

Ultimate Frisbee Rules

1. A kickoff (PULL) starts the game. The team members should take turns "PULLING"
2. Receiving Team can catch it or let it drop to the ground.
3. Out of bounds on the pull can be re pulled or take it where it went out of bounds.
4. Receiving team drops the Frisbee on the pull, pulling team takes possession of the Frisbee at that spot.
5. Offensive team gets five seconds to pass the Frisbee.
6. Offensive team must be given a step from the defensive team and the Frisbee must leave the offensive person's hand before it can be touched. Not steal or strip the Frisbee out of any one's hand.
7. No double-teaming the thrower. You must have only ONE person guarding a person with the Frisbee; the guard is called the MARKER, the person with the Frisbee is the THROWER. Must guard a person from one giant step; everyone else must be at least 4 giant steps away.
8. Offensive player can pivot, but not run or walk with the Frisbee
9. If the Receiving team tries to catch the Frisbee and misses a TURNOVER is called (the other team now get the possession of the Frisbee. Or even drops the Frisbee it is a TURNOVER
10. An out-of-bounds throw = TURNOVER
11. A catch is good if the catch has one foot in the field (in-bounds)
12. After a goal is made teams change ends.(everyone gets the wind)