



## Ultimate in 10 Simple Rules

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 line. 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 the disc.\*\* The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions:** 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-Officiating:** 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 the basic joy of play.

\* After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot.

\*\*Upon receiving the disc, a player has ten seconds to pass it. This period is known as the "stall", and each second is counted out (a *stall count*) by a defender (the *marker*), who must be standing within three meters of the thrower. A player may keep the disc for longer than ten seconds if no marker is within three meters, or if the marker is not counting the stall; if there is a change of marker, the new marker must restart the stall from zero.

**Scoring** - You score a goal if you catch the disc in the endzone that you are attacking. If you are in the air, your first point of contact must be in the endzone. If your foot touches the goal line it is not a goal. After a goal, play stops and teams swap which end zone they are defending. The first team to 15 goals wins, with a time cap of 90 minutes, but this can change depending on the level of play.

### **Fouls, Violations and Infractions**

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- Contact that is dangerous or affects the outcome of the play is a Foul.
- The thrower may not be defended by more than one player at the same time (“double team”).
- The marker may not come closer than one disc diameter to the thrower (“disc space”).
- The marker may not hit or grab the disc out of the hand of the thrower. They may however try to block the disc with their hands or feet after it is thrown.
- If opposing players catch the disc at the same time, the offensive player gets possession of the disc.
- Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players (“pick”).

**Making a Call** If you believe you have been fouled by an opposing player, you can call “foul”. If the disc is in the air play continues until possession is established (a catch or a turnover). If your team gets possession, then play continues, otherwise, play stops immediately. After play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call “contest” and the disc is returned to the previous thrower. If they agree that there was a foul, they call “uncontested” and, generally, you take possession of the disc. Play is resumed with a “check”: the marker touches the disc in the thrower’s hand and calls “disc in”.

**Turnovers** The defensive team takes possession of the disc (a “turnover”) if the offence fails to catch a pass, if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player. Turnovers also occur when:

- the marker reaches “ten” before the disc was thrown
- the disc is handed from one player to another without being thrown
- the thrower catches their own throw without the disc being touched by anyone else
- the offensive team tries to catch the pull, but drops it

After an in-bounds turnover the other team may immediately resume play at the point where the disc was caught or stopped.