

ULTIMATE FRISBEE - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play. Keep hydrated during and after participation.

- 1 Each team consists of 7 players plus Substitutes. There must be at least three players of each sex on the field at all times. **(General Rule 1.1 & 1.2 apply)**
- 2 **To start play:**
Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ('pulls') the disc to the offence.
- 3 **Scoring:**
Each time the offence completes a pass in the defence's end zone, the offence scores a point. Play is initiated each time a score is made. When a score is made the end zones are reversed. The scoring team will then be heading in the opposite direction. The Scoring team will "Pull" the Frisbee into play.
- 4 **Movement of the Disc:**
The disc may be advanced in any direction by completing a pass to a team-mate. 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 (10 Seconds).
- 5 **Change of possession:**
A "turnover" occurs when the Frisbee hits the ground, goes out of bounds, is dropped or intercepted. Unlike touch football, if the Frisbee is knocked down, the team that last held the Frisbee loses it, regardless of who knocks it down. The defensive team takes possession of the disc at that point and becomes the offensive team.
- 6 **Substitutions:**
Players not in the game may replace players in the game after a score and during injury time-out.
- 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 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.
- 10 **Spirit of the Game:**
Team Frisbee 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.
- 11 Due to time restraints, the team mentioned first will have first pull of the disc.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment