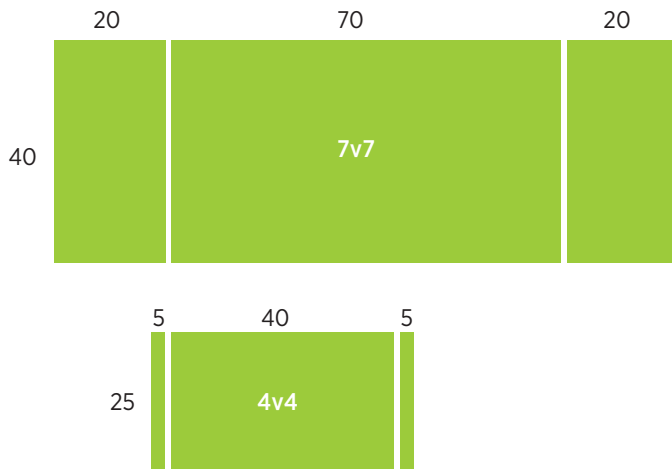


Before the Game

- **The Field:** A rectangular shape with an end zone at each end. A regulation field for 7v7 play is 70 yards long by 40 yards wide, with end zones 20 yards long. For beginning players, 4v4 is recommended on a field 40 yards long by 25 yards wide, with end zones 5 yards long. These dimensions can be adjusted based on the coach's discretion.



- **The Flip:** To begin the game, a student from each team will get their turn to do the flip (a chance to give a less-involved player a job!) by holding a disc and flipping it in the air on the count of three. A third player will call “same” or “different” while the discs are in the air. Once the discs have settled on the ground, players look to see if the discs landed facing the same way or different ways. If the caller is correct, her team decides if they will start with the disc first (defense) or receive (offense), and the loser of the flip gets to decide which side of the field her team will start on.
- **Players:** At practice, the number of players on a team is up to the coach, depending on space and skill level of players.
- **Substitutions:** Coaches will help to regulate subbing to ensure that all players get to play. After a point is scored, both teams bring on new players. Players do not sub during a point. If the point is very long, it is at the coach's discretion to pause the point and call for subs to start a new point. Or the coach may decide to take a full-team timeout to get water and/or talk about the point just played.

During the Game

- **Initiate Play:** A point begins with each team lined up with a yard separating players on their end zone's front line. When playing person/standard defense, each player on the defensive/pulling team looks at the player directly across the field from her. This is the player she will guard for this point.
 - The team on defense raises the disc in the air to show that they are ready. The team on offense raises their hands when they are ready to receive the “pull.” A pull is a long throw from the team on defense to the team on offense that starts the point. Every player on the offensive team must raise a hand before the pull (to promote inclusion).
 - The team on defense pulls the disc to the receiving team. If it lands out of bounds, the offense can take the disc to the middle of the field, 20 paces from the front of their end zone to begin the point. This is called the “brick mark.”
- **Marking:** Once a player picks up or passes the disc, the player who is guarding them for this point will set a “mark.” The “mark” must be one foot away from the player with the disc and will initiate counting by saying “stall 1, stall 2, stall 3, stall 4, stall 5...” The player with the disc has until the “mark” says “stall 10” to pass the disc to another player. If the player with the disc does not pass the disc by “stall 10” then it is a turnover, and the disc is placed on the ground for the opposing team to pick up.
- **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play restarts after each score with the scoring team pulling from the end zone where they just scored. Games can be played to a point value or to a certain amount of time, based on the program's needs. Timed games are recommended for new players.
- **Movement of the Disc:** You cannot run with the disc. Once you catch it, you must stop and set your pivot foot. If you run after catching the disc, it is considered a “travel” and is a violation of the rules.
- **Change of Possession:** A “turnover” occurs when the disc touches the ground or the defense catches the disc. When a turnover occurs, there is no stoppage of play. The team that was on defense is now on offense and may pick up the disc where the turnover occurred, or if the disc went out of bounds, they bring the disc to the nearest spot on



the sideline of the field and touch it to the ground to begin playing again. If the disc was intercepted, the defensive team that made the interception is now on offense and can continue play.

Physical Contact and Self-Officiating

- *Spirit of the Game:* Ultimate stresses sportswomanship 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. Spirit of the Game means honesty. When in doubt, treat others the way you want to be treated.
- *Self-Officiating:* Players call themselves in or out of bounds. Catching the disc with your foot on the line is out of bounds. A player must catch the disc in bounds to be considered “in.” However, momentum can bring a player out of bounds after catching the disc/stopping rotation. If the player’s first contact with the ground after catching the disc was in bounds, they are considered “in.” Players also have the individual responsibility of calling their own fouls.
- *Non-Contact Sport:* Players should aim to stay an arm’s length from their opponent. Accidental contact in pursuit of the disc is okay, but intentionally running into other players is not.
 - Players may not knock or pull the disc out of another player’s hands. The player with the disc has possession until she attempts to throw to the next teammate.
- *Fouls:* When one player makes contact with another player, a foul is called and play stops. The player who called the foul explains why she called it. The other player gets a chance to respond. If they cannot agree on the outcome of the play, they should have a “do-over” by giving the disc back to the person who threw it.