

BOCCE DISC

Players: 2 or more (singles or doubles)

Playing Area: anywhere with targets/objects to throw at.

Object of the Game: Throw your disc closer to the target than any of the other discs.

General Rules:

- Game can be played as singles or as doubles teams
- One player selects the target, near or far.
- Individuals/teams alternate throws.
- A player's throw may knock another team's disc out of the way.
- After all discs have been thrown, players move to the target to see which disc is closest to the target.
- If playing singles, the player with the disc closest to the target scores 1 point.
- If playing doubles, if Team A has one disc closer than any of the other teams, Team A gets 1 point. If Team A has 2 discs closer than any of the other teams, Team A gets 2 points.
- Only one team can score at each target.
- The first individual/team to score 15 points is the winner.

ULTIMATE

Spirit of the Game:

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the individual players. Highly competitive play is encouraged but never at the expense of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. The purpose of the rules of ultimate is to provide a guideline which describes the way the game is played. It is assumed that no ultimate player will intentionally violate the rules; there are no harsh penalties for inadvertent infractions but, rather, a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction. Because of this approach to the game, **Self-Officiating** occurs during play. Players are responsible for their own foul and line calls along with resolving any disputes..

Players: Official teams have 7 players

General Rules:

- Players attempt to pass and catch the disc in order to advance down the field and score.
- The disc may not be handed from player to player.
- A dropped disc by the thrower, without interference by the defender, is a turnover.
- The defense takes over when a pass is incomplete, intercepted, knocked down or goes out-of-bounds.
- If opposing players simultaneously catch the disc possession belongs to the **offensive** player.
- When catching the disc a player must maintain possession of the disc after contact with the ground.
- If the defensive team gains possession in the endzone they are defending play continues at the point of the catch or this player may carry the disc perpendicularly up to the goal line.
- Whenever there is a failure to come to an agreement over any call, the disc shall be returned to the last thrower prior to the dispute via a "**check.**"

Beginning Play: The "Pull"

- A player on the goal line throws the disc toward the other team.
- The receiving team will signal (1 arm raised) to the opposing team to make the Pull.
- All players for each team must be on or behind their own respective goal lines until the disc is released.
- As soon as the disc is released all players may cross goal lines and move to any position on the field.
- The throwing team may not touch the disc in the air before a member of the receiving team touches it.
- The receiving team may catch the Pull or let it fall to the ground.
- If the Pull falls untouched, the receiving team is given possession.
- If the receiving team attempts to catch the Pull and drops the disc, the throwing team is given possession at the **point of contact**.
- If the disc goes out-of-bounds on a Pull the receiving team has the choice of:
 1. Having the disc thrown again
 2. Taking possession on the sideline where the disc went out
 3. Taking possession in the middle of the goal line

Scoring:

- Regulation Scoring = 1 point for each score
- **Modified Scoring** (Used in Co-ed PE classes):
 - Boy to boy in endzone.....1 point
 - Boy to girl in endzone.....2 points
 - Girl to boy in endzone.....2 points
 - Girl to girl in endzone.....3 points
- Only 1 foot of the receiver must be in the end zone.
- A player may not score by running into the end zone.

- A point is scored when a team gains possession in the endzone it is attacking.
- Each time a goal is scored, both teams switch direction of attack with the scoring team re-starting play with a Pull.
- Following a score both teams must be ready for the Pull within 70 seconds of the score.

Fouls:

- A player who is fouled calls "**foul**" and all players must stop at their location when the call was made.
- A fouled player takes possession of the disc at the point of the infraction.
- A "**Check**" must occur in order for play to resume.
- If a foul occurs in the endzone, possession is gained at the goal line nearest the point of infraction.
- No **intentional** contact by the offense or defense is allowed.
- Physical contact during a throw is a foul against the marker. (Incidental Contact during the follow-through is not a foul.)
- Incidental contact during and after a catch is often unavoidable and is not considered a foul.
- Violent contact is a foul, and **must** be avoided.

Violations: For all violations the opponent must call out "Violation" and then name the violation that occurred.

- Double Team:
 - Only one player is allowed to mark the player with the disc
 - Penalty: Marker must re-start the stalling count
- Disc Space:
 - Marking too closely (reaching around or into the thrower's body space) or touching the thrower
 - Penalty: Marker must re-start the stalling count
- Vision Blocking:
 - A marker intentionally blocks the thrower's vision
 - Penalty: Marker must re-start the stalling count
- Stalling:
 - The marker calls "**stalling**" and then counts aloud for 10 seconds.
 - The disc must be released by the end of the count.
 - Penalty: Turnover to Defense
- Fast Count:
 - When the marker counts faster than one per second the thrower will call out "**violation - fast count**".
 - Penalty: Marker must restart the stalling count at zero
- Stripping: The disc may not be knocked out of or taken from the hands of a player in possession of the disc.
 - Penalty: Marker must re-start the stalling count at zero
- Traveling:
 - A player may not run or take steps while in possession of the disc.

- When catching the disc the receiver is allowed a reasonable number of steps (typically 3) to stop their momentum.
- If the receiver's momentum carries the receiver across the goal line the receiver must return outside the goal to resume play.
- A thrower may pivot. (Changing the pivot foot is illegal.)
- Purposeful bobbling or tipping of the disc to oneself in order to gain an advantage is considered traveling.
- Penalty: Turnover to Defense

Terms:

- Check: Formal means of resuming play after teams agree on disc possession and position (**both** teams must be ready before play resumes)
- Disc Space: Violation of marking too closely by touching the thrower or reaching around the thrower
- Defense: Team not in possession of the disc
- Double Team: Violation when 2 defensive players mark the thrower
- End Zone: Area of the playing field where scores are made
- Fast Count: Violation when a marker counts faster than one per second
- Foul: Physical contact by any player that is not incidental to play
- Goal Line: Line separating the playing field from the endzone, **not considered part of the endzone**
- Marker: Defensive player within 3 meters guarding the thrower
- Offense: Team with possession of the disc
- Out-of-Bounds: Any area not on the playing field, **including** the perimeter lines
- Perimeter Lines: Lines separating the playing field & endzone from the out-of-bounds, not part of the playing field
- Pick: When an offensive player obstructs the movement of an opponent whether intentional or not, play is resumed with a check of the disc to the offensive player who had possession at the time of the pick. (Not a legal play.)
- Pivot: Foot ground contact used to establish position on the field after gaining possession of the disc
- Point of Contact: Location on the field where a player contacts the disc or an opponent
- Pull: Procedure used to start play or resume play after a goal is scored
- Receiver: Offensive player other than the thrower
- Stalling: Violation when the marker counts out loud for 10 seconds and the thrower has not released the disc
- Stripping: Violation where the marker knocks the disc from the thrower's possession
- Thrower: Offensive player in possession of the disc
- Traveling: Violation where the pivot foot is changed, or steps are taken with the disc beyond those necessary to stop after a catch
- Turnover: When the defensive team receives possession of the disc
- Violation: Any infraction of the rules other than a foul
- Vision Blocking: Violation when the marker intentionally blocks the thrower's vision