



6th Edition  
**ULTIMATE  
FRISBEE®**  
OFFICIAL  
RULES



# 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.

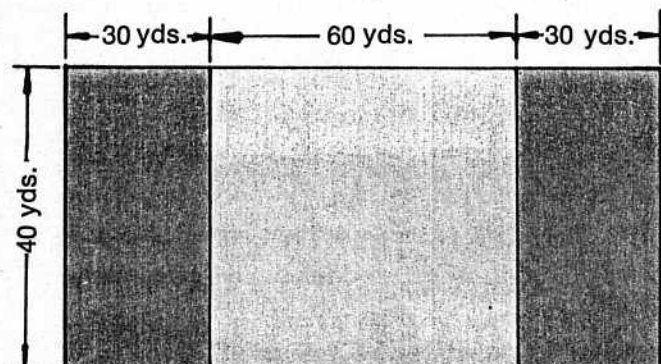
The object of Ultimate Frisbee is to gain points by scoring goals. The disc may only be passed, and a goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking. The team with the most points at the end of the game is declared the winner.

## EQUIPMENT

The Wham-O Master is the official Frisbee flying disc 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. Both endzones are 40 yards wide and 30 yards deep.



If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the disc. In order to be considered in-bounds, a player must land with both feet touching inside or on the boundary line. Should the disc land outside the lateral boundary, it is returned to play on the main playing field at the point where the disc 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 48 minutes of playing time, divided into two 24-minute halves. Halftime lasts for ten minutes. The clock starts after every throw-off when the receiving team touches the disc. The clock stops after every goal, at the end of each period of play, for time-outs, injuries, fouls, and when the disc goes out-of-bounds. The clock starts when the disc is thrown in-bounds, or when both teams are ready to resume, and play continues at the location of the disc 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 disc 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 winner at the end of this period, overtimes are continued until the tie is broken at the end of one period.



### 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. All players must be on or behind their own goal line until the disc is released. The receiving team must stand on their own goal line without changing relative position.

A player on the goal line throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.

The receiving team may catch the disc or allow it to fall untouched to the ground. 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 disc and fails to catch it, the team which threw off gains possession of the disc where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

If the disc goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of: 1) gaining possession at the point the disc went out-of-bounds, or 2) having the disc thrown-off again. If the disc goes out-of-bounds after crossing the goal line, the receiving team gains possession on the goal line at the nearest 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 disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he wishes. **The Frisbee may never be handed from player to player.** In order for the disc 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 disc.** 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 disc. The disc may not be wrenched from the grasp of an opposing player, or knocked from his/her 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 disc may be stopped by any player, but may not be advanced in any direction. After the disc is stopped, no defensive player may touch it. Possession is gained at the point where the disc is stopped. Any member of the team gaining possession of the disc may throw it.

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

### ENDZONES

Any time a team gains possession in the endzone which they are defending, the player may choose to resume play where the disc is stopped, or at the goal line. A player may carry the disc up to the goal line provided that he/she approaches it perpendicularly. The player may not pass the disc as he/she approaches the goal line. If a team gains possession in the endzone which it is attacking, the disc is **carried** perpendicularly to the goal line, and play resumes immediately from the goal line.

### FOULS

A throwing foul is called only by the player fouled. It is defined as any physical contact between offensive and defensive player sufficient to deter the flight of the disc. Contact occurring during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined, and play proceeds without stopping.

A foul is also called when physical contact occurs as a result of the offensive or defensive players playing the man instead of the disc. This includes pushing, grabbing, clipping, holding kicking, submarining, etc.

The player who is fouled calls "foul", play stops, and the player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the endzone, possession is regained at the goal line.

A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts aloud 15 seconds. If the disc has not been released at the end of the count it is turned over to the defense at that point.

### SCORING

A goal is scored when an offensive player has two feet in the endzone after receiving a pass from a teammate. A player in possession may not score by running into the endzone. The team that scores receives one point.

### SUBSTITUTIONS

Substitutions can be made only: 1) after a goal and before the ensuing throw-off, 2) to replace an injured player, or 3) after periods of play. Substitutions cannot be made during a timeout.

### CLARIFYING STATEMENTS

There are no scrimmage lines or offsides in Ultimate Frisbee. The disc may be passed in any direction — forward, to the sides, or backwards. The term "when both teams are ready," used after time-outs, injuries and fouls, implies that the defender will hold the disc until the defensive team is ready, and then hand the disc to the thrower — the clock restarts. It should be common practice that the offensive team remains stationary until the disc is given to the thrower.

### 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, model of Frisbee flying disc, 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.

*For additional information in forming your own Ultimate Frisbee teams, or additional copies of the rules, write to: International Frisbee Association, Box 664, Alhambra, California, 91802.*

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