



## Ultimate Frisbee Rules

### Prior to Game Time:

- All players must have signed the Waiver of Consent for Emergency Treatment on the team entry form.
- All players must have paid their individual \$8.90 entry fee.
- All players must show their valid polar express card (with an active SRC membership) to the game supervisor. If players do not have their polar express card, they must show their state or government issued photo I.D.
- All players must be listed on the team roster – Team captains can make changes to team rosters, 24 hours in advance. Roster additions are allowed until the last week of play.
- Brimmed hats and jewelry cannot be worn.

### Spirit of the Game:

Ultimate is a non-contact sport. It relies on the principles of sportsmanship and the individual (and team) responsibility for upholding the rules. Highly competitive play is encouraged, but never at the expense of these principles. Such actions as taunting of other players, dangerous aggression, intentional fouling, cheap call, and other "win-at-all costs" behavior are against the Spirit of the Game, and must be avoided by all players.

### Basic Guidelines:

1. Minimum of six (6), maximum of seven (7) players on the field per team.
2. Games are played with two (2) halves of 20 minutes of running clock, with a five (5) minute half-time.
3. Game time is start time. If a team is not ready for play within ten (10) minutes, the game is declared a forfeited.
3. In case of a tie, one overtime period of five (5) minutes of running clock will be played. If the game is still tied, it is declared a tie.

### Play:

1. The object of the game is to score goals, one point per goal. A complete pass into the opposing end zone is considered a goal.
2. Each point begins with a pull; scoring team pulls. To begin a game, flip a disc to determine which team pulls.

3. The disc may only be advanced by passing. Any time a pass is not complete, possession reverts to the other team (turnover).
4. A pivot foot must be established once a player catches the disc. Moving the pivot foot is considered a travel.
5. No player may walk, run, or take steps while in possession of the disc.
6. The disc may be passed in any direction by any player. Players may occupy any position on the field at any time.
7. Only one person may guard the player in possession of the disc.
8. When an opposing player is stalling, their defender says "stalling", then counts out loud one (1) to ten (10) in seconds. If the disc is not thrown within those ten (10) seconds, it is turned over to the other team.

**Out of Bounds:**

1. The player's first contact with the ground after catching the disc determines whether s/he is in or out. The line is OUT; your first point of contact must be all the way in. This includes the end zone.
2. The player in-bounding disc must have their pivot foot on the line.
3. When the disc goes out of bounds, play is resumed where it crossed the line; if it goes out the back, walk it to the closest spot on the end line (perpendicular to where it went out).

**Throw Off ("The Pull"):**

1. The captains of the two teams flip a disc to determine which team will throw or receive, or choice of goal.
2. Both teams must line up at or behind their respective goal lines. Each team raises a hand to signal readiness; then throw.
3. Throwing team gains possession if the receiving team touches the disc in the air and drops it.
4. If the pull lands out of bounds, the receiving team has the choice of taking disc on the sideline where it went out; or in the middle of the field at the point where it went out (5 yards up if it's out the back).

**Change of Possession in the End Zone:**

1. If a player gains possession in the end-zone they are defending, they may either take the disc where it stopped, or walk it up straight to the goal-line and take it there. (Not in between, and they can't change their mind once they touch the disc).
2. If a player gains possession in the end-zone they are attacking, they must walk the disc perpendicularly back to the goal-line. Play continues; no "check".

**Fouls:**

1. Check: the thrower holds the disc and the marker counts down "two, one, DISC IN" and taps the disc. Disc is in on the tap.
2. If the count is too fast, thrower says "too fast," and marker must immediately go back two (2) in the count. Second call in the same count results in a foul.

3. If any player violates the rules, a player on the opposing team may call a foul. (Any physical contact during the throw is a foul against the defender)
4. All fouls result in a re-throw, after a 'check' of the disc, EXCEPT:
  - If a fouled pass is completed, the foul is automatically declined; play continues, call "Play on".
  - On uncontested catching fouls, the receiver takes the disc as if caught. Check the disc.
5. On a foul, the stall goes back to zero. (On offensive fouls and travels, it stays the same or goes back to six, whichever is less.)

**Scoring:**

1. A player cannot score on momentum. They must walk it back to the line and play on.
2. Teams must change ends after each goal is scored.

**The Following Are Not Allowed:**

1. Handoffs, double-guarding the thrower, tipping to oneself.
2. Catching one's own throw (unless touched by another player).
3. Picks, hacking the thrower, purposeful contact, or calling fouls just to gain advantage or to stop opponent's flow.

**Mercy Rule:**

If a team is up by 10 points with 5 minutes left in the game, the game will be called.

**Ties:**

- During league games, ties will remain as such, with each team being credited with a win for playoff considerations.
- For Playoffs: If tied, a 5-minute period will be played; if still tied after 5 minutes, then sudden death with the first team to score being declared the winner.