

ULTIMATE 101 RULE SHEET

- ✓ 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.