing team's captain. If any agreement can not be reached, the final decision will lay with the Ultimate Frisbee Manager. Note that time does not stop because of disagreement in calls.

Tournament Rules

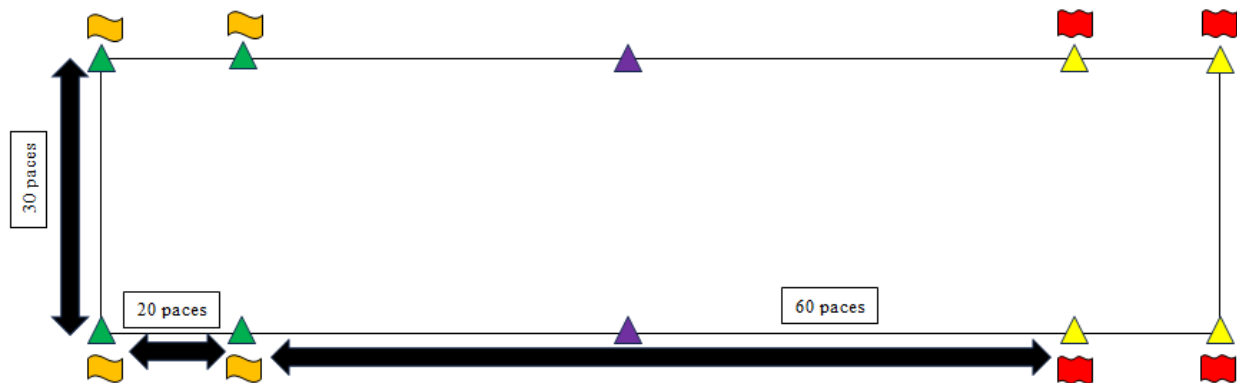
All games will follow the rules listed below. If a situation occurs during game play which is not explicitly stated, we will follow rules as stated in USA Ultimate.

5. THE FIELD

- a. The fields will be 30 yards wide, 60 yard playing area, with 20-yard end zones. (Will size fields appropriately if needed with usable space).



- b. Field size (See example diagram below):
 - i. Width - 30 regular paces
 - ii. Length - 20 regular paces for end zone
 - iii. Length - 60 regular paces for playing field.
- c. Outline field cone setup
 - i. Cones will mark the endzone, and the halfway point on the field.
 - ii. Soccer field flags of different style outline endzones to help identify endzones and out of bounds.
 - iii. A pair of different color cones marks the halfway point on the field.



6. STARTING PLAY / THE PULL

- a. Each point begins with both teams lining up on the front of the opposite end zone lines.
- b. The defense throws (pulls) the disc to the offense.
- c. The opening pull that must be thrown inverted and remain in-bounds.
- d. An out-of-bounds pull must be re-pulled.
- e. During the first pull of the game, if the frisbee is not caught by the receiving team, it is not a turnover. The receiving team will still have possessions of the frisbee to start the game.

7. SCORING

- a. The offense scores by catching a pass in the defense's end zone.
- b. The teams scoring team will line up on the end of the field they scored on and the opposing team will line up on the opposite side. This is when teams can change players if need to on the field.
- c. This fast-paced game will result in higher scores.
 - i. To mitigate potential disputes over the score, each team shall be responsible for keeping an accurate count. This must be checked with the other team after each score.
 - ii. Teams may also use other methods to keep an accurate count -- for example, the scorer may be required to announce the count



after the score is acknowledged but before the disc is dropped.

8. MOVEMENT OF THE DISC

- a. The disc may be advanced in any direction by completing a pass to a teammate.
- b. Players may not run with the disc.
- c. The person with the disc ("thrower") has ten seconds to throw the disc.
- d. The defender guarding the thrower ("marker") counts out the stall count.

9. CHANGE OF POSSESSION

- a. When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

10. STALL COUNTS

- a. Ten-second stall: Your count should be, "Stalling 1...2...3...4...5...6...7...8...9...10".
- b. If the stall count runs out prior to the thrower releasing the disc, the defense immediately takes possession of the disc and becomes the offense.

11. NON-CONTACT & FOULS

- a. Players must make every attempt to avoid physical contact during play.
- b. A foul occurs when a player initiates contact that affects the play.
- c. When a foul causes a player to lose possession, the play resumes as if the possession was retained.

12. TIMEOUTS & SUBSTITUTIONS

- a. The game will proceed without ANY pause except for timeouts or in response to an injury.
 - i. Each team is granted one 30-second timeout per game
 - ii. No timeouts may be called in the last 5 minutes of any game.
- b. A substitution may occur only after a score or during a time out.

13. GENDER MATCHING IN GAMES

- a. In respecting our intention to be diverse, equitable, and inclusive, gender matching will not be implemented for Ultimate Frisbee at the National Tournament. Stonewall Sports celebrates the many gender identities of participants and not implementing gender matching



provides the opportunity to make the sport more accessible for all.

14. END OF GAME

- a. The game is over when the buzzer sounds to indicate the end and the clock reaching zero. If the disc is in the air at this time, the game is over at the end of that throw*. There are no ties! Teams must either complete the current point (if the game is currently tied) or play one final sudden death point (if the tying score was thrown before the buzzer but caught afterward)
 - i. If the potentially game-tying final throw results in a defensive foul in the end-zone, the offense is given one additional throwing attempt.

15. USA ULTIMATE FRISBEE RULES

- a. If during game play, a situation occurs which is not explained in the Stonewall Sports Rules, we will follow rules as outlined in the [2024-2025 USA Ultimate Rulebook](#).

