



Ultimate Frisbee Rulebook

General

- Two 15-minute halves will be played, with a 5-minute halftime in-between.
- The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that player is attacking.
- A player may not run while holding the disc.
- The disc is advanced by passing it to other players. The disc may be passed in any direction.
- Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

Definitions

- **Foul:** Non-incident contact between opposing players. In general, the player initiating the contact has committed the foul.
- **Guarding:** A defender is guarding an offensive player when they are within three yards of that offensive player and are reacting to that offensive player.
- **Incidental contact:** Contact between opposing players that does not affect continued play.
- **Pivot:** The particular part of the body in continuous contact with a single spot on the field during a thrower's possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot. If a player ends up on the ground while pivoting, they are allowed to lose contact with their pivot in order to stand up, as long as they then reset their pivot in the same location
- **Possession of the disc:** Sustained contact with, and control of, a non-spinning disc.
 - Catching a pass is equivalent to establishing possession of that pass.
 - Loss of possession due to ground contact related to a catch negates that player's possession up to that point.
 - A disc in a player's possession is considered part of that player.
- **Pull:** The throw from one team to the other that starts play at the beginning of a half or after a goal. It is not a legal pass for scoring. The player on the pulling team who possesses the disc and signals readiness is the **puller**.

Players

- Ultimate is a non-contact disc sport played by two teams of six players.
- There shall be a maximum of 4 men per team on the field at all times.



- Player substitutions can be completed only:
 - After a goal and before the pull; or
 - To replace injured players, or players with illegal equipment. In this case, the opposing team may substitute a like number of, or fewer, players.

Playing Field

- The playing field will be marked out by cones on the turf football field and will be approximately 55 yards long and 40 yards wide.
- The end zone shall be 40 yards wide and will begin at the front side of the thick white sideline and end at the gold soccer boundary line.
- The entire playing field is in-bounds. The perimeter lines are part of the playing field and are in-bounds.
- A player contacting the out-of-bounds area is out-of-bounds. A player who is not out-of-bounds is in-bounds. An airborne player retains in-bounds or out-of-bounds status until that player contacts the playing field or the out-of-bounds area. The following exceptions apply:
 - If momentum carries a player out-of-bounds after landing in-bounds with possession of an in-bounds disc, the player is considered in-bounds. For this exception to apply, that player's first point of ground contact with any area must be completely in-bounds. The disc is put into play at the spot on the perimeter line of the playing field where the player first went out-of-bounds.
 - A pivoting thrower may contact an out-of-bounds area, provided that part of the pivot remains in contact with the playing field.

Illegal Equipment

- Headwear containing any hard, unyielding, or stiff materials, including billed hats or items containing exposed knots
- Loose jewelry
- Pads
- *Metal spikes*
- Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Exposed metal on clothes or person

Play

- Play starts at the beginning of each half and after each goal with a pull.
 - After a goal, the teams switch their direction of attack and the scoring team pulls.



- Players on the pulling team may move anywhere in their end zone, but their feet may not cross the vertical plane of the goal line until the disc is released
- The pulling team must release the disc within 10 seconds of the receiving team indicating readiness to receive.
- After catching a pass, a player is required to come to a stop as quickly as possible and establish a pivot at the point where the disc was caught.
- If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- If it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), or whether a player's first point of ground contact after catching the disc was in- or out-of-bounds or in or out of the end zone, the player with the best perspective makes the call.

Turnovers

- If a pass is incomplete or if the disc becomes out-of-bounds other than as a result of a pull, a turnover results.
- The stall count consists of announcing "stalling" and counting from one to ten loudly enough for the thrower to hear. If the marker's count reaches ten before the throw is released, a turnover results. Only the marker may initiate or continue a stall count.
- The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a **travel** and results in a turnover.
- To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:
 - the disc completely crossed the perimeter line;
 - the disc contacted an in-bounds player;
 - the disc contacted a defensive player; or
 - the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the perimeter line.
- If a turnover results in a team gaining possession in the end zone that they are defending, the player in possession must immediately either:
 - put the disc into play at the spot of the disc (to fake a throw or pause after gaining possession commits the player to put the disc into play at that spot); or
 - Carry the disc directly to the closest point on the goal line and put it into play at that spot. If this option is chosen, the player taking possession must put the disc into play at the goal line. Failure to do so is a travel.



- If a team gains or retains possession in the end zone that they are attacking other than by scoring a goal, the player in possession must carry the disc directly to, and put it into play at, the spot on the goal line closest to where possession was gained.

Scoring

- A goal is scored when an in-bounds player catches any legal pass in the end zone of attack, and retains possession of the disc throughout all ground contact related to the catch.
- When an in-bounds player in possession of the disc whose first ground contact will be completely within the end zone loses possession of the disc due to an uncontested foul, or lands out of the end zone due to an uncontested force-out foul, that player is awarded a goal.
- If after receiving a pass outside the end zone, a player comes to a stop contacting the end zone, that player must carry the disc back to, and put it into play at, the closest spot on the goal line.
- If a player scores a goal, but then unknowingly throws another pass, a goal is awarded to that player, regardless of the outcome of the pass.

Fouls

Any foul results in a turnover at the spot of the foul, unless otherwise noted below.

- **Double-team:** If a defensive player other than the marker is within three yards of any pivot of the thrower without also being within three yards of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
- **Disc-space:** If a line between any two points on the marker touches the thrower or is less than one disc diameter away from the torso or pivot of the thrower, it is a disc space violation. However, if this situation is caused solely by movement of the thrower, it is not a violation.
- **Non-incident Contact:** If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position, is not in itself a foul
 - If it's impossible to say who initiated the contact, then it should be treated as a case of offsetting fouls, and the disc should go back to the thrower.
 - If the foul was determined to be caused by the defender (and still assuming that the offensive player had a realistic bid on the disc), then the offensive player should get the disc at the spot of the foul, NOT where the disc landed.



- In the case where the disc was not catchable, the contact may still be a foul, since the contact affected the players' ability to continue playing (since they're on the ground now rather than running around), and play should stop and be restarted with a check. However, the turnover should stand, and the disc should not be awarded to the receiver, since the foul did not affect the play - meaning their ability to catch the disc - because it was uncatchable anyway.
- **Force-out Foul:** If an airborne player catches the disc and is contacted by an opposing player before landing, and that contact causes the player to land out-of-bounds instead of in-bounds, or out of the end zone instead of in the end zone, it is a foul on the opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul results in an in-bounds player landing outside the end zone being attacked when they would have landed in the end zone without the foul, a goal is awarded.
- **Strip:** If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player loses possession as a result, it is a strip.
- **Pick:** A **pick** occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.