Players
The game is played with 6 or 7 players at one time.

Playing field
A rectangular shaped field 70 yards long by 50 yards wide, with end zones 15/25 yards deep.

Objective
The object of Ultimate Frisbee is to gain points by scoring goals (1 point per goal). The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.
*The team with the most points at the end of the game wins! Traditionally played to 15.

Time
*Games will consist of two 15 minute periods, with a 5 minute halftime between the periods. It is a running clock except for injuries, the last 5 minute of the second half and during the 5 minute overtime period, after each goal, fouls, and when the disc goes out of bounds. Each team is permitted 1-(1 minute) time out per half and one per overtime period. A team must be in possession of the disc in order to call a time-out during play.
*In the event of a tie at the end of regulation, there will be an overtime period lasting 5 minutes.
* The captains will flip a coin to determine which team will throw-off. If after overtime the score is still tied then the first team to score wins! (Sudden-Death).

Throw-Off

*Play begins with the throw-off. The captains will flip a coin to determine which team will throw or receive, or choice of goal. The teams alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their own goal line.
* A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goals lines. No player on the throwing team may touch the disc in the air or before it is touched by a member of the receiving team.
*The receiving team may catch the disc and allow it to fall untouched to the ground.
   If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.
* The disc must land within the boundaries of the playing field on the throw-off. If it does not, the receiving team has the option to take the disc where it went out of bounds or have the disc re-thrown. Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.
The Play

The team, which has possession of the disc, must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he wishes. The Frisbee may never be Handed from player to player. In order for the disc to go from one player to another, it must at sometime be in the air. No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops and he returns to the point where he gained possession and play resumes when both teams are ready. The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. Only One player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked from his or her hand. The defensive team gains possession whenever the offensive team’s pass is incomplete, intercepted, knocked down or goes out of bounds. A rolling or sliding disc may be stopped by any player, but not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it. A player may catch his own throw if the disc has been touched by another player during its flight. Bobbing to gain control is permitted, but tipping to oneself is not allowed.

There is no offsides in Ultimate Frisbee.

End zones

Any time a team gains possession in the end zone which they are defending, the player may choose to resume play where the disc is stopped or at the goal line. A player may carry the disc up to the goal line provided that he or she approaches it perpendicularly. The player may not pass the disc as he or she approaches the goal line. If a team gains possession in the end zone, which it is attacking, the disc is carried perpendicularly to the goal line and play resumes immediately from the goal line.

Fouls

*Only the player fouled calls a throwing foul. It is defined as any physical contact between offensive and defensive player sufficient to deter the flight of the disc. Contact occurring during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined, and play proceeds without stopping.
*A foul is also called when any physical contact occurs as a result of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding, and kicking.
*The player who is fouled calls “Foul”, play stops and the player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.
*A stalling violation occurs when the player guarding the thrower calls out “stalling” and counts aloud 10 seconds. If the disc has not been released at the end of the count it is turned over to the defense at that point. The person guarding the thrower must be arms length from the disc and the thrower cannot pivot into the defender.

Scoring

A goal is scored when an offensive player has feel in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scores receives one point.
* Mercy Rule: The game shall end if one team is ahead by 8 goals or more at halftime or any time thereafter.

Substitutions

Substitutions can be made only: 1-After a goal and before the ensuing throw-off
2-To replace an injured player 3-After periods of play
Substitutions cannot be made during a timeout.

History

Ultimate Frisbee was invented in 1967 by a group of students at Columbia High School in Maplewood, New Jersey. The first official rules of the game were recorded in 1970.

Other Terms/Definitions

- **Thrower**- Person with the disc – has 10 seconds to throw (5 in class)
- **Marker**- The defender guarding the thrower-counts out the stall count (10, 5 in Physical Education class)
- **Change of possession**- When a pass in not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- **The term “when both teams are ready,” implies that the defender will hold the disc until the defensive team is ready, and then hand the disc to the thrower-the clock restarts. It should be common practice that the team remains stationary until the disc is given to the thrower.
- **Foul**- When a player initiates contact on another player. If a player disagrees with a foul call, the play is redone
- **Self Refereeing**- players are responsible for their own foul and line calls. Players resole their own dispute
• Backhand-Common throw, motion same as snapping a towel
• Forehand-Grip disc with thumb on top, middle and index fingers should be on the inside rim of the disc
• Pancake Catch-catch that claps hands together and should be used to catch whenever possible
• Pivoting-Rotating on the ball of pivot foot in order to change body position this should be the foot opposite the hand that you throw with
• Cutting-Sharp change in direction to create space to separate you and your defender, should be done off your outside foot
• The Stack-An offensive set where all the offensive players are lined up in the middle of the field, the closest player should start about 8-10 yards downfield of the thrower, every player separated by 3-5 yards