

Ultimate Frisbee Rules

1. Spirit of the game:

Ultimate Frisbee is a non-contact sport. It relies on the principles of sportsmanship and individual (and team) responsibility for upholding the rules. Highly competitive play is encouraged, but never at the expense of these principles. Such actions as taunting of other players, dangerous aggression, intentional fouling, cheap calls, and other “win-at-all-costs” behavior are against the spirit of the game, and must be avoided.

2. Format:

- Minimum of five, maximum of seven players on the field per team.
- At any one time there may be only one more of the opposite sex on the field at a time.
- Games are played with two halves of 20 minutes of running clock, with a five minute half-time.
- In case of a tie, one overtime period of 5 minutes of running clock will be played. If the game remains tied it will be considered a tie.

3. Play:

- The object of the game is to score goals, one point per goal. A complete pass into the opposing end zone is a goal.
- Each point begins with a pull; scoring team pulls. To begin a game, flip a disc to determine which team pulls.
- The disc may only be advanced by passing. Any time a pass is not complete, possession reverts to the other team at the spot the disc hits. If the disc hits in the end zone, the disc should be moved out to the 10-yard line.
- A pivot foot must be established once a player catches the disc. Moving the pivot foot is a travel.
- The disc may be passed in any direction by any player. Players may occupy any position on the field at any time.
- An offensive player has 10 seconds to complete a pass. A defender may call out “stalling,” then count out loud to 10 seconds. If the disc is not thrown, it’s a turnover.
- If the disc is dropped, thrown out of bounds, or not caught, the defensive team takes possession at that point.
- The disc may not be forcefully taken or knocked away from the offense.
- If the defense deflects the disc to the ground, they still gain possession.

4. Out-of-bounds:

- The player's first contact with the ground after catching the disc determines whether he/she is in or out. The line is out; your first point of contact must be all the way in. This includes the end zone.
- Players in-bounding the disc must have a pivot foot on the line.
- When the disc goes out of bounds, play is resumed where it crossed the line, if it goes out the back, walk it to the closest spot on the end line (perpendicular to where it went out).

5. Throw off (the pull):

- Both teams must line up at or behind their respective goal lines. Each team raises a hand to signal readiness, then the disc is thrown.
- The throwing team gains possession if the receiving team touches the disc in the air and drops it.
- If the pull lands out of bounds, the receiving team has a choice of taking the disc on the sideline where it went out, or in the middle of the field at the point where it went out. (5 yards up if it goes out the back of the end-zone)

6. Change of possession in the end-zone:

- If you gain possession in the end-zone you are defending, you may either take the disc where it stopped, or walk it up straight to the goal-line and take it there.
- If you gain possession in the end-zone you are attacking, you must walk the disc perpendicularly back to the goal-line. Play then resumes without a "check" of the disc.

7. Fouls

- If any player violates the rules, a player on the opposing team may call a foul.
- All fouls result in a re-throw after a "check" of the disc

8. Scoring:

- You cannot score on momentum. The disc must be brought back to the line and played from there.
- Change ends after every goal..."losers walk."

9. No:

- Handoffs, double teaming the thrower, or tipping the disc to oneself.
- Catching your own throw (unless it is touched by another player).
- Picks, hacking the thrower, purposeful contact, or calling fouls just to gain advantage or stop opponent's flow

10. Mercy rule:

If a team is up by 10 with less than 5 minutes left in the game, the game will be called