Ultimate Frisbee Rules

Offensive Team – is the team trying to score. They have possession of the Frisbee.

Defensive Team – is the team trying to keep the other team from scoring.

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1. Both teams stand at their goal lines to start the game and after each goal/score.

2. If two (2) players from opposing teams catch the Frisbee at the same time, the Frisbee is given to the player on the offensive team.

3. A game is started with a throw off from the goal line.

4. Players are not allowed to walk or run with the Frisbee.

5. To score a goal a player has to catch the Frisbee in the end zone.

6. A goal is worth one (1) point (at least one foot must be in the end zone).

7. Only one (1) player can guard the player with the Frisbee. (Two big steps)

8. A player may not hit the Frisbee before it is thrown.

9. A player has five (5) seconds to throw the Frisbee to another player.

10. A Foul results when a player uses force, i.e., pushes, kicks, trips, or in any way tries to stop another player from catching the Frisbee.

11. If a player is fouled a Free Throw is awarded. (unguarded throw)

12. An offensive player can only catch his own throw IF it was tipped by another player first.

13. No hand-offs are allowed.

14. When the Frisbee goes out of bounds on the sidelines the other team takes over at that spot.

15. When the Frisbee goes out of bounds on the end line the other team takes the Frisbee to the goal line and begins play.

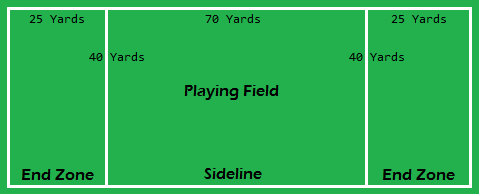
16. A girl must catch and throw at least once per goal attempt.

17. The defensive team takes possession of the Frisbee when:

a) the Frisbee is intercepted b) incomplete pass

c) a pass is knocked down d) the Frisbee goes out of bounds

End line End line

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwji_t_TmezLAhVFGh4KHXZoAiUQjRwIBw&url=http://introtoultimate.blogspot.com/2012/10/the-ultimate-crash-course-part-1.html&bvm=bv.118443451,d.dmo&psig=AFQjCNHBWX01TBuKo88KcUJBYr7VdFp2SQ&ust=1459557517155748)