

## Ultimate in 10 Simple Rules

1. **The Field** - A rectangular shape with endzones at each end. 70 yards X 40 yards, endzones 25 yards deep.
2. **Start Play** - Players (7 per team, in a regulation game) line up on their own endzone lines. Defense "pulls" (throws) the disc to the offense.
3. **Scoring** - A completed pass in the other team's endzone equals one point. Offense stays, defense walks to the other endzone, then "Start Play" again.
4. **Movement of the Disc** - The disc can move in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately gets the disc and becomes the offense.
6. **Substitutions** - Player subs can occur after a score and during an injury timeout.
7. **Non-contact** - No physical contact is allowed between players. Picks and screens are also prohibited.
8. **Fouls** - A foul occurs when a player initiates contact on another player. If a foul causes a turnover, the play resumes as if the turnover didn't happen. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** - Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** - 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.

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