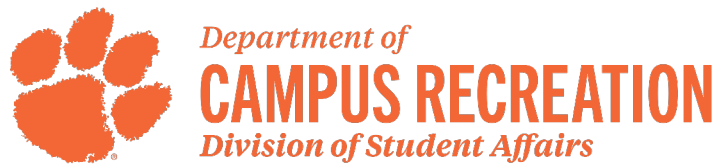


# Ultimate Frisbee Rules

*Revised December 2022*



## 1. Players and Equipment

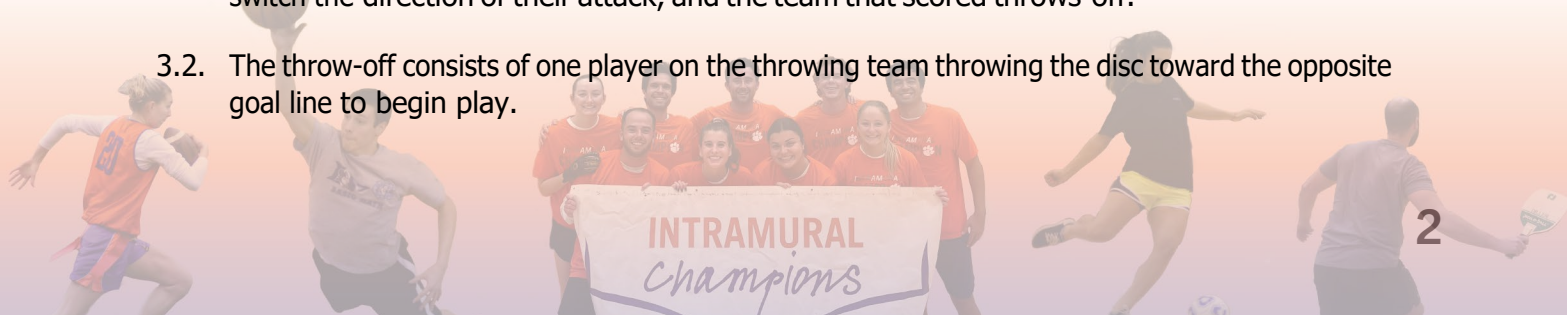
- 1.1. Men's and Women's teams will consist of seven players. Each team must have a minimum of five players present at game time to begin a game. Each Co-Rec team will consist of eight players (four men and four women). Each Co-Rec team must have a minimum of six players present to begin a game (three men and three women). Co-Rec teams with seven players will be either four men and three women or four women and three men.
- 1.2. Each team is advised to bring their own Frisbee; however, some Frisbees will be available for checkout. Each team will use a regulation-sized Frisbee.
- 1.3. Players may not wear baseball-style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather or rubber. Bandanas and other headgear with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
- 1.4. No jewelry or any other item deemed dangerous by Sport Programs staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.

## 2. Game Factors and Timing

- 2.1. Each game will consist of two 20-minute halves with a running clock. The Sport Programs staff member(s) on duty will be responsible for keeping the game clock.
- 2.2. A coin toss (or equivalent; i.e. rock-paper-scissors) will be conducted to determine possession to start the game. The winner will have the option of receiving first or choosing which goal to defend. The remaining option shall be given to the opposing captain. The second half begins with an automatic reversal of the choice of options.
- 2.3. Each team will be permitted one timeout per half. Unused timeouts will not carry over between halves. No timeout will exceed one minute in length. Only the team in possession may call a timeout.
- 2.4. Mercy Rule: If a team is ahead by 10 or more points with five minutes or less remaining in the game, officials may end the game.
- 2.5. Overtime: If the score remains tied at the end of regulation play, a universal point overtime period will be played. Another coin toss (or equivalent) will precede this overtime. The first team to score will be declared the winner.

## 3. Start of Play

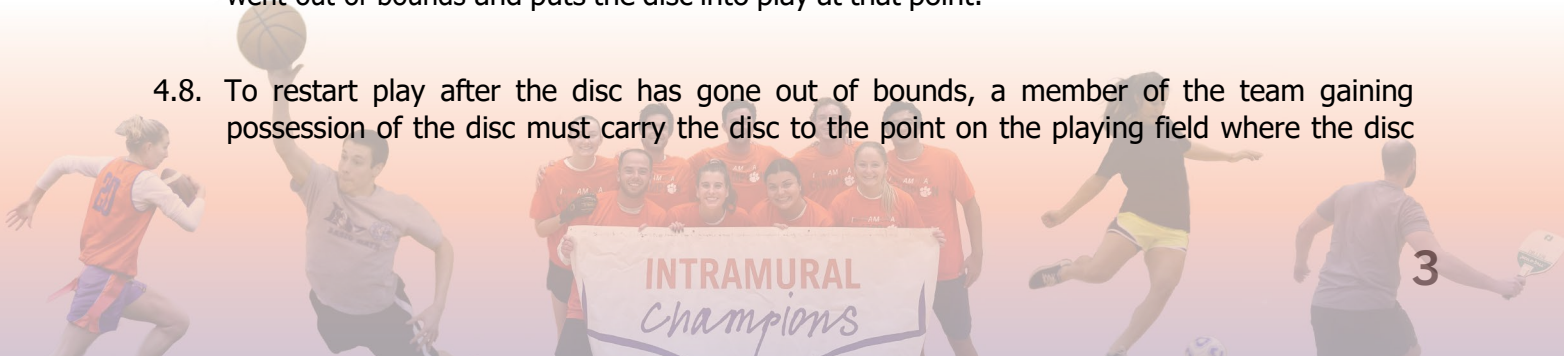
- 3.1. A throw-off will begin each half and will resume play after each point. After each point, the teams switch the direction of their attack, and the team that scored throws-off.
- 3.2. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.



