



Ultimate Frisbee Rules

These rules have been adopted from Ultimate Players Association by Catholic Challenge Sports, 2007.

Amended March, 2009.

Changes have been made in an effort to simply the rules to suit our specific needs.

<http://www.ultimatehandbook.com/Webpages/Others/rules.html>

9th Edition with Clarifications incorporating 1991 and 1992 Amendments and Changes

Copyright 1970 CHS; Copyright 1982, 1989,1991, 1992 The Ultimate Players Association

“No set of Rules can replace players’ respect for one another and for good spirit.”

- [I. Introduction](#)
- [II. Terms](#)
- [III. Fielding a Team / Substitutions](#)
- [IV. Equipment](#)
- [V. Field of Play](#)
- [VI. Length of Game](#)
- [VII. Time-Outs](#)
- [VIII. Game Play](#)
- [IX. Scoring](#)
- [X. Turnovers](#)
- [XI. The Thower](#)
- [XII. The Marker](#)
- [XIII. The Receiver](#)
- [XIV. Fouls](#)
- [XV. Violations](#)
- [XVI. Clarifying Statements on Fouls, Violations, and Picks](#)
- [XVII. Observers](#)
- [XVIII. Etiquette](#)

Introduction

1. Overview

Ultimate is a non-contact sport played by two teams. The object of the game is to score goals. The disc may only be moved by passing as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.

2. Spirit of the Game

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.

Terms

1. Player – Any of the twelve (12) persons who are actually participating in the game at any one time.
2. Thrower – The offensive player in possession of the disc, or the player who just released the disc.
3. Marker – The defensive player guarding the thrower.

Fielding a Team

1. Number of players
 - a. Each team is allowed a maximum of 10 members.
 - b. 6 members of each team are on the field at a time.
 - c. No more than 4 men from each team may play at once.

Equipment

1. A UPA approved, 175g disc shall be used. A heavier disc may be used on windy days if agreed upon by both team captains.
2. Cleats which have any metal exposed are not allowed.
3. Each team will have a designated team color to be worn for each game

Field of Play

1. The field of play is a rectangular area with dimensions of 60 yards x 40 yards, with end zones 15 yards deep.
2. The playing field proper is the playing field excluding the end zones.
3. The goal lines are the lines which separate the playing field proper from the end zones and are part of the playing field proper.
4. There are no scrimmage lines or off-sides (except on throw-offs) in Ultimate.
5. The 10 yard marker is used when the disc lands out of bounds through the end-zone on a throw-off.

Time-Outs

1. Time-Out
 - a. Each team is permitted one (1) time-out per game.
 - b. Each time-out lasts up to one (1) minute.
 - c. The player calling the time-out must form a "T" with his/her hands and call "time-out" loudly.
 - d. A time-out may be called by either team after a goal and before the ensuing accepted throw-off.
 - e. During play, only the person with possession of the disc can call a time-out.
 - f. When play resumes after a time-out:
 - i. The player who had possession puts the disc into play;
 - ii. The disc is put into play at the location where the disc was when the time-out was called. If the disc was out-of-bounds when the time-out was called, the disc is put into play at the point on the playing field proper nearest to where the disc went out-of-bounds. If the disc was in an end zone when the time-out was called, the disc is put into play at the point in the end zone where the time-out was called;
 - iii. It is a turnover if a player calls a time-out when his/her team no time-outs remaining.
2. Injury Time-Out
 - a. An injury time-out can be called by any member of the injured player's team. If the disc is in the air during the time-out call, the play is completed.
 - b. An injury time-out results in a team time-out if the injured player does not leave the game. A "spirit of the game" exception is made when the injury is caused by an opposing player.
 - c. When play resumes after an injury time-out:
 - i. The player who had possession of the disc when the injury occurred puts the disc into play. If that player leaves the field due to injury, the replacing player puts the disc into play;
 - ii. Play resumes at the state before the injury occurred. Players should return to approximately the same position as before the injury.

Game Play

1. The disc may be passed in any direction.
2. A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.
3. No defensive player may ever pick up the disc.
4. Start of periods of play:
 - a. Captains of the two teams each flip a disc. The representative of one team calls "same" or "different" while the discs are in the air. The team winning the flip has the choice of:
 - i. Receiving or throwing the initial throw-off; or
 - ii. Selecting which goal they wish to defend initially.
 - b. The team losing the flip is given the remaining choice.
 - c. The second half begins with an automatic reversal of the initial throw-off position.

