

Ultimate Frisbee

Rules

- To initiate play each team begins at their end of the field lining up on the front of their respective end zone line. The defense throws the disc to the offense. A regulation game has seven players per team.
- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- 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 has ten seconds to throw the disc.
- When a pass is not completed (out of bounds, dropped, blocked, interception), the defense immediately takes possession of the disc and becomes the offense.
- Players not in the game may replace players in the game after a score and during an injury timeout.
- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 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.
- The field is rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. The "playing field" is also called "Proper", "end zones" are also known as the "goal area".

Length of Game

- Each half lasts for twenty-four (24) minutes of stopped time.
- Each over time period lasts for five (5) minutes of stopped time.
- Halftime lasts for ten (10) minutes.
- The clock starts when: an offensive player gains possession of a throw-off and establishes a pivot foot or when the thrower puts the disc into play after it has been out of bounds.
- The clock stops after a goal, at the end of a period of play, for time-outs, for injuries, for fouls and violations, and when the disc contacts an out of bounds area.
- Each team is permitted two (2) timeouts per half.