

Bucknell University

Ultimate Frisbee Rules



I. The Field

- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 20 yards deep.

II. Game Length

- Each contest will consist of two 20-minute halves, with a five-minute rest period between halves.

III. Fielding a Team

- Each team will consist of no more than seven (7) players. A minimum of 6 is needed to begin a contest.

IV. Initiate Play

- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the frisbee to the offense.

V. Scoring

- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
- The game ends when:
 - Time expires. Ties stand in regular season; ties in playoffs will go to sudden death, meaning the next team to score wins
 - one team scores twenty-one (21) goals with a margin of victory of at least two (2) goals.
 - A game with a score of twenty-to-twenty (20-20) goes into overtime, and play continues until a two-goal margin is achieved or one team scores twenty-five (25) goals.

VI. Movement of the Frisbee

- The frisbee may be advanced in any direction by completing a pass to a teammate. Players may not run with the frisbee. The person with the frisbee ("thrower") has ten seconds to throw the frisbee. The defender guarding the thrower ("marker") counts out the stall count.

VII. Change of possession

- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the frisbee and becomes the offense.

VIII. Substitutions

- Players not in the game may replace players in the game after a score and during an injury timeout.

IX. Non-contact

- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

X. 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.

XI. Self-Refereeing

- Players are responsible for their own foul and line calls. Players resolve their own disputes.

XII. Spirit of the Game

- Ultimate 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.

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