



CT Ultimate Frisbee Rules

Overview - The Basics

1. Ultimate is played as 7 vs 7; coed must have at least 2 males and 2 females on the field.
 - a. To begin a game, a team must be able to field a minimum of 5 players, two of each gender.
 - b. Teams must have 4 males and 4 females minimum, 10 team members minimum, 15 team members maximum.
2. If a team, can't field the minimum requirements to play, the score will go in as a 10-0 forfeit.
3. Games are first to 15 total points, half at 8 or two 25 minute halves (whichever comes first).
4. Substitutions are made between points.
5. Each team is allowed one (1) 90-second timeout per half. Substitutions allowed during timeouts. Cleats are optional; no metal cleats allowed.
6. Games begin with a "pull." A "pull" is when both teams line up on the front of their respective end zone lines at opposite ends of the field and one team throws the disc to the other team. Before the game begins, there is a Frisbee "coin" toss or rock-paper-scissors to determine who pulls and who receives.
7. Only one foot is required to be in bounds. Any contact with the line is considered "out".

Offense

8. The disc must be thrown, not handed off.
9. You have 10 seconds to throw the disc once a "mark" is applied.
 - a. See defensive section for definition of "mark".
10. Throws can be in any direction (forward, backward, or sideways).
11. During possession, you may only pivot on a single foot. You may not run.
 - a. Pivot must be maintained until after disc is released. (No hopping to throw).
12. All throws completed (in bounds) to a teammate will maintain possession.
 - a. A turnover occurs if: the disc touches the ground before caught, opposing team intercepts pass, or thrower gets "stalled" (see defense section for stalling).
13. Any contact that occurs prior to a throw or during a catch is considered a foul.
 - a. Disputed fouls return the disc to its position prior to the foul occurring.

Scoring

14. Touchdowns are one point.
 - a. Touchdowns are scored by throwing, never handing, the frisbee to a teammate in the opponent's end zone (players cannot run into the endzone after making a catch) or by intercepting an opponent's pass in their endzone.
 - b. The team which scored the touchdown, pulls.
 - c. Teams switch sides after a point is scored.

Turnovers

15. The following will result in a turnover of possession to the opposing team:
 - a. an interception of a pass,
 - b. an incomplete pass,
 - c. a knocked down pass,
 - d. taking longer than 10 seconds to throw the frisbee,
 - e. offensive pass interference,
 - f. delaying or stalling to pick up the frisbee,

- g. throwing the frisbee out of bounds.

Defense

16. Mark is a term for the individual guarding the offensive player with the disc.
 - a. A mark may be no closer than one-disc width.
17. There is no double-teaming.
 - a. If a defensive player other than the marker is within three meters of any pivot of the thrower without also being within three meters of and guarding another offensive player, it is a double team. However, merely running across this area is not a double team.
18. A stall is a count to ten that the defensive player can initiate when within 10 feet of the offensive player possessing the disc.
 - a. A stall is counted out loud. Once the defensive player counts to ten, a turnover occurs.

Referees

19. Games are self-officiated. Players are responsible for their own line and foul calls. Players resolve their own disputes.
 - a. If no resolution can be made, the disc returns to the last undisputed position.

Length of Games

20. League: Two halves of 25 minutes straight time each or whichever team scores 15 points first

Spirit of the Game

21. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
22. For official rules please visit [USA Ultimate rules page](#)

