

ULTIMATE: 10 SIMPLE RULES



Set up a pitch

A rectangular field with scoring areas (endzones) the width of the field at each end.

Start play

The game starts with both teams lined up along the front of their endzone. The team starting on defence throws the disc to the other team (this first pass is called 'the pull'. This happens at the start of every point.

Scoring

When the team in possession of the disc completes a pass into the other team's endzone, a point is scored. The team that scored stays in the endzone with the disc and becomes the defending team for the start of the next point. When a point is scored play 'stops' and the teams 'start play' again with a new point.

Moving the disc

The disc can be passed in any direction to any teammate. You cannot run with the disc. The person holding the disc has 10 seconds to throw - the defending team, usually the person marking the thrower, counts. This is known as the 'stall count'. (There is no stall count in the School Games format.)

Change of possession

When a pass is not completed (e.g. the disc lands on the floor, lands out of bounds, is dropped, is knocked to the floor by a defender, is caught or intercepted by a defender) the defending team immediately takes up possession and becomes the attacking team aiming to score in the opposite endzone.

Substitutions

Players can substitute after a point is scored or whenever someone is injured (in the School Games format players sub on the fly by high-fiving a teammate on the sideline).

Avoid contact

Players must avoid making contact with others. No physical contact between players is allowed and a foul may occur if contact is made.

Fouls

When a foul disrupts possession, play resumes as if possession were kept. If the player disagrees with a foul call there is a 'replay' - the disc goes to the player who had the disc before the foul happened.

Self-refereeing

Players are responsible for making their own calls such as fouls, out-of-bounds and possession calls. Players resolve their own disputes and find a fair outcome using the rules and Spirit of the Game.

Spirit of the Game

Ultimate stresses the responsibility for fair-play and fairmindedness on the players. Competitive play is encouraged but never at the expense of respect for all players and teams, safety, adherence to the rules and the joy of playing.