



# Ultimate Frisbee

**Dates:** June 10th June 11th

**Location:** Sports Centre de Bongerd



**GNSK**  
Wageningen 2023  



# Regulations Ultimate Frisbee

## Teams:

1. Multiple teams can be registered per member city/student sports board.
1. Each team of a member city/student sports board may only consist of students who meet the conditions set out in chapter 1 of the GNSK regulations. In case of violation of this rule, the team in question loses all games with 15-0.
2. If an ineligible participant participates in the GNSK, a fine of €200,- will be charged to the member city/student sports board for which that participant plays. The results of the team in question will be deleted.
3. The team must be submitted to the general competition secretariat before the team's first match.
4. Each team consists of a minimum of 5 people and a maximum of 14 people.

## Playtime:

5. The official playing time of a match is **35 minutes**, including a 2-minute time-out per team.
6. Each team can request 1 team-out when the team has control of the disc or has scored the last point. A time-out cannot be called 5 minutes before the end of the game.
7. A team can win a match within the official playing time if the team has scored 15 points.
8. At the end of the official playing time the current point is always played.
9. A point is started when the poule is thrown.
10. A draw is possible in the group phase, but not in the final phases.
11. In the knock-out phase, the point is always played out, if it is a draw after the point has been played, an extra point must be played.
12. The stall-count is **8**

## Mixed:

13. The mixed rules of outdoor NFB 2022 are followed using an **ABBA system**
14. The team who chooses the first line of the game is determined by a toss at the start of the match.

## Score:

1. The winning team gets 2 game points, losing 0, and in case of a draw both teams get 1 point.
2. In the event of a draw in final score, the number of match points in the mutual matches will be taken into account.
3. In the event of further draws, the points balance in head-to-head matches will be taken into account.

## Additional:

Insofar as no exception is made in the above, the regulation of the NFB (outdoor) applies.

<https://www.frisbeesport.nl/cms/pagina/organisatie-documenten>

## File a protest:

**Protest must be submitted up till one hour after the end of the match.**

Participants or teams can file a protest against other participants/ teams based on eligibility and competition rules. Decisions of referees or other officials cannot be challenged, nor can the regulations of the GNSK, the regulations of the camping and other articles from the event regulations of Studentensport Nederland.

To file a protest, the teams have to do the following:

- The sports committee must be notified of the protest as soon as possible after the end of the match, during which the alleged violation has occurred.
- The person to be called: *to be determined*
- The protest must be signed by an official representative of the team and must contain the following elements:
  - Date, time and location of the incident
  - The relevant article which was violated
  - A description of the situation
  - The names of the protesting team/participants, signed.

On Saturday, the protests will be processed at the end of the day. On Sunday, the protests will be processed no later than two hours after the protest has been submitted. All protests must be dealt with before the start of the finals.