

Ultimate Frisbee in 10 Simple Rules

1. **The Field:** Field size will be determined when the convenor arrives at the venue. Rim park is booked. Each artificial turf can accommodate three games playing side to side.
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.** (As for your roster, I would bring a minimum of 14 players, two complete shifts. This is a co-ed tournament. You must play a minimum of at least 3 girls, and three boys on the field in a shift – the seventh player can be either a girl or a boy).
3. **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. The team which was scored upon will jog to the other end (switch field position). 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. Please ensure this rule is strictly followed.

Modified from http://www.whatisultimate.com/what/what_rules_en.html

Coaches, if interested, more detailed rules can be found on the Ultimate Frisbee Canada website.

<https://canadianultimate.com/rules-of-ultimate>. Section1 USAU rules.