Rules of Ultimate Frisbee

• FAIRPLAY – no referee!! (self-refereeing)
→ the Spirit of the Game!!

• 2 teams (usually 7 players, outdoors).
• A goal is scored when a team completes a pass standing in the endzone.
• Players cannot run with the disc.
• If the disc hits the ground or is knocked down by the other team, the opposition takes possession → “turnover”
• How to start the game?
  o Each team lines up along the endzone.
  o The team that scored will throw the disc to the opposition.
• Each thrower is only allowed to keep the disc for 10s.
• Fouls – each physical contact is a foul!! Yell “foul or call”!! (the other team gets the disc).