

* Regulation Field: 70 X 40 yards with 2 end zones 25 yards deep.
* Starting Play: The defensive team *pulls* from the end zone to the offensive team.
* Scoring a Point: The disc must be caught in the opposing team’s end zone. Two feet must land in the end zone for a point to be scored.
* Possession and Movement:
	+ Players may not run while in possession of the disc. They may only pivot.
	+ Players with the disc have 10 seconds to throw once a *stall* count begins. Defensive players must be within 10 feet of their *mark* before starting the count.
	+ Possession change occurs after a point is scored, or when a pass is incomplete (hits the ground, is blocked, goes out of bounds, is intercepted).
	+ No physical contact is allowed between players. Picks and screens are prohibited.
* There are no referees. Players are responsible for their own fouls and line calls. Calls should be fair and unbiased to uphold the *Spirit of the Game*.
* The game ends when one team reaches 15 points or after a set time limit.