



ULTIMATE FRISBEE PLAYING RULES

All rules are derived from the USA Ultimate Rule Book. Certain rules below have been modified by GO Sports Unlimited.

GAME

1. Games are self-refereed and use the honor system to maintain the spirit of the game.
2. The game will consist of two (2) 23 min halves with a 5 min halftime.
3. The clock will run continuously except for injuries and timeouts.
4. Each team may use (2) timeouts per half. Timeouts are 1:00 min each.
5. For playoff games that are tied at the end of regulation, an additional period may be played and the team that scores first wins.

ROSTERS, PLAYERS & SUBSTITUTIONS

1. Team rosters may have as many players as desired, but must have a minimum of 2 females.
2. The standard lineup is 7 players (5 males/2 females). No more than 5 males may be on the field at any time.
3. Teams must have at least 5 players to start a game (min. 1 female). During the regular season teams may "pick up" players to avoid playing short handed; however a minimum of 5 players must be rostered players. Pick ups must be current participants of GO Sports Unlimited.
4. Substitutions may enter the game only after a score or during an injury timeout.
5. During playoffs, players may be asked to provide ID prior to games. Questions regarding player eligibility must be made prior to the start of the game, or at the time the player enters the game if they are a late arrival.

FIELD

1. The field size will be approx. 35 yards wide by 70 yards long with 20 yard end zones.
2. The field dimensions may change slightly based on the available space to play at a field or park.

GENERAL

1. Jewelry: No jewelry may be worn on the field.
2. Shoes: Players must wear close-toed shoes. No bare feet or flip-flops are allowed. Cleats are allowed, but may not be metal cleats.
3. 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.
4. 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.
5. 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.
6. Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
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.
11. FORFEITS: GO Sports Unlimited reserves the right to remove teams from playoffs that have forfeited 2 or more regular season games. Teams with a forfeit on their record will automatically drop to the bottom of any tie breakers.