

ULTIMATE FRISBEE

Introduction

- Ultimate Frisbee is a non-contact sport played by two seven player teams
- the object of the game is to score goals by passing the Frisbee to a teammate in the endzone

Length of Game

- a regulation Ultimate Frisbee game is 48 minutes of stopped time, with two halves of 24 minutes each
- each overtime period lasts for five minutes
- the clock stops after a goal, at the end of the period, for time-outs, for injuries, for fouls and violations, and when the Frisbee goes out of bounds

Scoring

- a goal is worth one point
- if the game is not being timed, a game to 21 points can be played, with a margin of victory of at least two goals
- however, the first team to 25 points wins, regardless of the margin of victory

Time-Outs

- each team is permitted two time-outs per half
- each time-out lasts 2 minutes
- during play, only the team with possession of the Frisbee can call time-out

Substitutions

- can only be made after a goal, before the beginning of a period of play, or to replace an injured player

Start of Play

- to start the game, the captains both “flip a disc”, and one captain calls “same” or “different” while the discs are in the air
- the winning team has choice of receiving or throwing the initial throw-off
- the team that didn’t receive at the beginning of the game, will receive the throw-off at the start of the second half

Throw-Off

- players on the throwing team may move anywhere in their endzone prior to the throw, but may not leave the endzone until the disc is thrown
- the players on the receiving team must stand with one foot on their goal line
- one player on the throwing team throws the disc toward the opposite goal line to begin play
- as soon as the disc is released, all players may move in any direction
- no player on the throwing team may touch the throw-off in the air before it is touched by the receiving team

- if a member of the receiving team catches the disc in the air, they must put the disc into play from that spot
- if a member of the receiving team touches the disc in the air, but fails to catch it, then the throwing team gains possession from where it lands
- if the disc hits the ground untouched, the receiving team gains possession where it stops
- if the throw-off goes out of bounds, the receiving team may request a re-throw or start play from where it went out of bounds

Out of Bounds

- a disc is out-of-bounds when it contacts the ground outside the playing area
- as long as a player contacts the ground in-bounds after making a catch, it is ok if momentum carries him/her out of bounds
- if a disc flies out of bounds untouched, the opposing team throws it in from the place that it went out

Endzone

- if a defending team gains possession of the disc in the endzone that it is defending, it can decide to put the disc in play from that spot or carry it directly to the closest point on the goal line and put it into play from there
- if a team gains possession of the disc in the endzone it is attacking, it must take the disc back to the goal line and throw from there

Scoring a Goal

- a goal is scored when an offensive player completes a pass to a teammate in the endzone which his/her team is attacking
- a player may not score by running into the endzone with the disc
- should the player's momentum carry him/her into the endzone, he/she must carry the disc back to the goal line

Turnovers

- an incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession
- the following actions also result in a loss of possession or turnover:
 - holding the disc for ten seconds
 - catching your own pass
 - handing the disc off to another player

Fouls

- physical contact results in a change of possession

Other Rules

- if the disc is on the ground, any member of the team becoming offense may take possession of the disc
- only one player may guard a thrower at any one time(he/she is called the marker)
- there must be at least one disc's diameter between the bodies of the thrower and marker at all times

- bobbling the disc to gain control is permitted, however purposeful bobbling to advance the disc is not permitted
- after receiving a pass, the receiver is only allowed the fewest number of steps required to come to a stop
- if the disc is caught simultaneously by an offensive and defensive player, the offense retains possession
- only one marker is permitted to guard the thrower