

Ultimate Frisbee Rules

See international Ultimate Frisbee rules

Playing field

The field is 40 x 30 metres (a quarter of a soccer-pitch incl. end-zone)(30x10 metres)

Team

Ultimate Frisbee is played by two teams of 6 players each and 2 substitutes

Points

A point is scored when a team catches the Frisbee inside the goal-area of the defending team.

To score the Frisbee has to be played by a member of the same team

A win is 3 points, draw 1 point and loss is no points.

Playing time

15 minutes

Rules

- Opening throw: A team throws the Frisbee (as far away from the end zone as possible).
- The opponent is halfway down the court and can either catch the Frisbee or allow it to drop on the ground. This team now attacks and try to score in the opposing end zone.
- In and out: A Frisbee is in when it is caught inside the court. The side lines and back lines are out. Likewise the attacker has to catch the disk inside the end zone to score.
- An attacker can play the Frisbee in any direction. This has to be done within 10 seconds; a defender takes position next to the Frisbee-holder and counts out loud to 10. (Think about sportsmanship!) Walking with a Frisbee is not allowed.
- Changing possession of the Frisbee: The defending team gets possession of the Frisbee and can attack when an attack is interrupted. This, for instance, is the case when the Frisbee hits the ground, is intercepted or caught outside the lines. If team A throws the frisbee, it has to be caught by the same team. In all other options the possession of the frisbee changes to team B.
- Substitutes: After each score both teams can change as many players as they wish.
- Physical contact is not allowed.
- When there is a fault in the endzone you had to go out for 5 meters before you can continue the attack again

