

GAME RULES

ULTIMATE FRISBEE - COED

The Field

100 yards long x 50 yards wide. The end zone is 15 yards deep. The four corners, 50 yard line, and back end zone line are usually marked with cones. The field cannot be shorter than 80 yards or longer than 120 yards.

Players

There can be any number of players on a team roster, and rosters are open to players of all gender identities and expressions. For coed ultimate frisbee, there are 7 players on the field, with unlimited subs. The opposing teams should be of equal strength and balanced gender if possible. For example: 2 players who identify as women ("female players") and 5 who identify as men ("male players"); or 3 female players and 4 male players. After this minimum is satisfied, all other roster spots are open to any gender. Teams must wear different color/hue shirts from opponent to avoid confusion.

The Frisbee

The Frisbee can be a 167-gram disc, but may vary. It should be of sufficient weight to offset windy conditions.

How to Play

- Ultimate is a non-contact sport. Players cannot hit or grab the disc from opponent's hands, but may block throws once released. There are no referees, players are responsible for playing fair.
- To start a game, teams meet to determine how many points will constitute a game (often 7 to 10 pts), and which will receive or "throw-off". For the "throw-off" the thrower must release the disc in back of their 20 yard line, and teammates cannot move up field until the disc is released. If the disc is thrown out of the receiving team's end zone, play starts at their 20 yard line. They may also catch the disc in their end zone and go down on one knee, signaling a request to start at their 20 yard line. Any catch by the receiving team in front of their end zone is "live", and play starts from there. If the disc lands on the ground or is dropped by the receiving team on the throw-off, it is ruled dead, and play starts there. *This is the only time a dropped disc doesn't change a team's possession.
- The team in possession starts play. The disc must be passed or thrown to a teammate who can catch it with one or two hands. There is no line of scrimmage. A player cannot advance more than three steps while holding the disc. A defensive player must give the offensive player at least two feet of space (in order to allow for a clean throw). No double teaming allowed.
- **Contact is not permitted!** If two opposing players are trying for a catch, it is assumed that the player closest to the disc has first right to it. Fouls and interference calls are open to the judgment of both players/teams. If they agree to an "uncontested" foul, the disc changes possession. If a foul is "contested", the disc is returned to the previous thrower.
- If a throw is intercepted, the defensive team assumes possession and switches to offense. If the disc is thrown and hits the ground or is dropped, this also results in a change of possession. The disc may be tipped from one player to another.
- If a disc is thrown out of bounds, it is a turnover, (no matter who touched it last). Play starts from where it went out. A player must catch the disc and land in bounds. If momentum takes catcher out-of-bounds, return to that spot to throw the disc.
- A team "scores" when they advance the disc into their opponent's end zone. The disc may not be caught outside of the end zone or outside of the side boundary lines. A "touchdown" or "score" counts as one point. After a score that team becomes the defensive team and stays at that end to start the next "throw-off". So, teams change direction of attack after each point. With BSSC teams may shuffle players and play multiple games per night.

Boston Ski & Sports Club reserves the right to add, remove, or modify any rule at any time.