- d. If overtime periods are needed, the disc flipping procedure is repeated for the first overtime period. The initial throw-off position of subsequent overtime periods is the reverse of the throw-off position that started the previous overtime period.
5. Throw Off
- a. Play starts at the beginning of each period of play and after each goal with a throw-off.
 - b. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.
 - c. Positioning prior to the throw-off:
 - i. The players on the throwing team are free to move anywhere in their defending end zone, but may not cross the goal line until the disc is released.
 - ii. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.
 - d. The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.
 - e. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
 - f. As soon as the disc is released, all players may move in any direction.
 - g. No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.
 - h. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from the spot.
 - i. If a member of the receiving team touches the disc during flight of the throw-off (in-bounds) and the receiving team fails to catch it, a turnover occurs at the point of the failed catch.
 - j. If the receiving team allows the throw-off to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops. If the disc initially lands in-bounds, then goes out-of-bounds, the receiving team gains possession at the point where the disc first went out-of-bounds.
 - k. If the throw-off crosses out of bounds through the playing field proper (not the end zone), the receiving team puts the disc into play at the point where the disc first went out-of-bounds
 - l. If the throw-off lands or rolls out-of-bounds through the back or side of the end zone, the disc will put into play at the 10 yard marker in the center of the field.
6. The Check
- a. When play is stopped, a defender restarts play by touching the disc in possession of the thrower. If the thrower attempts a pass before the defender touches the disc, the pass does not count regardless of whether it is complete or incomplete, and reverts back to the thrower.
7. In game substitutions:
- a. Substitutions can be made only:
 - i. After a goal and before the ensuing accepted throw-off;
 - ii. To replace an injured player(s).
 - b. If a team replaces an injured player(s), the opposing team has the option of substituting a like number of, or fewer players.
 - c. Substitutions other than injury substitutions cannot be made during a time-out taken

during play.

Scoring

1. A goal is scored when an offensive player completes a pass to a teammate in the end zone which his/her team is attacking.
2. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.
3. A player cannot score by running into the end zone with the disc, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.
4. If a team intercepts the disc in the end zone which it is attacking, a goal is scored.

Turnovers

1. An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
2. The following actions result in a loss of possession and a check:
 - a. If the marker's count reaches 10
 - b. If the disc is handed from player to player
 - c. If the thrower intentionally deflects a pass to him/herself off another player
 - a. If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.
3. If a team gains possession in the end zone which it is defending:
 - a. The player taking possession must make the immediate decision to either:
 - i. Put the disc into play from that spot, or
 - ii. Carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession commits the player to put the disc into play at that point.
 - b. To fake or pause after gaining possession commits the player to put the disc into play at that point.
4. If, as a result of a pass from a teammate, a player receives the disc in the end zone which they are defending, that player does not have a choice of advancing the disc to the goal line.
5. If a team gains possession in the end zone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.

The Thrower

1. If the disc is on the ground, whether in- or out-of-bounds, any member of the team becoming offense may take possession of the disc. Once an offensive player has picked up the disc, that player is required to put the disc into play.
2. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
3. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.
4. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
5. The thrower may throw the disc in any direction.

The Marker

1. The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.
2. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's positions and not encroach into this area once it is established.
3. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
4. Stalling:
 - a. A defensive player within three meters of the pivot foot of the thrower may initiate a stall count. If an offensive player moving into the throwing position "stands over the disc (i.e., within 3 meters) without putting the disc into play, the marker may initiate a stall count.
 - b. The count consists of the marker calling "Stalling" or "Counting" and counting at one second intervals from one to ten loudly enough for the thrower to hear.
 - c. If the thrower has not released the disc at the first utterance of the word "ten", a turnover and a check result.
 - d. If the defense decides to switch markers and if a new marker wishes to initiate a stalling count, s/he must start again from "one".
 - e. The thrower may contest a stall call if s/he feels that s/he had released the disc before the first utterance of the word "ten".
 - i. In the event of a contested stall, if the pass is completed, play stops, and possession reverts back to the thrower. After a check, the marker starts the stall count at eight.
 - ii. In the event of a contested stall, if the pass is incomplete, it is a turnover, and play continues without interruption.

