

Rules of Ultimate Frisbee

1. The Field -- A rectangular shape with endzones at each end. The field measurements will be 50 yards by 30 yards, with endzones 8 yards deep.
2. Initiate Play -- Flip frisbee for possession. Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has 6-8 players per team with 6 on the field. Team can be made of men or women.
3. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. Movement of the disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players must not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession -- When a pass is not completed (ex. out of bounds, drop, block, interception) the defense immediately takes the possession of the disc and becomes the offense.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. No Contact -- No physical contact is allowed between players. A foul occurs when contact is made. If the disc is in the air and contact is unintentionally made while multiple players are jumping to catch the disc, it is not a foul. If a player makes contact before the jump, then a foul occurs. No hand contact when disc is being thrown
8. Fouls -- When a foul disrupts play, a foul occurs and results in change of possession.
9. Winner -- The team that has the most points when time is expired. In result of a tie the teams flip for possession and the next team to score wins.
10. Mercy Rule -- 10 - 0...when a team gets ahead of the other by 10 points at any time.
11. Length of play- two 12 minute halves with one 3 minute halftime and 3 minutes between games.
12. Round robin pool play- teams will be split into pools. Guaranteed 3 games.
13. The disc- regulation size and weight of the disc is 175grams and 10.75 inches across
14. Time limit-- a player has 5 second to pass the disc. Only referees can call the 5 seconds, if held too long the referee must blow the whistle and result in change of

possession.

15. Frisbees provided, no substitutions.

16. Check-in Time 4:30PM November 17, 2010.

17. No Jewelery