

CHS VARSITY FRISBEE TEAM

presents



ULTIMATE FRISBEE®

OFFICIAL RULES



INTERNATIONAL FRISBEE ASSOCIATION
APPROVED

15¢

Sport of the Gods



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OFFICIAL RULES of ULTIMATE FRISBEE

Ultimate Frisbee is a fast moving, competitive, non-contact sport played by two seven man teams. The object of the game is to gain points by scoring goals. The team with the most points at the end of the game is declared the winner. A goal is scored when a player on the field successfully passes the Frisbee to another player on the same team standing in the end zone which that team is currently attacking.

EQUIPMENT

The Wham-O Master Tournament Model is the official Frisbee to be used in tournament play. Individual players may wear almost any aids they wish, including hats, helmets or gloves as long as they do not endanger the safety of any other player. For example, shoes with cleats are permissible but ones with sharp spikes are not. No player may carry any sort of stick, bat or racket.

PLAYING FIELD

The playing field may have any surface whatsoever, including grass, asphalt, sand, snow or the wood of a gymnasium floor. The main playing field for the official Ultimate Frisbee game is 60 yards by 40 yards. Both end zones are 40 yards wide, of equal length, and as long as possible.

If a pass is completed outside the lateral boundary it is considered incomplete and the defensive team gains possession of the Frisbee. In order to be considered in bounds, a player must land with both feet touching inside the boundary line. Should the Frisbee land outside the lateral boundary it is returned to play on the main playing field at the point where it went out of the lateral boundary.

OFFICIALS

A referee or referees may officiate, and their decision must be final. If no referee is used the two teams play on an honor system, settling disputes by flipping a coin or by some other such method. The teams should provide one person each to keep time and score.

TIME

A game of Ultimate Frisbee lasts for 48 minutes of playing time divided into two 24 minute halves. Half-time lasts for ten minutes. The second half commences with a Throw-off by the team which received the opening Throw-off. The clock starts after every Throw-off, when play resumes after a foul and when the Frisbee is

thrown into play from out of bounds. The clock is stopped after every goal, for an injury, when the Frisbee goes out of bounds, when a time-out is called, when a foul is called and at the end of each period of play.

In the event of a tie at the end of regulation time, the captains flip a coin to determine which team will Throw-off. Overtime periods last for five minutes each. If there is no victor at the end of overtime, overtimes are continued until the tie is broken at the end of one.

Each team is permitted three time-outs per half and one per overtime period, each lasting two minutes. Time-outs may be called immediately after a goal is scored or during play. A team must be in possession of the Frisbee in order to call a time-out during play. Play is resumed by starting the throw from the point at which the Frisbee was when the time-out was called.



THROW-OFF

Play begins with the Throw-off. The captains of the two teams flip a coin to determine which team will elect to throw or receive; the other team chooses which goal they will defend at the start. All players must be on or behind their own goal line until the Frisbee is released. One player throws the Frisbee towards the other team. As soon as he releases the Frisbee all players may cross the goal lines. No player on the team throwing may handle the Frisbee until it has been touched by a member of the receiving team. The receiving team may catch it or allow it to fall to the ground without touching it. If a member of the receiving team successfully catches the Throw-off, that player has possession where the Frisbee is caught. If it is allowed to fall untouched to the

ground the receiving team has possession where it is stopped. If any member of the receiving team fails to catch the Throw-off, or if the Frisbee comes in contact with any part of the body or clothing of any player on the receiving team and then falls to the ground, the team having thrown gains possession of the Frisbee where it is stopped. Play continues immediately upon either team establishing possession of the Frisbee after the Throw-off.

THE PLAY

The team which has possession of the Frisbee must attempt to move the Frisbee into position so that they may score a goal by completing a pass into the end zone which they are attacking. **The Frisbee may be moved in only one way: it must be thrown. No player may walk, run, or take any steps while in possession of the Frisbee.** The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, he must return to the point where he gained possession and throw the Frisbee from there. A player may propel the Frisbee in any way he wishes. If the Frisbee touches the ground, a tree, a wall or any object other than the body or clothing of another player, the defensive team gains possession of the Frisbee. In case of a rolling or sliding Frisbee, it may be stopped by any player, but may not be advanced in any direction.

As change of possession occurs, any member of the team gaining the Frisbee may throw it. **The Frisbee may never be handed from player to player.** In order for the Frisbee to go from one player to another, it must at some time be in the air and touching no solid object. The Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his hand.

The defensive team gains possession in any of three ways: a) by an interception; b) a player may strike the Frisbee while in flight with any part of his body causing it to fall to the ground; or c) if the offensive team does not complete a pass. In each case possession is gained at the point where the Frisbee is stopped.

