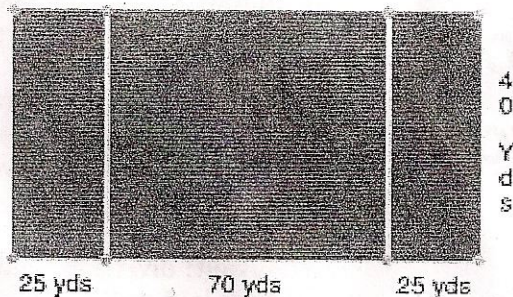


The 10 Rules of Ultimate

1. **The Field** -- A regulation ultimate field is 70 yards by 40 yards. The endzones are 25 yards deep.



2. **Starting Play** - There are seven players per team. Each team lines up across the front of their endzone at the beginning of each point. The team with the disc will pull (i.e. throw) the disc to the other team. This starts gameplay.

3. **Movement of the disc** - The offensive team can move the disc in any direction by successfully completing a pass to a teammate. Once a player has the disc they cannot run with it. Only one defensive player is allowed to guard the handler (i.e. the player who currently holds the disc). All other defensive players must be at least 10 feet away.

4. **The Stall Count** - The player with the disc (i.e. the thrower or handler) has ten seconds to throw it. The defender guarding the thrower (i.e. the marker) will establish this ten count (or stall count).

5. **Change of possession (Turnover)** -- When a pass is not completed (e.g. out of bounds, drop, block, interception) or a ten count occurs, the defense immediately takes possession of the disc and becomes the offense. This is called a turnover.

6. **Scoring** - When the offense completes a pass into the opposing endzone, this is a point.

7. **Contact** - No physical contact is allowed in the game of ultimate. Picks and screens are also prohibited as they often lead to injury.

8. **Fouls** - When a player initiates contact on another player a foul occurs. The player who was fouled must immediately yell "foul" and gameplay promptly stops. If a foul call 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-Refereeing** - Players are responsible for their own foul and line calls. Players resolve their own disputes. There are no referees.

10. **Spirit of the Game** - Ultimate's underlying philosophy is sportsmanship and fair play. Competitive play is encouraged, but never be at the expense of respect between players, adherence to the rules, and the basic joy of play.