- 3.3. Before the throw-off, the players on the throwing team are free to move anywhere in their defending end- zone but may not cross the goal line.
- 3.4. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another until the disc is released.
- 3.5. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
- 3.6. As soon as the disc is released, all players may move in any direction.
- 3.7. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
- 3.8. If the receiving team allows the disc to fall untouched to the ground and the disc initially lands inbounds, the receiving team gains possession of the disc where it stops.
- 3.9. If the throw-off lands out-of-bounds, the receiving team makes a choice of putting the disc into play at the point where it crossed the line or requesting a re-throw.

#### 4. Possession

- 4.1. Change of possession occurs when a pass is not completed (when the disc is dropped, blocked or intercepted, hits the ground or falls out of bounds).
- 4.2. When play stops, the player in possession before the stoppage retains possession.
- 4.3. All players must come to a stop as quickly as possible when play is halted and should remain in their respective locations until play is restarted.
- 4.4. The marker restarts play by handing the disc to the thrower or tapping the disc while in the thrower's hand. In the event the thrower is not marked, the thrower may tap the disc on the ground to signal a new possession.
- 4.5. The boundary lines themselves are out of bounds. The disc is out of bounds when it first contacts anything out of bounds.
- 4.6. For a receiver to be considered inbounds after gaining possession of the disc, the first point of contact with the ground must be completely inbounds. If any portion of the first point of contact is out of bounds, the player is considered out of bounds.
- 4.7. Should the momentum of a player carry them out of bounds after making a catch and landing inbounds, the player is considered inbounds. The player carries the disc to the point where they went out of bounds and puts the disc into play at that point.
- 4.8. To restart play after the disc has gone out of bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc



went out of bounds and put the disc into play there. If the disc went out of bounds behind the end zone, then the disc will be put back into play at the 5-yard line. The disc must be checked by the defense prior to resuming play as listed in Rule 4.4.

- 4.9. The thrower may pivot in and out of bounds, provided that some part of the pivot foot contacts the playing field.

## 5. The Thrower

- 5.1. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into them.
- 5.2. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- 5.3. The thrower may throw the disc in any way they wish and in any direction.

## 6. The Marker

- 6.1. Only one player may guard the thrower at any one time; that player is the marker.
- 6.2. The marker may not straddle the pivot foot of the thrower.
- 6.3. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- 6.4. The marker cannot position his or her arms in such a manner that restricts the thrower from pivoting.
- 6.5. **Stalling:** Once a marker has established a guarding stance on the thrower, he or she may initiate the count. The count consists of the marker counting aloud, at one-second intervals, from one to ten.
  - a. If the thrower has not released the disc at the first utterance of the word ten, the marker's team gains possession.
  - b. If the defense decides to switch markers, they must start counting again from one.

## 7. The Receiver

- 7.1. The receiver becomes the thrower at the conclusion of the catch.
- 7.2. After catching a pass, the receiver is allowed only the fewest number of steps required to come to a stop and establish a pivot foot. No more than three steps may be taken.
- 7.3. If the receiver is running as they catch the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.



## 8. Fouls, Violations, and the Spirit of the Game

- 8.1. Fouls are the result of physical contact between opposing players. Players call their own fouls. Fouls result in a change of possession. When in possession, the disc in an extension of the hand. Contact to the disc will be treated as contact to the player.
- 8.2. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
- 8.3. Violations consist of:
  - a. traveling with the disc;
  - b. attempting to strip the disc; or
  - c. double-teaming an opponent.
- 8.4. If an offensive player is fouled in the end zone during an attack, the disc will be brought out to the 5-yard line and play will resume.
- 8.5. It is the responsibility to uphold the Spirit of the Game in which mutual respect and integrity amongst players is paramount. Any action found to violate the Spirit of the Game including, but not limited to: dangerous play, unsporting behavior and taunting, contesting real fouls or calling false fouls for the sake of advancement, and other win-at-all-cost behaviors are prohibited.

