



# ULTIMATE

## Format & Key Rules

Rules & Format	Details
Roster	<ul style="list-style-type: none"> <li>5 players on the field, minimum 2 females</li> <li>Minimum <b>not</b> to default: 4 players, 1 female</li> </ul>
Mercy	<ul style="list-style-type: none"> <li>Mercy is called and the score freezes if a team gains an 8-point lead.</li> </ul>
Game start & subbing	<ul style="list-style-type: none"> <li><b>IDR:</b> Two 20 minute halves, with a 5 minute half time</li> <li><b>ODR:</b> Two 40 minute halves, with a 10 minute half time</li> <li>Subs can only be made after a goal, at half time, or to replace an injured player</li> <li>The GC yells "Last Possession" when time has expired in the half. At this point the team currently with the disc has their last chance to score a point</li> </ul>
Hucks	<ul style="list-style-type: none"> <li>Throw-offs (huck/pull) are used to start a half and re-start after a goal</li> <li>Throwing team cannot cross goal line until disc is released &amp; cannot touch the disc in the air before the receiving team does</li> <li>Receiving team must have 1 foot on goal line until the disc is released</li> <li>If throw-off falls untouched to the ground in bounds, the receiving team gains possession where it lands</li> <li>If throw-off goes out of bounds without a touch, the receiving team can put the disc into play where it went out, request a re-throw, or invoke the 'middle rule'</li> </ul>
Loss of Possession	<ul style="list-style-type: none"> <li>Teams lose possession when:               <ul style="list-style-type: none"> <li>- A throw is incomplete, intercepted, knocked down or goes out of bounds</li> <li>- Marker reaches max number of stalls</li> <li>- Disc is handed from one player to another</li> <li>- Thrower intentionally deflects a pass to him/herself or a teammate</li> <li>- If thrower catches their own pass without it being touched by another</li> </ul> </li> </ul>
Throwers	<ul style="list-style-type: none"> <li>Throwers cannot run with the disc</li> <li>Throwers must establish a pivot foot in any direction and cannot change the pivot foot until a throw is released</li> <li>Throwers have 10 "stalls" to throw the disc</li> </ul>
Defenders	<ul style="list-style-type: none"> <li>Defensive players (the marker) initiate the stall count once the thrower has gained possession of the disc and have come to a complete stop</li> <li>Only one defensive player can guard the thrower</li> <li>Defenders must be a minimum of one disc space away from thrower, and cannot straddle the thrower's pivot foot</li> <li>Defensive players cannot touch disc while it's in thrower's hands</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>Receivers must gain possession of the disk with their 1<sup>st</sup> point of contact being with the ground in the end zone with no point of contact outside the end zone</li> <li>Cannot score by running into the end zone</li> </ul>
Checks	<ul style="list-style-type: none"> <li>When a play is stopped due to a foul, injury or out of bounds, the disc needs to be checked before being put back into play. To perform a check:               <ul style="list-style-type: none"> <li>- Marker hands disk to thrower</li> <li>- Thrower presents the disc to the marker and marker taps it</li> <li>- If no defensive player is close, can tap the disc to the ground</li> </ul> </li> </ul>
Penalties & Violations	<ul style="list-style-type: none"> <li>No picks (obstructing movement of opposing team)</li> <li>No physical contact allowed</li> </ul>