

# Youth Ultimate Frisbee

## 10 Simple Rules

- 1. The Field:** A rectangular shape with end zones at each end. The field is 50 yards by 30 yards, with end zones 15 yards deep.
- 2. Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- 3. Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- 4. Movement of the Disc:** The disc may be advanced 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, stalled), the defense immediately takes possession of the disc and becomes the offense.
- 6. Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 7. Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8. Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9. Self-Officiating:** 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.

This League we will be using an adapted version of the USA Ultimate rules for Intramural Ultimate. This simplified version of Ultimate rules is especially for intramural play (<http://www.usultimate.org/rules>). However, if there is any discrepancy between this version and the Official Rules of Ultimate, the official rules govern. This is true with the exception of the following:

## GAME PLAY

### **STRUCTURE, SCORING, & TIME-OUTS**

1. Time is a continuous 45 min clock. At 45 minutes, a hard cap whistle will blow and the current point is finished. If the game is a tie, one final point is played. If the game is not a tie, the team currently ahead wins.
2. Teams will flip discs at the start of the game. A third person will call 'odd or even'. Team that wins the flip may either choose starting endzone, or to pull/receive. Losing team then chooses the other option.
3. Game Play will be 5v5 unless the coaches see fit to change it due to attendance.
4. Games to 11, win by 2, cap at 13. Hard cap at 45 Minutes.
5. Half time taken when a team reaches 6 points. Half time is 3 minutes.
6. Each team has one 2-minute time-out per half.