



Ultimate Frisbee Rules

1. One of the most unusual things about Ultimate is that a referee is not required to control the games. The players are self-officiating, calling their own fouls and making their own decisions.
2. A team shall consist of seven (7) players with a minimum of three (3) females if playing co-ed.
3. There are no scrimmage lines or off-sides (except on throw-offs) in Ultimate.
4. The disc may be passed in any direction.
5. A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
6. Each half lasts twenty (20) minutes of running time.
7. A goal is worth one (1) point.
8. At the end of the game, the team with the most goals is declared the winner.
9. Substitutions can be made only:
 - After a goal and before the ensuing accepted throw-off
 - Before the beginning of a period of play
 - To replace an injured player(s)
10. Before a game starts, each team designates one captain to represent that team in disagreements and arbitration.
11. Representatives of the two teams each flip a disc. The team winning the flip has the choice of:
 - Receiving or throwing the initial throw-off
 - Selecting which goal they wish to defend initially
12. The second half begins with an automatic reversal of the initial throw-off position.
13. Play starts at the beginning of each period of play and after each goal with a throw-off.
14. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.
15. The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.
16. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
17. As soon as the disc is released, all players may move in any direction.
18. When play stops, the player who was in possession retains possession.
19. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.

20. The marker restarts play by touching the disc in possession of the thrower. If the thrower attempts a pass before the marker touches the disc, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.

Goal

21. A goal is scored when an offensive player completes a pass to a teammate in the end zone which his/her team is attacking.

22. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.

23. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.

Turnovers

24. An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.

25. A pass is considered intercepted if a defensive player catches a pass.

Fouls

26. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled, and must be announced by calling out the word "Foul!" loudly and immediately after the foul has occurred.

27. The player initiating contact is guilty of a foul.

28. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.

29. 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.

30. If a player's attempt to make a play on the disc causes significant impact with a legitimately positioned stationary opponent, before or after the disc arrives, it is considered "harmful endangerment" and is a foul.

31. Dangerous, aggressive behaviour or reckless disregard for the safety of fellow players is always a foul.

32. There is no double-teaming allowed. Only one player is allowed to guard the thrower.