



NJ Coed Ultimate Frisbee (5v5) – Quick Rules

◆ **Format**

- 5v5 (target: **3 men / 2 women**)
- Minimum to play: 4 players

◆ **Game Play**

- Two **25-minute halves** (running clock)
- **3-minute halftime**
- Defense pulls to start play and after each goal
- Stall count: **10 seconds**
- No running with the disc (pivot foot required)

◆ **Scoring**

- 1 point per goal (catch in end zone)
- Must establish control in bounds

◆ **Turnovers**

- Drops, interceptions, out of bounds, or stall count violations
- Possession changes immediately

◆ **Fouls & Contact**

- Non-contact only (no picks/screens)
- Players call their own fouls (“Spirit of the Game”)
- Uncontested → play resets
- Contested → disc returns to thrower

◆ Substitutions

- After goals or during stoppages only

NJ Coed House Rules

◆ Game-Time

- 5-minute grace period
- Games start on time with available players (minimum 4)

◆ Gender Balance

- Teams aim for **3 men / 2 women**
- Must have **at least two females on roster**

If short on females:

- Missing 1 → play **4 vs 5**
- Missing 2 → game may be played, but recorded as a **forfeit**

◆ Stall Count

- Must be consistent and reasonably paced
- No rushing or delaying

◆ Sportsmanship

- Respect opponents, teammates, and staff
- No arguing or aggressive behavior
- League may remove players/teams if necessary