

Ultimate Frisbee Rules

Ultimate Frisbee games consist of two 25 minute halves run time. The half will end with the completion of a point. The rules of Ultimate Frisbee are as follows:

1. **Fielding:** The fielding team shall consist of seven players. A maximum of five male players are allowed in the game at any one time in co-rec divisions. A team must field a “minimum” of five players within 10 minutes of the scheduled starting time. Penalty: default
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense.
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. To score a player must land in the end zone (not run in) with both feet inbounds. Play is initiated after each score. The team that scores must pull to the other team.
4. **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. The disc must be thrown not handed. Players may 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. The marker has to give the thrower a disc length of space.
5. **Traveling:** Traveling occurs when a player runs with the disc, or fails to plant a “pivot foot” when throwing. For traveling calls the player must return to where they originally caught the disc. When throwing the disc the player must keep one foot planted at all times, they cannot lift this foot off the ground. They are allowed to pivot (spin) in order to make a pass.
6. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
7. **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
8. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
9. **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

10. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes. Any disputes are the responsibility of players on the field, not on the sidelines.

11. **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

12. The defense must "pull" the frisbee to the offence within 20 seconds after the offence has signaled their readiness

13. The offence must signal their readiness within 1.5 minutes of scoring a point

14. Point cap is 15, win by two