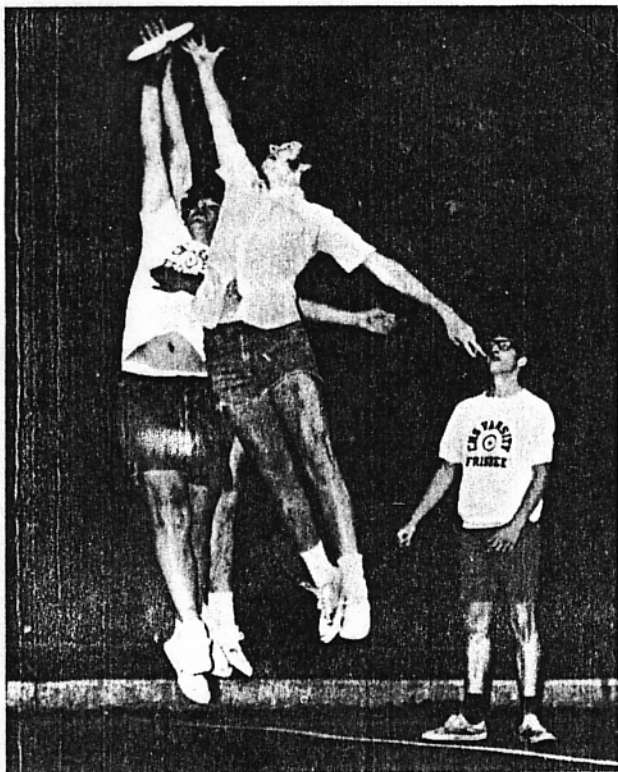
While no player may walk with the Frisbee, the player in possession may pivot on one foot, as in basketball. Any **single** player on the defensive team may guard a player in possession of the Frisbee and attempt to block his throw (although he may not knock the Frisbee out of the opponent's hand).

A player may catch his own throw only if the Frisbee has been touched by some other player during its flight.

END ZONES

Any time a team gains possession in the end zone which they are defending, they may choose to resume play: a) where the Frisbee is stopped; b) as it is carried to the goal line; or c) at the goal line. A player may carry

the Frisbee up to the goal line provided that he approach it perpendicularly. Should a team gain possession in the end zone which it is attacking, the Frisbee must be returned to the goal line of that end zone before play is resumed.



FOULS

A foul is any act committed which violates the rules, intentionally causes injury or disrupts the normal play of the game. As in basketball, body contact is not permitted, but a certain amount must be expected when two or more players jump for a high throw.

Throwing fouls are called by the player throwing, and are defined as being any physical contact between offensive and defensive players sufficient to deter the path of the Frisbee. This does not mean that contact occurring during the follow-through, or light contact, is sufficient grounds for a foul. Still, if the player throwing has his throw disrupted by the player guarding, a foul call is in order.

A **catching foul** occurs when physical contact occurs between offensive and defensive players as a result of the offensive or defensive players playing the man instead of the Frisbee, pushing, grabbing, clipping, holding, kicking, submarining, etc.

Offensive fouls: The thrower may not push the

defender. At no time may a player intentionally stall the game.

In the event of a foul, the player fouled calls "foul," play stops and the player gains possession of the Frisbee at the point of infraction. Should the foul occur in the end zone, the player fouled gains possession of the Frisbee at the goal line. The call of a foul may be declined if the pass is completed.

SCORING

Play continues until a goal is scored. A team is awarded one point for each goal scored. Each time a goal is scored the teams switch the direction of their attack and defend the goal which they have just finished attacking. After a goal, the team which scored throws off to the other team on the signal of the referee or the captain of the receiving team.

SUBSTITUTIONS

Substitutions can be made only: a) after a goal is scored and before the next Throw-off; b) to replace an injured player; or c) after periods of play. Substitutions cannot be made during a time-out.

GROUND RULES

Before the opening Throw-off the captains of the two teams may agree on any additional ground rules necessary. Although the official rules are stated, these rules may be adapted to the size of the teams and the physical limitations of the field.

A NOTE ON TEAM SIZE & FIELD SIZE

While the CHS Varsity Frisbee Team, developers of Ultimate Frisbee, states that 7 players is the official number for each team, this sport can be played with any number of players, male or female. Naturally, the skills needed in the game will diminish as the teams get larger.

Ultimate Frisbee can be played without any lateral boundaries, as it was played originally. However, it is best to choose a field with natural boundaries such as trees, a river, wall or hill.

ONE HAND ULTIMATE

As proficiency with Ultimate Frisbee increases, a "one-hand only" form of the game can be tried. In this variation the Frisbee may be caught cleanly in one hand only. If two hands are used or if the player's body is employed to "trap" the Frisbee in any way, possession of the Frisbee is forfeited to the opposing team. The restriction applies to both teams, but a defensive player may still use both hands or any part of his body to knock down the Frisbee in flight.

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Our Frisbee Heritage



Prominent politician throws out first Frisbee, 1889.



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