

## OFFICIAL RULES OF ULTIMATE FRISBEE

Ultimate Frisbee is a fast-moving, competitive, non-contact sport played by two seven-man teams. The sport has a great deal of freedom and informality implicit in the rules. Primary among these is the spirit of sportsmanship which enables the honor system to be effective.

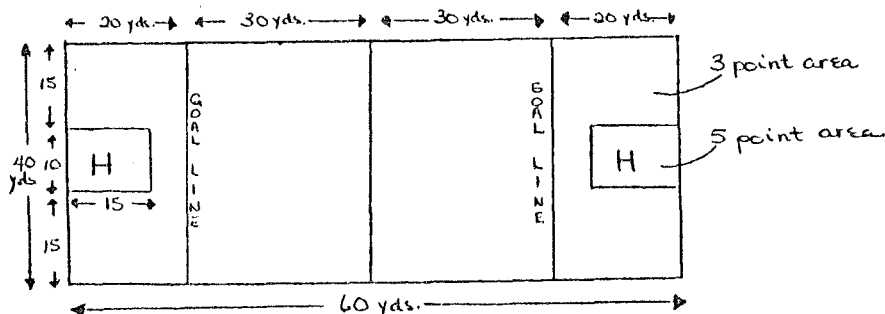
The object of Ultimate Frisbee is to gain points by scoring goals. The Frisbee may only be passed, and a goal is scored when a player successfully passes the Frisbee to a teammate in the endzone which that team is attacking. The team with the most points at the end of the game is declared the winner.

### EQUIPMENT

The Wham-O Master 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 long and 40 yards wide. A line is drawn to divide the main field into 30-yard sections. Both end zones are 40 yards wide and 20 yards deep. The Hot Spot (H) is a rectangle 10 yards wide and 15 yards deep. It is centered widthwise in both end zones, starting 5 yards behind the goal line and extending to the back of the end zone.



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 or on the boundary line. Should the Frisbee land outside the lateral boundary, it is returned to play on the main playing field when both teams are ready, at the point where the Frisbee went out of bounds. The player throwing the Frisbee in bounds must have one foot on the line.

### 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. Each team should provide one person to keep time and score.

### TIME

A game of Ultimate Frisbee lasts for 40 minutes of playing time, divided into two 20-minute halves. Halftime lasts for ten minutes. The clock starts after every throw-off when the receiving team touches the Frisbee. The clock stops after every goal, at the end of each period of play, for time-outs, injuries, fouls, and when the Frisbee goes out of bounds. The clock starts when both teams are ready to resume, and play continues at the location of the Frisbee when the play stopped.

Each team is permitted three time-outs per half and one per overtime period, each lasting two minutes. Time-out may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the Frisbee in order to call a time-out during play.

In the event of a tie at the end of regulation time, there will be an overtime period lasting five minutes. The captains flip a coin to determine which team will throw off. If there is no victor at the end of overtime, overtimes are continued until the tie is broken at the end of one.

THROW OFF

Play begins with the throw-off. The captains of the two teams flip a coin to determine which team will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. The throwing team lines up with one player behind the goal line, and six players behind the midfield line. The receiving team must stand on their goal line without changing relative position.

The player on the goal line throws the Frisbee towards the other team. As soon as the Frisbee is released, the receiving team may cross their goal line. If the receiving team crosses the goal line before the Frisbee is released, the receiving team gains possession at the goal line when both teams are ready. The players on the throwing team may not cross the midfield line until the Frisbee is caught or it touches the ground. If they cross the line prematurely, the receiving team gains possession at the midfield line when both teams are ready.

The receiving team may catch the Frisbee 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 at that point. If the receiving team touches the Frisbee and fails to catch it, the team which threw off gains possession of the Frisbee where it is stopped. If the Frisbee is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

If the Frisbee goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of: 1) gaining possession at the point the Frisbee went out-of-bounds, or 2) having the Frisbee thrown off again. If the Frisbee goes out-of-bounds after crossing the goal line, the receiving team gains possession on the goal line at the closest corner.

Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws off on the signal of the receiving team.

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. A player may propel the Frisbee in any way he wishes. 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.

No player may walk, run, or take 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, play stops, he returns to the point where he gained possession, and play resumes when both teams are ready.

The player in possession may pivot on one foot, as in basketball. The thrower may not change his pivot foot. Only one player may guard the person in possession of the Frisbee and attempt to block the throw. The Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his hand.

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. A rolling or sliding Frisbee may be stopped by any player, but may not be advanced in any direction. After the Frisbee is stopped, no defensive player may touch it. Possession is gained at the point where the Frisbee is stopped. Any member of the team gaining possession of the Frisbee may throw it.

A player may catch his own throw only if the Frisbee has been touched by another player during it's flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.

Each team must have at least one player behind the midfield line.

END ZONES

Any time a team gains possession in the end zone which they are defending, they may choose to resume play where the Frisbee is stopped, or at the goal line. A player may carry the Frisbee up to the goal line provided that he approach it perpendicularly. The player may not pass the Frisbee as he walks to the goal line. If a team gains possession at the end zone which it is attacking, the Frisbee is carried perpendicularly to the goal line, and play resumes from there.

## FOULS

Throwing Fouls are called only by the player throwing. They are defined as any physical contact between offensive and defensive players sufficient to deter the path of the Frisbee. Contact occurring during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined.

A foul is also called when physical contact occurs as a result of the offensive or defensive players playing the man instead of the Frisbee, ie, pushing, grabbing, clupping, holding, kicking, submarining, etc. 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 fouled takes a foul throw. Whether successful or not, he then regains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained after the foul throw on the goal line.

Offside: Should a team not keep one man behind the midfield line, the other team gains possession at the midfield line when both teams are ready.

## SCORING

A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. If the pass is completed so that the receiver lands with both feet in the Hot Spot, his team is awarded 5 points. Goals scored outside the Hot Spot are worth 3 points.

Foul Throw: The player fouled decides which direction he will throw and chooses a receiver. The thrower attempts to complete a free pass from the midfield line to his receiver in the Hot Spot. A successful foul throw is worth one point.

## SUBSTITUTIONS

Substitutions can be made only: a) after a goal and before

the ensuing throw-off, b) to replace an injured player, or c) after periods of play. Substitutions cannot be made during a time-out or foul throw.

### VARIATIONS

Before the opening throw-off, the captains of the teams may agree on any additional ground rules necessary. The number of players, size of field, type of Frisbee, and length of game can be adapted.

### HISTORY

Ultimate Frisbee was developed by Joel Silver and the late Buzzy Hellring in 1968 at Columbia High School in Maplewood, New Jersey. The sport was spread to other high schools, and the New Jersey Frisbee Conference was formed. Rutgers and Princeton played the first intercollegiate Ultimate Frisbee game on November 6, 1972.

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