

Regulations Ultimate Frisbee

GNSK 2026

1. Team Composition and Eligibility

1. Per Overkoepelende Studenten Sport Organisatie (hereinafter: OSSO)/city, a maximum of two mixed teams may be registered. A team consists of a minimum of 5 and a maximum of 21 players, of whom at least 2 frmps must always be on the field (loose mixed). Matches are played 5 versus 5. The first team registered per OSSO/city is always entitled to participate. Depending on the total number of registered teams, it will be decided whether the second team may participate. If there are too many second teams for the remaining places, participation will be determined based on order of registration.

2. The registered participants of an OSSO/city may only consist of students who meet the conditions set out in the Right of participation GNSK 2026. If these rules are violated, all results of this participant will be deleted. If an unauthorized participant takes part in the GNSK, a fine of €200 will be charged to the OSSO/representative organization in the city for which that participant is competing.

3. The team roster must be submitted to the ultimate frisbee committee prior to the start of each team match. If an OSSO/city sends two participating teams, players may not be exchanged or play for the other team. If this does occur, article 2 of the team composition and eligibility applies.

2. Match Regulations

1. The preliminary rounds are played in groups. The group allocation is determined by a draw, in which teams can qualify for the finals bracket in accordance with the Implementation Regulations Placement GNSK 2026. Where possible, teams from the same OSSO or city are distributed across different groups. Prior to the draw, the ultimate frisbee committee determines how many teams per group qualify for the finals bracket, which is played in a knockout system.



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2. Team rosters must be submitted to the central match secretariat before the team plays its first match.

3. Teams must be present and ready to play at the time indicated in the match schedule. If this is not the case, the match will be declared a forfeit. The result will then be 15-0 in favor of the present team.

4. Teams that forfeit a match in the knockout phase are excluded from participating in the match for third place.

5. Each team must make two people available for scorekeeping duties for the matches assigned according to the match schedule.

6. The official playing time of a match is 40 minutes, including 1-minute time-outs and a 2-minute halftime break.

7. Each match consists of two halves. Halftime begins when the first of the two teams reaches 8 points or when 19 minutes have elapsed; the point in progress must first be completed. The halftime break lasts 2 minutes.

8. Each team is entitled to one time-out per match. Time-outs last 1 minute.

9. A team may win the match within the official playing time if it has scored 15 points.

10. When the official playing time expires, the point in progress is always completed, but only after a check.

11. In the knockout phase, the point in progress is always completed. If the score is still tied after completing the point, an additional point must be played.



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12. The winning team receives 2 match points and the losing team receives 0 match points. In the event of a draw, both teams are awarded 1 match point.

3. Final Provisions

1. Players must wear appropriate sportswear.

2. The organization accepts no responsibility for accidents or damage to third parties before, during, or after matches. Participation is at one's own risk.

3. The organization accepts no responsibility for theft before, during, or after the competition.

4. In all cases, the ultimate frisbee committee reserves the right to make a binding decision that does not necessarily correspond to the above. This decision is in accordance with the documents mentioned in article 5 of the final provisions and cannot be implemented without the consent of the GNSK committee and/or SSN.

5. In all cases not covered by this regulation, the rules and provisions of the SSN Event Regulations 2026 and [regulations of the NFB \(outside\)](#) apply.



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