Ultimate Frisbee



**The Field**

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

# Start of the game

* Both teams line up on their respective endzone line. The defense throws (***pulls***) the disc to the offense.
* If the pull lands inbounds, play begins.
* If the pull lands out-of-bounds the receiving team may ask for a re-throw or play it from the closest line.
* If the pull lands in the end zone, the receiving team brings it to the goal line to start the throw.

**Scoring**

* + - A goal, worth 1 point, is scored when a player throws the disc to a teammate and it is successfully caught within the endzone. A throw-off (pull) is initiated after every point.
		- The team that scores, begins the throw-off in endzone from where they just scored.

**Marker**

* + - The person who guards the thrower.
		- Attempts to prevent a throw or a good throw.
		- Must be an arms distance away plus the distance of the disc.
		- Must yell out the stall count (5 Seconds)
		- Attempts to stall the thrower.

# Movement of the Disc

* + - The disc can be thrown from one player to another in any direction.
		- A player may not run while in possession of the disc.
		- The person with the disc (thrower) has 5 seconds to throw the disc.
		- The person guarding the thrower (marker) counts out loud, the stall count.
		- The disc CANNOT be handed off to another player
		- A **handler** is a person who stays back and helps move the disc, this person is typically a good thrower and is able to help lead the offense

# Change of Possession

* The disc touches the ground (incomplete pass).
* The defense deflects/touches the pass thereby not allowing a completed pass by the offense.
* The disc is intercepted by an opposing player.
* The stall count reaches 5 seconds.
* A foul occurs.

If any of the above occurs, a turnover results. The defense immediately takes possession of the disc and becomes the offense.

**Fouls**

Ultimate Frisbee is a non-contact sport. A foul occurs when contact is made or a violation of one of the rules occurs. If the defensive player fouls, then the offense retains possession. If the offensive player fouls, possession is turned-over to the defense.

**Types of Fouls**

* A player initiating contact
* Contact between the thrower and the marker.
* A **catching foul** may be called when there is contact between
opposing players in the process of attempting a catch,
interception, or knock down.
* If a player contacts an opponent before the disc arrives and
thereby interferes with that opponent's attempt to make a play
on the disc, that player has committed a foul.
* Dangerous, aggressive behavior or reckless disregard for the
safety of fellow players is always a foul.
* If the receiver obviously takes more steps than are required
to stop after catching a pass (3 maximum), that player has traveled.
* No defensive player may touch the disc while it is in
possession of the thrower or receiver.
* If a defensive player knocks the frisbee out of the offensive players hands, the offensive player calls **"Strip."**
* Only one marker is permitted to guard the thrower. Double teaming is not permitted.

# No Referee

# The sport is self-officiated. All fouls and out-of-bounds penalties are called by the player(s) involved. If the player committing the foul or penalty disagrees with the call, the play is redone.

## SPIRIT OF THE GAME

**Relies upon the spirit of sportsmanship that places the responsibility for fair play on the players themselves. Highly competitive play is encouraged, but never at the expense of mutual respect between the players. Adherence to the rules and the enjoyment of playing this game is the right attitude and way of playing this game.**