

ULTIMATE FRISBEE RULES - BASIC

1. Teams will consist of 7 players or more and must have 7 to start play.
2. The game will consist of 2 - 20 minute halves with a 3 minute half-time. The clock will stop only when there is a score, injury or a time-out.
3. The frisbee may be advanced by throwing in any manner except for rolling it on the ground.
4. Once a catch is made, the player is only allowed 2 -3 steps to establish his/her pivot foot.
5. The defensive player must keep 2 feet between them and the offensive player trying to advance the frisbee.
6. An incomplete, intercepted, knock down, or out-of-bounds pass results in a turnover.
7. A catching foul occurs when there is contact that results in the offensive player not being able to make a catch or being knocked down. The offensive player retains possession and puts the frisbee into play from the spot of the foul. A certain amount of incidental contact is often unavoidable and is not a foul.
8. Striping the frisbee from the offensive player is not legal.
9. Traveling occurs when the offensive players pivot foot loses contact with the ground or takes too many steps after receiving a pass.
10. Metal cleats are not allowed!!
11. Each team has 2 time-outs per half, that last for 1 minute.
12. Time-outs can only be called by the player with the frisbee and the same player has to put the frisbee into play after the time-out.
13. Substitutions can only be made during an injury time-out or after a score.
14. The Marker (person guarding the player with the disc), can count to 10 by saying 1-Mississippi, 2-Mississippi, etc. If the marker gets to 10 and the frisbee has not been released, it is a turnover.