Ultimate Frisbee in Ten Simple Rules

1. The field – A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
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. A regulation game has seven players per team.
3. Movement of the disc – The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has five seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count
4. Scoring – Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
5. Change of possession – When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes 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 time out. There are 7 players on each team during a regulation game of Ultimate.
7. Non-contact – No physical contact is allowed between players. Picks and screens are also prohibited. A foul is occurs when contact is made.
8. Fouls – When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-refereeing – Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. 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.