



**MAPUA**  
MALAYAN COLLEGES  
LAGUNA



# Mechanics for Frisbee



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## GUIDELINES & MECHANICS

### I. GUILDELINE

#### a. All participants shall meet the following qualifications:

- a. Participants shall be enrolled in the current term/semester of the school year in Mapúa Malayan Colleges Laguna.
- b. Participants shall have registered through the MS Forms and must agree to adhere to the rules and regulations of the sport together with the decision of the referee and the committee.
- c. Each department shall have a seven (7) to thirteen (13) team players with two (2) players from Frisbee org at most.
- d. The team will be considered in default if there are fewer than five (5) players after ten (10) minutes. In addition, team warmups shall be done for five (5) minutes.
- e. All participants shall wear their jerseys and spike shoes.
- f. Wearing jewelry and glasses during the game is prohibited.
- g. The order of the team that will compete must be followed according to the provided dates.
- h. Players must refrain from actions and attitudes aimed at influencing the decision of the committee.
- i. The competition will provide a game advisor.
- j. The competition will provide a medical team.



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### II. GAME RULES

#### a. Description of the tea

- Each team will put seven (**7**) players on the field, with a minimum of five (**5**) players on the field during each point.
- Each team must designate a captain and a spirit captain to represent the team.
- After a goal is scored and before their team signals readiness for the pull, a team may make unlimited substitutions.

#### b. Starting the game

- Representatives from both teams must fairly decide which team will select first: whether to receive or throw the initial pull or which end zone they will defend first.
- The remaining option is offered to the opposing team.
- The initial selections are switched at the start of the second half.
- Half time lasts one (**1**) minute.



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### III. RULE BOOK

#### a. The Pull

- The match starts with a defensive throw, known as a “pull”. At the start of the game, after halftime, or after a touchdown.
- Only after both teams have signaled their readiness by having the puller and an offensive player raise their hands above their heads may the pull be made.
- After signaling readiness, all offensive players must stand with one foot on their defending goal line and remain still until the pull is released.
- All defensive players must strictly keep their feet behind the vertical plane of the goal line after signaling readiness until the pull is released.
- All players can freely move in any direction as soon as the disc is released.
- After the pull, no player of the defensive team may touch the disc until a member of the offensive team contacts it or until the disc hits the ground.
- A turnover occurs when an offensive player, in-bounds or out-of-bounds, touches the disc before it hits the ground.
- If an offensive player catches the pull and gains possession, they must build a pivot point at the place of the field where the possession is gained, even if that point is in their defending end zone.



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#### b. Out-of-Bounds

- The entire playing field is in-bounds. The perimeter lines are out-of-bounds and are not part of the playing field. The out-of-bounds zone includes all non-players.
- Defensive players, who are always regarded as "in-bounds" are exempted. The out-of-bounds area consists of the ground that is not in-bounds and everything in contact with it.
- An offensive player who is not out-of-bounds is in-bounds.
- A disc is in-bounds when the game begins.
- It is considered out-of-bounds, when a disc touches the out-of-bounds area or an out-of-bounds offensive player. If the disc is simultaneously caught by more than one offensive player, with one of them being out-of-bounds, the disc is out-of-bounds.
- The disc may fly outside a perimeter line and return to play. Participants may also go out-of-bounds to make a disc play.



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#### c. Receivers and Positioning

- A "catch" occurs when a non-spinning disc is stuck between at least two body parts of a player. This allows a player to gain possession of the disc.
- The player becomes the thrower after gaining possession.
- If both offensive and defensive players catch the disc at the same time, the offense keeps possession.
- Players may not use their arms or legs to block opposing players' movement.
- No player may physically assist another player's movement or utilize an object to assist in catching the disc.



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#### d. TURNOVERS

- a. A turnover occurs when possession of disc is transferred from one team to another if:
  - The disc makes contact on the ground while it is not in the possession of an offensive player.
  - A defensive player establishes possession of a pass.
  - A disc becomes out-of-bound
  - The offense touches the disc before it hits the ground during the pull and thus fails to establish possession of the disc.
  - If a player determines that a turnover has happened, they must make the appropriate call immediately. If, after discussion, players are unable to come to an agreement or it is unclear what occurred during the play, the disc must be returned to the last non-disputed thrower.



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#### d. TURNOVERS

- After a turnover, any offensive player may take possession of the disc, except for:
  - After an “interception” turnover, the player who made the interception must keep possession.
  - During an offensive receiving foul, the fouled player must take possession.
  - If the player in possession after a turnover drops or places the disc in the ground, they must re-establish possession and restart the game.
- After a turnover, the turnover location is where:
  - The disc has come to a stop or is picked up by an offensive player.
  - The intercepting player stops.
  - The offensive player was located
  - The accepted offensive receiving foul occurred.



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### III. RULE BOOK

#### d. TURNOVERS

- If the turnover location is out-of-bound, or the disc touches an out-of-bounds area after the turnover, the thrower must establish a pivot point at the central zone position closest to where the disc went out-of-bounds.
- If the turnover is in the central zone, the thrower must set a turning point there.
- If the turnover happens in the offensive end zone, the thrower must set a turning point at the nearest goal line.



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### III. RULE BOOK

#### a. Injury Stoppage

- Injury may be called by the injured player or by any player on the injured player's team.
- The injured player must choose to either be substituted or to charge their own team with a time-out, if the injury was not caused by the opponent.
- The injured player may choose to stay or be substituted if the injury was caused by an opponent.
- If the injured player establishes possession of the disc and drops it as a result of the injury, that player retains possession of the disc.
- The injury stoppage is considered to be called at the time of the injury, unless the injured player chooses to continue to play before the stoppage is called.
- If the disc was in the air during the call of injury stoppage, the game continues until either a player establishes possession, or the disc hits the ground.
- If the injury is not the result of a foul by an opponent, the completion or turnover stands, and the game restarts there after the stoppage.



