Ultimate Frisbee Rules

A. A Ultimate Frisbee team is made up of seven people on the field and one must be a member of the opposite sex.

B. Description: Ultimate is a non-contact disc sport played by two teams of seven players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

B. Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other “win-at-all-costs” behavior are contrary to the spirit of the game and must be avoided by all players.

A. Completed pass: Any catch that results in the team in possession of the disc retaining possession. Any pass that is not complete is incomplete.

B. Defensive player: A player whose team is not in possession of the disc. A defensive player may not pick up a live disc or a disc in play or call for a pass from the thrower.

C. Ground contact: All player contact with the ground directly related to a specific event or maneuver (e.g., jumping, diving, leaning or falling), including landing or recovering after being off-balance. Items on the ground are considered part of the ground.

D. Guarding: A defender is guarding an offensive player when they are within three meters of that offensive player and are reacting to that offensive player.

E. Incidental contact: Contact between opposing players that does not affect continued play.

F. Offensive player: A player whose team is in possession of the disc.

G. Pivot: The particular part of the body in continuous contact with a single spot on the field during a thrower’s possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot.

H. Player: Any of the up to fourteen persons participating in the game at any one time.

I. Possession of the disc: Sustained contact with, and control of, a non-spinning disc.
   1. Catching a pass is equivalent to establishing possession of that pass.
   2. Loss of possession due to ground contact related to a catch negates that player’s possession up to that point.
   3. A disc in a player’s possession is considered part of that player.
   4. The team whose player is in possession, or whose players may pick up the disc, is considered the team in possession. If the disc is in the air following a legal pass, the Thrower’s team is considered the team in possession.
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J. Pull: The throw from one team to the other that starts play at the beginning of a half or after a goal. It is not a legal pass for scoring and has many special provisions. The player on the pulling team who possesses the disc and signals readiness is the puller.

K. Scoring attempt: A scoring attempt starts at the beginning of the game or when the previous goal is scored and ends when the next goal is scored.

L. Throw: A disc in flight following any throwing motion (including a fake) that results in the thrower losing contact with the disc.
   a. A pass is equivalent to a throw.
   b. An intentionally dropped disc is considered a thrown disc.
   c. The act of throwing is the motion that transfers momentum from the thrower to the disc in the direction of flight and results in a throw. Pivots and wind-ups are not part of the act of throwing.
   d. A throw is only considered complete when an offensive player gains possession that is not otherwise negated.
   e. An offensive player in possession of, or who has most recently possessed, the disc, is the thrower.

M. In- and Out-of-bounds
   a. The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of-bounds.
   b. The out-of-bounds area consists of the ground which is not in-bounds and everything in contact (direct or indirect) with it except for players. Any non-players other than observers are considered part of the out-of-bounds area.
   c. A player contacting the out-of-bounds area is out-of-bounds. A player who is not out-of-bounds is in-bounds. An airborne player retains in-bounds or out-of-bounds status until that player contacts the playing field or the out-of-bounds area. The following exceptions apply:
   d. If momentum carries a player out-of-bounds after landing in-bounds with possession of an in-bounds disc, the player is considered in-bounds. For this exception to apply, that player’s first point of ground contact with any area must be completely in-bounds. The disc is put into play at the spot on the perimeter line of the playing field where the player first went out-of-bounds. If the player traversed the end zone being attacked.
   e. A pivoting thrower may contact an out-of-bounds area, provided that part of the pivot remains in contact with the playing field
   f. Contact between players does not confer the state of being in- or out-of-bounds from one to another.
   g. A disc becomes in-bounds when it is put into play, or when play starts or restarts.
   h. A disc becomes out-of-bounds when it first contacts the out-of-bounds area, contacts an out-of-bounds offensive player, or is caught by an out-of-bounds defensive player.
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i. The disc may fly outside a perimeter line and return to the playing field, and players may go out-of-bounds to make a play on the disc.

j. If an in-bounds defender gains possession while airborne and becomes out-of-bounds while still in possession of the disc, the play is treated as if the defender was out-of-bounds when possession was gained.

k. To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the playing field proper nearest to where the most recent of the following events occurred:
   i. the disc completely crossed the perimeter line;
   ii. the disc contacted an in-bounds player;
   iii. the disc contacted a defensive player; or
   iv. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the perimeter line.

l. After establishing a pivot at the appropriate spot on the field, the thrower must touch the disc to the ground before putting it into play.

m. Events occurring after the disc becomes out-of-bounds do not affect where it is put into play.

N. End Zone Possession
   a. If a turnover results in a team gaining possession in the end zone that they are defending, the player in possession must immediately either:
   b. put the disc into play at the spot of the disc (to fake a throw or pause after gaining possession commits the player to put the disc into play at that spot); or Carry the disc directly to the closest point on the goal line and put it into play at that spot. If this option is chosen, the player taking possession must put the disc into play at the goal line. Failure to do so is a travel.
   c. If a team gains or retains possession in the end zone that they are attacking other than by scoring a goal in accordance with rule XI, the player in possession must carry the disc directly to, and put it into play at, the spot on the goal line closest to where possession was gained.
   d. If a team gains or retains possession of a dead disc in the end zone that they are attacking, the disc is checked into a live state where the infraction occurred, and the thrower then proceeds.

O. Receiving Fouls:
   a. If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent’s attempt to make a play on the disc, that player has committed a receiving foul. Some amount of incidental contact before, during or immediately after the attempt often is unavoidable and is not a foul.
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b. Continuation rule applies: if the call is uncontested, the fouled player gains possession at the spot on the playing field closest to the spot of the infraction. If the foul is contested, the disc reverts to the thrower.

c. The Principle of Verticality: All players have the right to enter the air space immediately above their torso to make a play on a thrown disc. If non-incidental contact occurs in the airspace immediately above a player before the outcome of the play is determined (e.g., before possession is gained or an incomplete pass is effected), it is a foul on the player entering the vertical space of the other player.

d. Force-out Foul: If an airborne player catches the disc and is contacted by an opposing player before landing, and that contact causes the player to land out-of-bounds instead of in-bounds, or out of the end zone instead of in the end zone, it is a foul on the opposing player and the fouled player retains possession at the spot of the foul. If an uncontested force-out foul results in an in-bounds player landing outside the end zone being attacked when they would have landed in the end zone without the foul, a goal is awarded.

e. Blocking Fouls:
   i. When the disc is in the air a player may not move in a manner solely to prevent an opponent from taking an unoccupied path to the disc and any resulting non-incidental contact is a foul on the blocking player which is treated like a receiving foul.
   ii. A player may not take a position that is unavoidable by a moving opponent when time, distance, and line of sight are considered. Non-incidental contact resulting from taking such a position is a foul on the blocking player.

f. Strip: If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player loses possession as a result, it is a strip. A strip is a subset of fouls and is treated the same way.

g. Reckless disregard for the safety of fellow players or other dangerously aggressive behavior (such as significantly colliding into a stationary opponent), regardless of whether or when the disc arrives or when contact occurs is considered dangerous play and is treated as a foul. This rule is not superseded by any other rule.