



# ULTIMATE FRISBEE LEAGUE RULES

## Definitions

1. Best Perspective: The most complete view available by a player that includes the relative positions of the disc, ground, players, and line markers involved in the play.
2. Foul: Non-Incidental contact: contact between opposing players. In general, the player initiating the contact has committed the foul.
3. 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.

## Initiate Play

- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense.

## Scoring

- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

## 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 stall counts to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. The stall count must be made with the marker standing within ten feet of the thrower (approximately three steps).

## 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.

## Substitutions

- Players not in the game may replace players in the game:
  1. After a score
  2. During an injury timeout. If injury timeout is made and injured player does substitute the opposite team may also substitute a player.

## Non-Contact

- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

## 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 (“contests”) with the foul call, the play is redone.

## Self-Refereeing

- Players are responsible for their own foul and line calls. Players resolve their own disputes.

## Spirit of the Game

1. 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.
2. Equipment
  - metal cleats are not allowed to be worn
3. Length of Game – the game consists of two 22 minute halves with a 2 minute half time
  - Overtime – will only occur for playoff games if teams are tied. After the two 22 minute halves have ended, teams will play a sudden death point (first

team to score wins) Teams must flip the disc to decide who chooses to receive and what sides the teams start on (the same as the beginning of a regular season game).

4. Time-outs – Each team is allowed 1 time-out per game
  - a time-out lasts 60 seconds
  - any player may call a time-out after a goal is scored and before both teams have signaled readiness to start play
  - after the pull, only a thrower with possession of the disc can call the time-out
  - the disc must be in players hand in order to call a time-out
  - Injury Time-out – any player on the injured player's team may call an injury time-out
  
5. Starting and Restarting Play
  - Player from each team determine start of game by flipping the disc
  - 2 choices after the disc has been flipped and winning team of flip has been determined
  - Receive or throw the initial pull
  - Which end zone they wish to initially defend
  - Other team gets the remaining choice
  - The second half begins with a reversal of the initial choices

## Pull

- play starts at the beginning of each half and after each goal with a pull
- the pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team is ready to begin play.

## On a pull

- if the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped
- if the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds
- if the disc initially hits in bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds

- if the disc initially hits an out-of-bounds area, after signaling for a brick by extending or clapping hands above head receiving team is then allowed to take disc to brick line in front of the endzone line

The perimeter lines are not part of the playing field and are out-of-bounds

#### Stalling

- the defensive player counts 10 stalls before the player possessing the disc must turn it over
- if the thrower has not released the disc at the first utterance of the word “ten” it is a turnover
- Fast count: intervals between stalls must be at least 1 second; if not a fast count is called

### Double Team

- if a defensive player other than the marker is attempting to mark the thrower there is a double team that can be called

### Disc-space

- the disc must be able to fit between the bellies of the thrower and the marker

## GIRL RULES

- Offense dictates all game: If the offensive team has one or more girls on the field, the defense must have at least one girl on the field.
- In the event a team cannot play a girl (injured, bathroom, etc...) they must have one player wearing the designated armband (see below)
- If a team does not have a girl to play, one player must wear a designated armband.
- The wearer of the armband may not receive a throw in the endzone. If received it is a violation and a turnover.
- The armband wearer must stay the same once established until one team scores. Once a team has scored, the armband may be shifted to a different player before the next pull.
- Gender Bender second half: If a girl receives or throws a score from past midfield, 2 points are scored
- A team with no girls must have a teammate wear the armband the whole game. Offense does not dictate for a team with no girls.
- If both teams do not have women players in attendance, neither team is required to adhere to the blue band rule.

## TIME RULES

- The clock stops after 22 minutes in each half, but the play continues until one team scores. (Universe Point)
- The clock stops after 22 minutes in each half. But, if play has begun before the clock has stopped, it continues until one team scores UNLESS it is the second half and one team leads the other by 3+ points.
- On a pull, once a team has all members on the line and a team member raises their hand the disc must be pulled within 20 seconds. Violation is a turnover at the goal line.

## INDOOR

- all rules for outdoor pertain to indoor with the following adjustments made below
- The walls and ceiling are inbounds.
- Every team must field at least one woman at all times.
- If a player drops a disc on a pull regardless of contacting the wall or ceiling, it is a turnover
- The disc is in play where it lands.
- If the disc goes out where there is no wall or netting, the team plays where the disc went out on the line (2 steps from the wall).
- Anytime the disc is recovered in the end zone the disc is taken to the front of the endzone.
- Turf/tennis shoes ONLY! No cleats!
- Stall count is to 10 starting at 3.
- SPEED RULES may apply
  1. Pull is made at the beginning of each half.
  2. After a score, offense moves disc to center of endzone line and play begins when the disc is tapped in. No pulls.
  3. Substitutions are made on the fly. Players subbing must contact each other (slap hands) before they are in play.