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#### b. Technical Stoppage

- Any player who recognizes a condition that endangers players, including if a player has an open or bleeding wound, should call a technical stoppage by calling "technical" or "stop". Play must be stopped immediately.
- Team-mates or coaches should actively alert players to any condition that endangers them.
- A player who has an issue regarding an open or bleeding wound has sixty (60) seconds to address the issue. If they need additional time, they must choose either to be substituted, or change their own team with a time-out.
- The thrower may call a technical stoppage during play to replace a damaged disc.
- If there has been a technical stoppage while the disc is in the air, or if the game has continued unknowingly:
  - If the call or issue did not affect the play, the completion or turnover stands, and play restarts there.
  - If the call or issue did affect the play, the disc goes back to the thrower.
- If a player is substituted after an injury, or due to illegal or faulty equipment, the opposing team may also choose to substitute one player.



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#### c. Time-outs

- The player calling a time-out must form a "T" with their hands, or with one hand and the disc, and call "time-out" to the opposition players.
- Any player may call a time-out after the start of a point and before both teams have signaled readiness. The time-out adds seventy-five (75) seconds between the start of the point and the subsequent pull.
- Only the thrower in possession of the disc may call a timeout after the pull. The time-out begins when the "T" is formed and lasts seventy-five (75) seconds. Following a time-out:
  - Substitutions are not permitted, except for injured players.
  - Game is restarted at the pivot location.
  - The thrower must remain the same.
  - All other offensive players must take a stationary position anywhere.
  - After the offensive players have selected positions, the defensive players must then establish a stationary position anywhere.
- The game is stopped if the thrower attempts to call a time-out while the game is live and when their team has no remaining time-outs.



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#### d. POINT VALUES AND CATEGORIES OF WINNERS

##### a. Categories of winners:

- Champion
- Second Place
- Third Place

##### b. Special Awards:

- MVP
- Mythical 7

##### c. Scoring System

- A goal is scored when an in-bounds player catches a legal pass and does the following:
  - All ground contacts are completely within their attacking end zone, or all first simultaneous points of ground contact after catching the disc are within their attacking end zone for an airborne player.
  - They gain possession of the disc and maintain it during all ground contact related to the catch.
  - If a player believes that they scored a goal, they may call “goal”, then the game will be stopped. Game must restart with a check after a contested or retracted goal call, and the call is assumed to have been made when the player establishes possession.
  - A goal is considered when the player establishes possession.



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### III. RULE BOOK

#### e. PENALTIES AND VIOLATIONS

##### a. Fouls

- Whether or not the contact occurs, actions that show reckless disregard for the safety of fellow players, provide a serious risk of injury to fellow players, or involve dangerous behaviors towards fellow players are all deemed dangerous plays and must be treated as fouls.
- Receiving foul occurs when a player makes non-minor contact with an opponent before, during, or directly after either player makes a disc play.
- Strip fouls occur when an opponent fouls a player, causing the other player to drop or lose possession of a disc.
- Blocking foul occurs when a player takes a position that an opponent moving in a legal manner will be unable to avoid, considering the opponent's expected position based on their established speed and direction and non-minor contact results.
- Force-out foul occurs when a receiver is in the process of establishing possession of the disc and is fouled by a defensive player before establishing possession, and the contact causes the receiver to become out-of-bounds instead of catching the disc inside the central zone instead of their attacking end zone.



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#### e. PENALTIES AND VIOLATIONS

##### a. Fouls

- Defensive Throwing Foul occurs when a defensive player is illegally positioned or prior to the release, the defender initiates non-minor contact with the thrower, or there is non-minor contact because of the thrower and the defender both compete for the same position.
- Offensive Throwing Foul occurs when the thrower is solely responsible for initiating non-minor contact with a defensive player in a legal position.
- Indirect Fouls occur when there is non-minor contact between a receiver and a defensive player that does not directly attempt to make a play on the disc.
- Off Setting Foul occurs if accepted fouls are called by both the offensive players and defensive players on the same play, and the disc must be returned to the last non-disputed thrower.



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#### e. PENALTIES AND VIOLATIONS

##### b. Travel

- The thrower may attempt a pass any time as long as they are completely inside the central zone or have established an in-bounds pivot point.
- The thrower must reduce speed as quickly as possible without changing direction until a pivot point is established after catching the disk.
- The thrower may move in any direction only by establishing a pivot point, a specific point on the ground with which one part of their body remains still in contact until the disc is thrown.
- A thrower who is not standing can use any part of their body as the pivot point.
- The game continues if; after a travel infraction, the thrower still throws an incomplete pass.
- Play stops after a contested travel infraction where the thrower has not released the disc.



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#### e. PENALTIES AND VIOLATIONS

##### c. Pick

- If a defensive player is guarding one offensive player and they are prevented from moving towards/with that player by another player, that defensive player may call “Pick”. It is not a pick if both of the guarded and the obstructing players are making a play on the disc.
- If the play has stopped, the obstructed player may move to the agreed position they would have otherwise occupied if the obstruction had not occurred, unless otherwise specified.
- All players should take efforts to avoid the occurrence of picks.

#### e. EQUIPMENT RIDER

- Frisbee
- Goal Line
- First Aid Kit