

Appendix D: 5-on-5 Beach Ultimate
Produced by the Beach Ultimate Lovers Association
(BULA)

Introduction

1. Spirit of the Game

2. Playing Field

- 2.1. The Playing Field is a rectangle seventy-five (75) metres long and twenty-five (25) metres wide. (See Figure 3.1)
- 2.2. The perimeter of the Playing Field is the Perimeter Line and consists of two (2) Sidelines along the length and two (2) End lines along the width.
 - 2.2.1. All lines shall be marked with colored tape between five (5) and ten (10) centimetres wide
- 2.4. The Playing Field is broken up into a central Playing Field Proper that is forty-five (45) metres long by twenty-five (25) metres wide, and two End zones that are fifteen (15) metres deep by twenty-five (25) metres wide at each end of the Playing Field Proper.
- 2.6. The Brick Mark is the intersection of two (2) crossed one (1) meter lines in the playing field proper set ten (10) metres from each Goal Line, midway between the Sidelines.
- 2.9. The playing field shall be sand, which is essentially flat, free of obstructions and holes, and affords reasonable player safety.

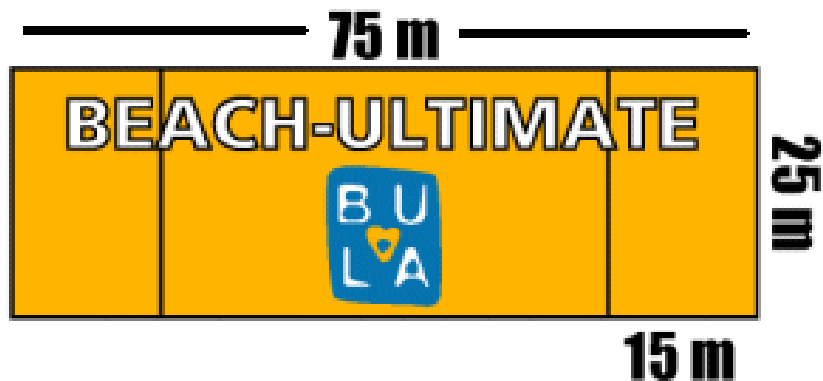


Figure 3.1

3. Equipment

- 3.4. Playing barefoot is highly recommended. Players may wear socks or any kind of foot covering of a similar texture; so long it does not endanger the safety of any other player.

4. Point, Goal and Game

- 4.2. A game is finished and won by the first team to score thirteen (13) goals.

4.3. A game is separated into two (2) periods of play, called Halves.
Half-time occurs when a team first scores seven (7) goals.

5. Teams

5.1. Each team will put a maximum of five (5) players and a minimum of four (4) players on the field during each point.

6. Starting a Game

7. The Pull

8. Status of the Disc

9. Stall Count

10. The Check

11. Out of Bounds

12. Receivers and Positioning

13. Turnovers

14. Scoring

15. Fouls

16. Violations

17. Continuation after a Call

18. Stoppages

19. Time-Outs

19.2. A time-out lasts one (1) minute.