The Receiver

1. The receiver is any offensive player either in the act of catching the disc, or not in possession of the disc.
2. Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself (i.e., tipping, delaying, guiding, or brushing) in order to advance the disc is considered traveling and is not allowed.
3. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
4. If the receiver is running as s/he catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.
5. If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
6. If a pass arrives in such a manner that it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), the player(s) with the best perspective makes the call (usually the receiver).
7. If it is ever unclear where a receiver was in- or out-of-bounds at the point of making a catch, the player(s) with the best perspective makes the call.
8. Force-Out Foul. If an airborne receiver catches the disc, and is contacted by a defensive

player before landing, and that contact caused the receiver to land out-of-bounds instead of landing in- bounds, the receiver must either call him/herself out-of-bounds, or call a force-out foul on the defensive player. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

Fouls

1. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "Foul!" loudly immediately after the foul has occurred.
2. The player initiating contact is guilty of a foul.
3. Throwing Fouls:
 - a. A throwing foul may be called when there is contact between the thrower and the marker.
 - b. Contact occurring during the follow through (after the disc has been released) is not sufficient grounds for a foul, but should still be avoided whenever possible.
 - c. When a foul is committed by a thrower or the marker, play stops and possession reverts back to the thrower after a check.
 - d. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
 - e. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
4. Catching Fouls:
 - a. A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.
 - b. If a player contacts an opponent before the disc arrives and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.
 - c. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If a foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

Violations

1. A violation occurs when a player violates the rules in a manner which does not result in physical contact. (i.e., illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out-of-bounds, etc.)
2. A violation may be called by any player who recognizes that a violation has occurred. The player must immediately call "violation" or the name of the specific violation loudly.
3. Traveling:
 - a. The thrower must keep all or part of the pivot foot in contact with a single spot on the field. Should the thrower lose contact with that spot, the thrower has traveled.
 - b. If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.
 - c. If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that receiver has traveled.

4. Strip:
 - a. No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."
 - b. The player in possession then picks up the disc and play continues unhalting from the point where s/he regained possession.
 - c. If a count was in progress as the disc was stripped, the count is halted. When the player in possession regains possession, the count restarts at zero (0).
5. Double- Team:
 - a. Only one marker is permitted to guard the thrower.
 - b. No other defensive player may establish a position within three(3) meters of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.
 - c. Should the thrower recognize a double-team situation, the stall count must be reset to zero (0).
6. Picks:
 - a. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick".
 - b. In the event of a pick, the obstructed player must immediately call "pick" loudly; play stops and is resumed after a check.

Clarifying Statements on Fouls, Violations, and Picks

1. Continuation Rule:
 - a. Disc In the Air
 - i. If a foul, violation, or pick is called while the disc is in the air, the play is always completed.
 - ii. If the team which called the foul, violation, or pick gains possession as a result of that pass (e.g., an incomplete pass following a traveling violation, or offensive foul), play continues unhalting.
 - iii. If the pass is completed, but the defensive effort on the pass was affected by the violation (e.g. picks), the pass does not count and possession reverts back to the thrower.
 - b. Disc Not in the Air
 - i. If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover.
 - ii. If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.
 - c. It is the responsibility of the player who made the call to call out "Play on" to indicate that this rule has been invoked.
2. If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.
3. If offsetting catching fouls are called by offensive and defensive players on the same play, the disc reverts back to the thrower after a check.
4. Any time the marker's count is interrupted by the call of a foul, violation, pick, or time-out, the count is resumed as follows:

- i. Defensive foul – Reset count to 0
 - ii. Offensive foul – Reset to count at time of foul or count when the disc was thrown
5. When play resumes after a time out, the stall count is continued from where it was when time-out was called.
6. If the marker counts too fast, the thrower may call "fast count."
 - a. The first "fast count" call is a warning, and the marker should slow their count.
 - b. If "fast count" is called again within the same 10 seconds, the marker must reset their count to 0.

Observers

1. When a dispute arises concerning a foul, violation, pick, line call, or an interpretation of the rules which cannot be resolved by the captains to make the call,
 - a. The observer with the best view of the play makes the call. If the observers so choose, they may discuss the play among themselves before rendering a decision.
 - b. By calling in the observers, the teams agree to abide by the observers decision.

Etiquette

1. If a foul is committed and not called, the player who commits the foul should inform the infringed player of the foul.
2. It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.
3. It is a violation against the spirit of the game for a defensive player to call for a pass from the thrower.
4. Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.
5. In the case where a novice player commits a violation out of sincere ignorance of rules, it is common practice to stop play and explain the violation.

References

<http://www.upa.org>

<http://www.ultimatehandbook.com/Webpages/Others/rules.html>