

# Ultimate 10 Simple Rules

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## 1. Set up a pitch

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

## 2. Start play

The game starts with both teams lining up at the front of each endzone. The team starting on defence throws the disc to the other team. This happens at the start of every point.

## 3. 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 that endzone with the disc and becomes the defending team for the start of the next point. When a point is scored the game stops and the teams 'start play' again with a new point.



## 4. 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 and it's known as the 'stall count'.

## 5. Change of possession

When a pass is not completed (e.g. it lands on the floor, lands out of bounds, is dropped, knocked to the floor by a defender or caught/intercepted by a defender) the defending team immediately take up possession and become the attacking team now trying to score in the other endzone.

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### 6. Substitutions

Players can substitute after a point is scored or if someone gets hurt.

### 7. Avoid contact

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

### 8. Fouls

When a foul disrupts possession, play resumes as if possession was kept. If the player disagrees with the foul call there is a replay (the disc goes back to where it was before the foul happened).

### 9. Self-refereeing

Players are responsible for 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.

### 10. Spirit of the Game

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

