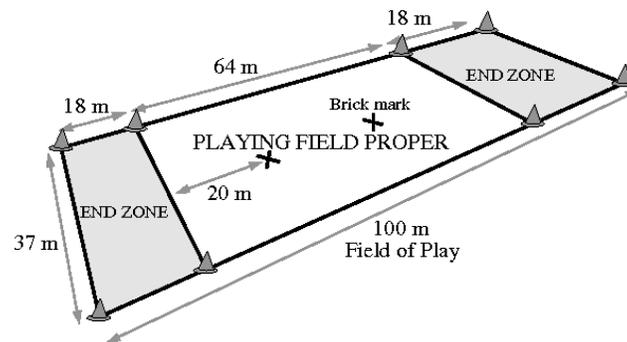




Simple Rules of Junior Ultimate

1. The Field - A rectangular shape with endzones at each end. A regulation field is 64 metres by 37 metres, with endzones 18 metres deep. Cones are generally used to mark the corners of the endzones. Smaller fields can be used for beginners.



2. Starting Play - To start a point, each team of seven players lines up on the front of their endzone. The defence throws ("pulls") the disc to the offence.

3. Scoring - Each time the offence completes a pass into the defence's endzone, the offence scores a point. The first team to 17 goals wins, with a time cap of 100 minutes, but this is often adapted at beginner levels of the sport.

4. Movement of the Disc - The person with the disc ("thrower") has ten seconds to throw the disc in any direction. Players can't run with the disc, similar to netball. The defender guarding the thrower ("marker") counts out the stall count.

5. Change of possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence 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 or during an injury timeout.

7. Non-contact - No physical contact is allowed between players. Picks and screens are also not allowed. A foul occurs when contact is made. All players must be at least 1 m away from the thrower.

8. 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.

9. Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes. There are no referees.

10. Spirit of the Game - Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.