

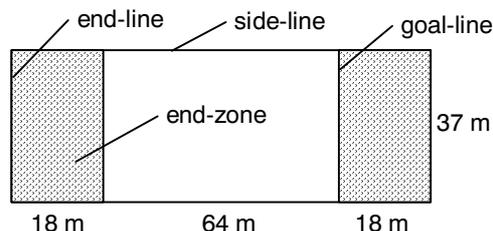
Ultimate in ten rules

The intent of the game

Ultimate is played with two teams of seven players each and with one disc. The playing field has a size of 100 by 37 m. Indoors it is played on a handball court and then with five players on a team. At both ends of the playing field there is an end zone of 18 m (outdoor) or 6 m (indoor).

The throw-off

At the start of the game and after each point scored both teams stand on their goal-line. The team that scored the last point throws the disc. The other team gets disc possession where the disc lands and becomes the offensive team.



Scoring

A point is scored when the *offensive team* catches a disc within the end-zone of the *defensive team*. The score is valid only when a player of the *offensive team* threw the disc.

In-bounds and out-of-bounds

A disc is *in-bounds* when it is caught *inside* the playing field. The side-lines and end-lines are *out-of-bounds*. Also an offensive player must catch the disc inside the end-zone, without touching a line, to score a point.

Playing the disc

A player in possession of the disc can play it in any direction. He has to do this within ten seconds; a defender will stand before him and count to ten. It is not allowed to walk while you have possession of the disc.

Change of disc possession

The defensive team gets possession of the disc when an offensive player's throw is intercepted. For example the disc has touched the ground, is intercepted or caught outside the field. Now the defensive team becomes the offensive team.

Substitution of players

After each score both teams can substitute as many players as they want.

Non-contact sport

Ultimate is a "non-contact" sport. Physical contact is not allowed.

Fouls

When a foul occurs one of the players calls "FOUL". All players stand still immediately (Freeze!) and play is stopped. The intention is to continue the play as if what happened had the foul not occurred. When the players can't agree the disc is returned to the last thrower and play continues from there.

No referee

Fair play is an important aspect of all flying disc sports. Like the other sports Ultimate is played without a referee. The players themselves are responsible for the course of the game.

Text: Peter Cornelissen, Mike Ocon, Photo: Henk-Jan Koier

