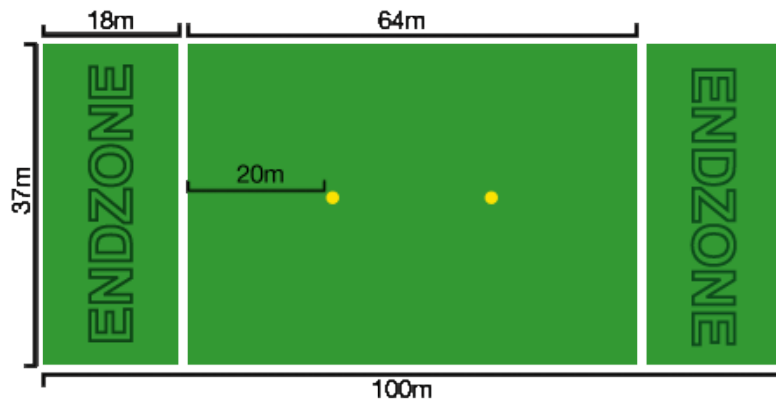


Rules of Ultimate Frisbee

- **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?
 - Each team lines up along the endzone.
 - 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).