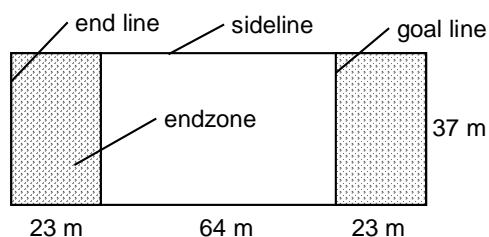


Ultimate.

The intent of the game.

Ultimate is played with two teams of seven players each and with one flying disc. The picture below shows the playing field and its recommended sizes. At both ends of the playing field there is an end zone; each team defends one. You can score a point by throwing the disc to a player on your team



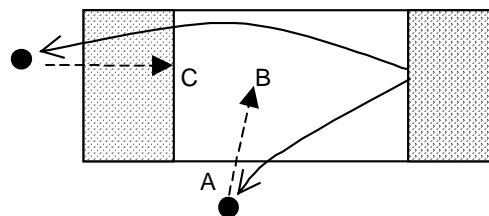
who catches that throw in your opponents' end zone. When you are in possession of the disc during play you are not allowed to walk with it; you must throw the disc to another player on your team to move it closer to, and eventually in, the opponents' end zone.

The defensive team gets possession of the disc when a throw of the offensive team does not reach a player of their team. Now that team becomes the offensive team and can try to score. Below you can find the most important rules of the game.

The most important rules.

The throw-off ("the pull").

Play starts after each point with the *pull*: a throw-off from the goal line. First a player of each team raises his hand, indicating that their team is ready. Until the *pull* is thrown all players must remain at the goal line of their end zone. The team that scored the last point throws the pull and becomes the defensive team; the other team picks up the disc and becomes the offensive team. At the start of the match a toss decides which team throws the first *pull*.



When the *pull* lands outside the playing field you can either continue from the side line (point A in the picture) or from the middle of the field (point B). In the latter case the player has to indicate this by raising his hand and calling "middle" before he picks up the disc. When the disc lands or is caught behind the goal line you can continue playing at the goal-line (C).

In-bounds and out-of-bounds.

A disc is *in-bounds* when the receiving player is inside the playing field at the moment of catching. When you catch the disc while jumping in the air, you must land inside the field. This is determined by the first foot that touches the ground. When you land with one foot inside and one foot outside at the same time, then the disc is *out-of-bounds*. The side lines and end lines are not part of the playing field; when your foot touches the line while catching the disc is *out-of-bounds*. It is allowed to throw the disc with a curve outside the field as long as it does not touch anything and is caught *inside* the field.



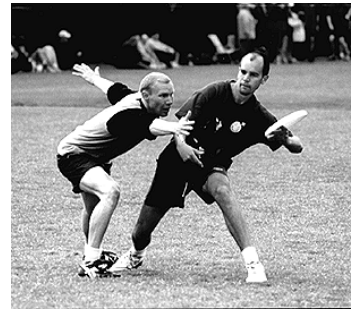
When the disc goes *out-of-bounds* possession of the disc changes and the defensive team becomes the offensive team. It does not matter which team last touched the disc. Play continues at the position where the disc left the field.

No walking with the disc.

During play it is not allowed to walk while you have possession of the disc. When you catch the disc while running, you must stand still as quickly as possible. It is allowed to move one foot while the other one remains in place: pivoting.

The 10-second rule.

When you have possession of the disc you have to play it within 10 seconds. A defender (called the "marker") should stand before you (remember: no contact!) and count aloud to ten (one count per second). When the disc is still in your hand at the "t" of "ten", the other team gets possession of the disc.



Change of disc possession.

The defensive team gets possession of the disc when an offensive team's throw is not caught by a player of the same team. Other changes in possession occur when:

- the disc is intercepted by the defensive team
- the disc touches the ground (it does not matter who last touched the disc; the defensive team can deflect the disc to the ground)
- the disc is caught outside the playing field (it does not matter by who)
- the marker reaches "ten" before the disc was thrown (see the 10-second rule)
- the catching player does not get control of the disc (and drops it)
- the disc is passed through from hand to hand
- the thrower catches his own throw without the disc being touched by anyone else

In the case of change of disc possession the other team may immediately resume play at the point where the disc was caught or came to a standstill.

The foul rule.

- Ultimate is a "non-contact" sport. Physical contact should always be avoided.
- The possessor of the disc may not be defended ("marked") by more than one player at the same time ("double teamed"). The marker may not come closer than one disc diameter. He may however try to block the disc with hands or feet when it is thrown.
- You may not hit or grab the disc out of the hand of the disc possessor. When an offensive and defensive player catch the disc simultaneously, the offensive player gets possession of the disc.
- You are not allowed to stand or walk in the path of a player of the other team.

When you cause or notice a foul you can indicate this by calling "FOUL". All players stand still immediately and play is stopped. You indicate what the foul was and play is resumed with a "check". The marker touches the disc in the offensive player's hand and calls "PLAY". The intent of this rule is to continue playing as if the foul would not have occurred.

Scoring.

You score a point when you catch the disc, *as an offensive player*, in the endzone of the defending team. When your foot touches the goal line, you have not yet scored and play continues. When your foot is on the sideline or end line the disc is out-of-bounds and disc possession changes.



Substitution of players.

After each score you may substitute as many players as you want. During play a player may only be substituted in case of an injury. Then also the other team may substitute a player, if they want.

No referee.

Like all flying disc sports ultimate is played without a referee. The players themselves are responsible for the course of the game. This sheet provides the most important rules

only. This is enough to get started. Of course, when you want to participate in official competitions, it is wise to become familiar with all rules. Your national association can provide you with these. You can also download them from the WFDF website. In addition, the more experienced players at a tournament are often willing to give an explanation when needed.

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