

RULES OF ULTIMATE

The following rules are the basic rules of Ultimate Frisbee. For a complete set of detailed rules, please go to <http://www4.upa.org/ultimate/rules/rules.shtml>

(Ultimate Players Association) website.

Unless otherwise indicated below, the official UPA rules shall prevail in Urban Rec league play.

1. **Be ready to play at 6:15pm!** –As we have only a limited amount of light for 2 full matches, please be ready to play at 6:15pm.
2. **To Initiate Play** – Urban Rec Ultimate is played with (7) Seven players per team (a minimum of (3) people per gender plus an extra of either gender). The opposing team can waive the default of minimum players at their discretion provided it is prior to the start of the game.

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. The receiving team has the option of catching the disc or letting it fall, but if they attempt to catch it & drop it, it is an automatic turnover. **THE PULL CANNOT BE KNOCKED DOWN BY THE DEFENSE.** Players must play the disc from where it lands, unless it lands in the end zone then you walk it up to the end zone line. The receiving team does not have to wait to have the disc "tagged in" off the pull. Whoever retrieves the disc off of a pull or from any throw that lands out of bounds must play it. It cannot be handed over to someone else to commence play.

If the pull goes directly out of bounds, the receiving team may call "centre" and play the disc from the middle of the field at the point where the disc crossed the boundary. If the disc rolls out, "centre" may not be called

3. **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. The marker can be no closer than one arm-length from the thrower (this is different from the UPA rules)
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. A Game is won by the team who has the most points after the end of play; a 2 minute whistle will blow by the event coordinator.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** -- Players not in the game may replace players in the game **ONLY** after a score or during an injury timeout.
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 from where the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing and Score Keeping** -- Players are responsible for their own foul and line calls. Players resolve their own disputes. Teams are responsible for keeping score.
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. Treat your opponent as you would like to be treated.