

RULES OF PLAY ULTIMATE FRISBEE

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

1. Starting the Game:

- 5 players constitute a team. (If co-ed, it is recommended that at least 3 women be on the field at all times. If there is not enough women or fatigue constitutes exclusion even for one point, the teams should align themselves “gender proper” meaning that the same number of women should be on both offence and defense.)

2. Initiating Play:

- Each point begins with both teams lining up on the front of their respective goal line. The defense throws (“pulls”) the disc to offense, which is lined up along their goal line. A dropped pull results in a turn over.

3. Movement of the Disc:

- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc after catching it. They must come to a stop and establish a pivot foot as soon as they can (within reason). The person with the disc (“Thrower”) must have one pivot foot planted. The defender guarding a thrower (“Marker”) counts out the stall count to 10 seconds (not *too* fast now...). No momentum touchdowns-one foot must be in bounds for the catch to be completed. A disc that is caught simultaneously by an offender and defensive player results in possession for the offense.

4. Change of Possession:

- When a pass is not completed (i.e. disc hits the ground) the defense immediately takes possession of the disc and becomes the offence. A turnover in the end zone will be brought out to the goal line. The offensive player, with the disc, must plant a pivot foot on the goal line. A turnover on the side will be brought to the place where the disc left the field of play if the defense has not touched the disc. If the defense has touched the disc, it is brought into play at the nearest point on the sideline.

5. Defending:

- A defensive player must be a disc’s width ways from the thrower. They cannot contact that thrower or a foul may be called. They do have the rights to their position however. If a thrower tries to throw through them, the foul is on the throw. Only one defensive player may guard the thrower. No other defensive player is allowed within 3 meters of the thrower or a double team foul is called.

6. Fouls:

- When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession were retained. If the player committing the foul disagrees with the foul call, the play is redone. At the times of the foul, both the offence and defense must hold their position. The defensive player will tap the disc to signal that their team is ready to resume play.

7. Self-Refereeing:

- Players are responsible for their own foul calls. Players resolve their own disputes. The players catching the disc may make the final call.

8. Time-Outs:

- Each team has 2 time-outs. They can use one substitution if they use a time-out.

9. Substitutions:

- A team can freely substitute with regard to gender after a goal is scored. There can also be a substitution for an injured player. If an injury occurs, the disc is dead.

10. Length of Game:

- The games shall be two 20 minute periods with a 5 minute intermission between the periods. If teams are tied after regulation, a sudden death period, where the first team to score is declared the winner.