

# Ultimate Frisbee Rules

Ultimate Frisbee Rules are played differently for ultimate Frisbee pick-up games depending on where and who the ultimate players are. But for many ultimate Frisbee tournaments and ultimate Frisbee leagues the ultimate Frisbee rules below are followed.

## The Field

The field is a rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



## Teams

A regulation game has seven players per team on the field at one time.

## Initiate Play

To begin play the ultimate players from each team line up on their endzones and the defense team pulls (throws) the disc to the other team as a "kick-off". Pulls are long throws, and they are thrown in efforts of giving the offensive team poor field position and a chance for the defense to get down the field soon enough to stop advances.

The pull is often started by a member of the defending team raising one arm with the disc to show that they are ready to pull the disc and begin play. The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin often an ultimate Frisbee disc is used.

## Scoring

Each time the offense completes a pass in the defense's endzone, the offense scores a point. After a point is scored, the teams exchange ends. The team who just scored remains in that endzone, and the opposing team takes the opposite endzone. This can be commonly referred to in the phrase: "Losers walk." Play is re-initiated with a pull by the scoring team.

## Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot. Players may not run with the disc.

Upon receiving the disc, a player has ten seconds to pass it. This period is known as the "stall", and each second is counted out (a stall count) by a defender (the marker), who must be standing

within 10 feet of the thrower. A player may keep the disc for longer than ten seconds if no marker is within 10 feet, or if the marker is not counting the stall

### **Reasons for Change in possession:**

- Throw-away — the thrower misses his target and the disc falls to the ground.
- Drop — the receiver is not able to catch the disc.
- Block — a defender deflects the disc in mid flight, causing it to hit the ground.
- Interception — a defender catches a disc thrown by the offense.
- Out of bounds — the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
- Stall — a player on offense does not release the disc before the defender has counted out ten seconds.

When one of the above reasons for change in possession occurs, 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.

### **Non-contact**

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

### **Refereeing**

Players are responsible for foul and line calls. Players usually resolve their own disputes. This creates a spirit of honesty and respect on the playing field. It is the duty of the player who committed the foul to speak up and admit his infraction. Occasionally, official observers are used to aid players in refereeing, known as observers.