

Ultimate Frisbee Rules

Ultimate Frisbee is a fast moving, competitive, non-contact sport played by two eight-man teams. The sport has a great deal of freedom and informality implicit in the rules. Primary use among these is the spirit of sportsmanship, which enables the honor system to be effective.

The object of Ultimate Frisbee is to gain points by scoring goals. The Frisbee may only be passed, and a goal scored when a player successfully passed the Frisbee to a teammate in the end zone, which that team is attacking. The team with the most points is declared the winner.

EQUIPMENT

The Wham-O-Master is the official Frisbee to be used in tournament play. Individual players may wear almost any aids they wish, including hats, gloves, or helmets, as long as they do not endanger the safety of any other player. For example, shoes with cleats are permissible, but ones with sharp spikes are not. No player may carry any sort of stick, bat, or racket.

PLAYING FIELD

The playing field may have any surface whatsoever, including grass, asphalt, sand, snow, or the wood of a gymnasium floor. The main playing field for the official Ultimate Frisbee game is 70 yards long and 40 yards wide. Both end zones are 40 yards wide and 15 yards deep. If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the Frisbee. In order to be considered in-bounds, a player must land with both feet touching the inside or on the boundary line. Should the Frisbee land outside the lateral boundary, it is returned to play on the main field at the point where the Frisbee went out of bounds. The player throwing the Frisbee in-bounds must have one foot on the line.

OFFICIALS

Self officiated.

TIME

A game of Ultimate Frisbee lasts 40 minutes of playing time divided into 20-minute halves. Half-time lasts for five minutes. The clock starts after every

throw-off when the receiving team touches the Frisbee. The clock stops after every goal, at the end of each period of play, for time-outs, injuries, and on every whistle that lasts two minutes of the game. The clock starts when the Frisbee is thrown in or when both teams are ready to resume, and play continues at the location of the Frisbee when the play stopped.

Each team is permitted two time-outs per half and one overtime period, each lasting two minutes. Time-out may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the Frisbee in order to call a time-out during play.

In the event of a tie at the end of regulation time, there will be an overtime period lasting five minutes. The captains flip a coin to determine which team will throw-off. If there is no winner at the end of overtime, overtimes are continued until the tie is broken at the end of one.

THROW OFF

Play begins with the throw-off. The captains of the two teams flip a coin to determine which team will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the Frisbee is released. The receiving team must stand on their own goal line without changing relative position.

A player on the goal line throws the Frisbee towards the other team. As soon as the Frisbee is released, all players may cross the goal lines. No player on the throwing team may touch the Frisbee in the air before it is touched by a member of the receiving team.

The receiving team may catch the Frisbee or 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 Frisbee and fails to catch it, the team which throw-off gains possession of the Frisbee where it is stopped. If the Frisbee is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

If the Frisbee goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of: 1) gaining possession at the point the Frisbee went out-of-bounds, or 2) having the Frisbee throw-off again. If the Frisbee goes out-of-bounds after crossing the goal line, the receiving team gains possession on the goal line at the nearest corner.

Each time a goal is scored, the teams switch direction of their attack, and the team, which scored throw-off on the signal of the receiving.

THE PLAY

The team, which has possession of the Frisbee, must attempt to move the Frisbee into position so that they may score a goal. A player may propel the Frisbee in any way he wishes. The Frisbee may never be handed from player to player. In order for the Frisbee to go from one player to another, it must at some time be in the air.

No player may walk, run, or take steps while in possession of the Frisbee. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops, 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 Frisbee and must be two yards away from the thrower. The Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his hand.



A foul is also called when physical contact occurs as a result of the offensive or defensive players playing the man instead of the Frisbee. This includes pushing, grabbing, kicking, clipping, holding, submarining, etc.

When a player is fouled, play stops, 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 a player guarded by another player holds onto the Frisbee for ten seconds. If the Frisbee has not been released at the end of the count it is turned over to the defense at that point.

SCORING

A goal is scored when an offensive player has two feet 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.

SUBSTITUTIONS

Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play 4) Substitutions.

CLARIFYING STATEMENTS

There are not scrimmage lines or offsides in Ultimate Frisbee. The Frisbee may be passed in any direction—forward, to the sides or backwards.

Any time the Frisbee goes out of bounds or touches the ground there is an immediate change of possession at designated spot.

On defensive fouls, the official will c.

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