

# THE SIMPLE RULES OF ULTIMATE FRISBEE!



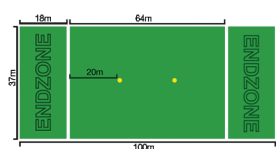
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1. The game is played on a field 100m x 37m with endzones. The game starts with each team lined up on the endzone they are defending. One team "hucks" to the other team (like a kickoff) to start the game



2. The objective is for the team in possession (Attacking) to pass the disc between team-mates and catch it in the endzone to score a point. The Defending team attempts to block or intercept passes to gain possession.

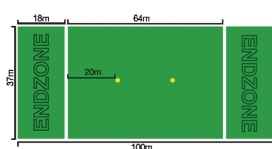
3. No travelling! Once the disc is caught the player in possession must come to a stop and establish a pivot foot.

4. Players have 10 seconds to pass the disc. If a pass is not made in 10 seconds it is a turnover of possession.

5. No Contact! The game is non-contact. No player can initiate contact with another player and doing so is a foul. A defensive player must stand at least 1 step away from their opponent when they are in possession of the disc (ie: the thrower).

6. No Referees! The game is adjudicated by players themselves and relies upon fair play and mutual respect between players ("Spirit of the Game").

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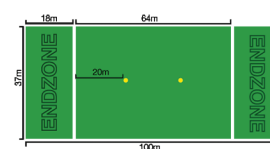
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