



ULTIMATE FRISBEE – Mixed

1. Each team consists of seven (7) players plus substitutes. There must be at least two (2) players of each sex on the field at all times. Each team must provide at least one person to act as a boundary umpire as required by the Event Coordinator.
2. To start play (the team mentioned first will have the first pull of the disc): each point begins with both teams lining up on the front of their respective end zone line. The defense 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 - when a pass is not completed e.g. out of bounds, disk dropped or interception, the defense immediately takes possession of the disc and becomes the offence.
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.. **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.
8. Self-Refereeing - players are responsible for there own foul and line calls; players resolve their own disputes.
9. 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.

EQUIPENT AND SAFETY - it is strongly recommended that appropriate protective equipment be worn.