



THE TEN RULES OF ULTIMATE

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. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

3. **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.

4. **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 ten seconds to throw it. The defender guarding the thrower (“marker”) initiates a stall count.

5. **Change of Possession** – When a pass is not completed (i.e., out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes offense.

6. **Substitution** – Players not in the game may replace players in the game after a score and during an injury timeout.

7. **Non-Contact** – No physical contact is allowed between players. Picks and screens are also prohibited. A foul 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 the 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 basic joy of play.