

## Ultimate Competition Guidelines

### 【Date】

Saturday, November 15th, 2025

Sunday, November 16th, 2025

### In case of rain

If it rains on the day of the competition or the day before, the competition may be cancelled.

In case of cancellation, participants will be notified on the morning of the day of the event or as soon as the weather gets worse.

### 【Venue】

Sekisho Field

### 【Division】

#### General Division

##### <Entry Criteria>

None in particular.

##### <Registration Restrictions>

Registration of women is allowed. However, no handicap will be applied.

Up to two Ultimate Club members may register per team.

#### Mixed Division

##### <Entry Criteria>

Two women must be registered per team at least.

##### <Registration Limitations>

Up to two Ultimate Club members may register.

※It is prohibited for one person to belong to more than one team in the same division. (It is prohibited to register for both the men's and mixed divisions.)

※In the event of a large number of teams applying, a drawing will be held. The result of the drawing will be notified by e-mail to the representative.

### 【Rules】

In principle, the WFDF Ultimate Official Rules 2025-2028 set by the Japan Flying Disc Association will be followed.

The number of players per team is 7, but the minimum number of players per team to start a

match is 5.

Players may be substituted as many times as necessary during a match.

Up to seven substitutes may be registered per team.

Players can be exchanged as many times as desired during a match.

If a team does not have the minimum number of players to start a match after five minutes from the starting time, the match will be declared a loss.

A maximum of 5 minutes of tardiness is allowed.

If the number of players does not reach the minimum number required for the start of the match, a penalty will be imposed.

The size of the court shall be 24m × 68m.

Before each match, the winning team of Rock-Paper-Scissors will have the choice between:

1. Choosing to do the throw-off at the start of the game (defense) or receive it (offense).
2. Choosing its position (end zone).

The losing team of Rock-Paper-Scissors will be given the remaining option from the above.

#### Special rules in the mixed division

At least two women must be playing at all times during a match.

If a female player scores a point by receiving the disc, the team gains two points.

The number of men cannot exceed the number at the start of the match.

#### Penalty

The number of players cannot be increased from the number at the start of the match.

#### Throw-off

The defending team begins the game by throwing the disc from the defending end zone toward the opposing team's position. The throw-off is also used to restart a play after a score. Players may not cross the goal line until the throw-off is made but may move anywhere after the throw-off.

#### Turnover

In the following situations, the right to attack is transferred to the opponent and the game is restarted with free-throws by the opposing team, aka Turnover.

- When the defending team intercepts a pass.
- When the offensive team fails to catch the disc.
- When the disc goes out-of-bounds.
- When a player walks or runs while holding the disc. (Running to catch a pass and walking with its inertia is acceptable, but the decision is up to the referee.)

- When a player steps on or over the sideline or end line while holding the disc.
- When a player keeps holding the disc for more than 10 seconds.
- When a defensive player knocks down a pass.

### Scoring

Points are awarded in the following cases

- A successful pass is made to a teammate in the opponent's end zone.
- A player cuts off an opponent's pass in the opponent's end zone.

### Physical Contact

When physical contact occurs, as in the case of a turnover, the game is restarted from that point with free throws by the opposing team, in the same way as a turnover.

The game is suspended if physical contact results in an injury.

### Addition of players on the day of the match

Players from a losing team may not be added to another team.

Players cannot be added to multiple teams in the same discipline.

In principle, a player that has been deleted from a team cannot be re-added to that team.

In principle, the maximum number of players that can be added on the day of the match is 7.

Also, the maximum number of players that can be registered per team is 14.

### **【Match format】**

The matches will follow a tournament format.

The match duration shall consist of two halves of 5 minutes each, with a 2-minute halftime break. The match shall end when the total match duration is reached or when either team scores 15 points.

If a match ends when the regulation time is reached, the team with the higher score is the winner.

From the semifinals onward, the regulation match time shall be 7 minutes per half with a 3-minute halftime break. If the score is tied when regulation time ends, play shall continue until the first team to score wins. Overtime shall be limited to 5 minutes. If the match remains tied after overtime, the outcome shall be decided by rock-paper-scissors between the team representatives.

### **【Referee】**

Ultimate Club

【Notes】

Players who arrived late are requested to present to the referee.

Late players are allowed to participate only as substitutes after informing the referee.

Players who are not registered in a team cannot play for that team.

Teams that have unregistered players will be disqualified.

During the matches, the use of discs other than those provided by the Sports Day staff is prohibited.

If you want to practice before a match, you can borrow a disc from reception, but please note that you can only use it in the venue.

Eating and smoking are prohibited in the venue.

Teams that do not follow the instructions of the referee may be subject to some consequences.

To prevent danger, wearing jewelry is prohibited.

Unauthorized use of items in the venue is prohibited.

The use of discs for practice inside the venue during a match is prohibited.

Before stepping on artificial grass, players must thoroughly clean the mud off their shoes.

A winning team cannot pass its qualifying place to a losing team instead.

Communication with participating athletes will be conducted via LINE Open Chat, so please register and check it regularly.