

Ultimate Frisbee

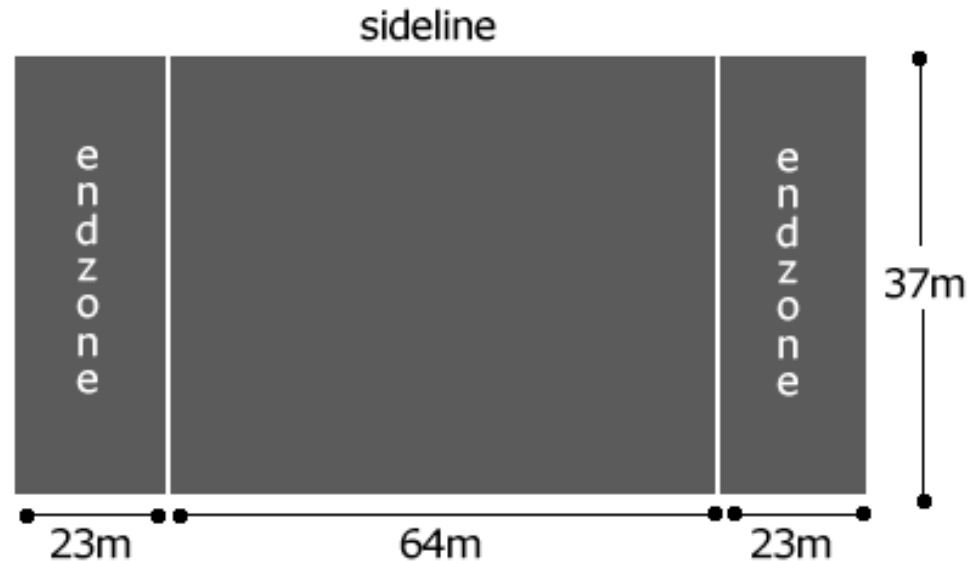
The Basic Rules



The Field

A rectangular shape with endzones at each end. A regulation field is 64m by 37m, with endzones 18m deep.

The Ultimate Disc Playing Field



Beginning Play



- Each point begins with both teams lining up on the front of their respective endzone line.
- The defense throws ("pulls") the disc to the offense.
- A regulation game has seven players per team.

Scoring



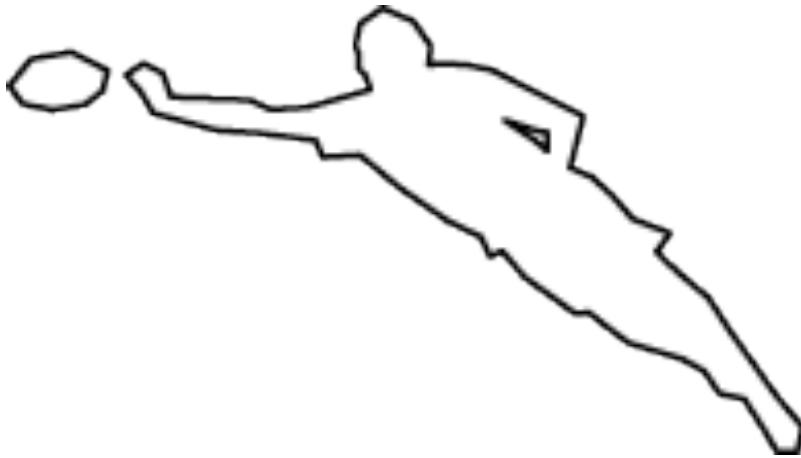
- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

Moving the Frisbee Disk



- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc.
- The defender guarding the thrower ("marker") counts out loud the ten second count.

Change of Possession



- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Substitutions



- Players not in the game may replace players in the game after a score and during an injury timeout.

No Physical Contact



- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

FOULS



- When a player initiates contact on another player a foul occurs.
- When a foul disrupts possession, the play resumes as if the possession was retained.
- If the player committing the foul disagrees with the foul call, the play is redone.

Referees - There are none!



- Players are responsible for their own foul and line calls. Players resolve their own disputes.

SPIRIT OF THE GAME

- 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.