

Ultimate Frisbee Rules

Ultimate Frisbee is a fast moving, competitive, non-contact sport played by two seven-player teams (with 20 on the roster). The sport has a great deal of freedom and informality implicit in the rules. Primary among these is the “spirit of the game”, which enables the honor system to be effective.

The object of Ultimate Frisbee is to gain points by scoring goals (1 point per goal). The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking. The team with the most points at the end of the game is declared the winner.

Equipment

- The official frisbee must be at a weight of 165g to 175g.
- Individual players may wear gloves, if they do not endanger the safety of any other player. Knee braces are allowed, but any metal must be completely covered
- Players must wear shoes.

Playing Field

- The main playing field is 70 yards long & 40 yards wide
- Both end zones are 40 yards wide and 25 yards deep. Total size of the field is 40 yards by 120 yards.
- If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the disc.
- To be considered in-bounds, a player must land with first point of contact in bounds...the line itself is out of bounds. Should the disc land outside the lateral boundary, it is returned to play on the main playing field at the point where the disc went out-of-bounds.
- Player throwing the disc in bounds must have 1 foot in bounds

Official

- No referee is used; the two teams play on an honor system; however, the coaches of each team will keep the time and the score, and may be called upon to help settle questions regarding rules, fouls, etc.

Time

- Games will consist of two 25-minute periods, with a 5-minute halftime between the periods
- The clock will run continuously except for time outs or injuries.
- The clock does NOT stop for call discrepancies
- Each team is permitted one time-out per half and one per overtime period, each lasting one minute. Either team may call a time-out after a goal and before the ensuing pull
- Teams must be in possession of the disc to call a time-out during play
- In the event of a tie at the end of regulation time, there will be an overtime period lasting 5 minutes. The captains will rock/paper/scissors to determine which team will pull. If there is no winner at the end of this period, the tie will be broken by a sudden death overtime (first team to score wins).

Pull

- Play begins with the pull. The captains will rock/paper/scissors to determine which team will throw or receive, or choice of goal. The team's alternate pulls at the beginning of each half. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their goal line without changing relative position.
- A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goal line. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it.
- The receiving team may catch the disc. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession of the disc where it is stopped. If the disc can fall untouched to the ground, the receiving team has possession where it is stopped.
- The disc must land within the boundaries of the playing field on the pull. If it does not, the receiving team can take the disc where it went out-of-bounds or to have the disc re-thrown.
- Each time a goal is scored, the teams switch directions attack, & the team that scored pulls on the signal of the receiving team

The Play

- The team that has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc any way he/she wishes. The disc may never be handed from player to player. For the disc to go from one player to another, it must at some time be in the air.
- No player may walk, run, or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops and he/she returns to the point where he/she gained possession and play resumes when both teams are ready.
- The player in possession may pivot on one foot, as in basketball. The thrower may not change his/her pivot foot. Only one player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked from his or her hand.
- The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out of bounds. A rolling or sliding disc may be stopped by any player but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it.
- A player may catch his/her own throw if another player during its flight has touched the disc. Bobbling to gain control is permitted but tipping to oneself is not allowed.

End zones

- Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line if he/she approaches it perpendicularly.
- The player may not pass the disc as he/she approaches the goal line

- If a team gains possession in the end zone which it is attacking, the disc is carried perpendicularly to the goal line and play resumes immediately from the goal line
- There are no "safeties"

Fouls

- A throwing foul is called only by the player fouled. It is defined as any physical contact between offensive and defensive player sufficient to deter the flight of the disc. Contact occurring during the follow-through is not sufficient grounds for a foul.
- If the pass is completed, the foul is automatically declined, and play proceeds without stopping
- A foul is also called when any physical contact occurs because of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, kicking, sub-marining, etc.
- The player who is fouled calls "foul", play stops and the player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.
- A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts aloud 10 seconds. If the disc has not been released at the end of the count (or at the first utterance of the word "ten") it is turned over to the defense at that point.

Scoring

- A goal is scored when an offensive player receives a pass from a teammate and has two feet past the goal line with at least one foot legally touching inside the end zone area without touching any out of bounds area. Again, "First Point of Contact" must be in bounds.
- A player in possession may not score by running into the end zone
- The team that scores receive one point

MERCY RULE

- The game shall end if one team is ahead by 10 goals or more at halftime or any time thereafter

Substitution

- Substitutions can be made only: after a goal and before the ensuing throw-off or to replace an injured player or after periods of play
- Teams will alternate each point. Scoring is not the determining factor.
- Teams can choose to play up to 2 females on the field at a time, provided they have 2 on their roster.
- If a team is playing 2 females, and your team only has 1, then you must play down a player.
- If a team does not have a female then they must play down a player.

Clarifying Statements

- There are no scrimmage lines or offsides in Ultimate Frisbee.
- The disc can be passed in any direction - forward, to the side, or backwards
- The term "when both teams are ready", implies that the defender will hold the disc until the defensive team is ready, and then hand the disc to the thrower

- It should be common practice that the offensive team remains stationary until the disc is given to the thrower

Forfeits

- A team must have a minimum of five (5) players on the field and ready to play at the scheduled starting time or the game will be forfeited

Guest Passes

- Each team will receive 8 total guest passes for the entire season (including playoffs).
- Guests will be required to sign a waiver at the field before playing.
- No new guests can play in the playoffs. If the guest player played in a regular season game, then they can use a guest pass and play in the playoffs.
- There is no limit on guest passes per game, just the quota of 8 total on the season.
- A guest pass is per night. Single guest plays week one and then plays week two as well, that will take two separate passes, even though it is the same person.

Other

- There will be no cursing on or off the fields. If heard, we will grant one warning and the next offense would cause for immediate expulsion from that game. Another offense would lead to suspension from that game and the next. A third offense would be dismissal from the league.
- No alcohol allowed.
- No smoking allowed.