

Ultimate frisbee in seven rules

Everything a class or a pickup game needs to start playing. Free to print, post on a gym wall or hand out.

- 1 **You cannot run with the disc.** Catch it, stop, and keep one foot planted. That foot is your pivot — the other one can go anywhere.
- 2 **You have ten seconds to throw.** The defender guarding you counts out loud: “stalling one, two, three...”. Reach ten and the other team gets the disc.
- 3 **Score by catching it in the end zone you are attacking.** That is one point.
- 4 **The disc changes hands** if it hits the ground, goes out of bounds, or the other team catches or knocks it down.
- 5 **Play does not stop after a turnover.** The other team picks it up where it lies and immediately attacks the other way.
- 6 **No contact.** No blocking, no tackling, no reaching through someone to get the disc.
- 7 **You call your own fouls.** There is no referee. If the player you called disagrees, the disc simply goes back to the thrower and play restarts.

Starting each point: the pull

Both teams line up on their own end zone line. The team that just scored throws the disc down to the other team — the pull — and play begins.

Making a call

1. Call it straight away, out loud: “Foul!” or “Travel!”
2. The other player agrees, or says “contest”.
3. Contested? The disc goes back to the thrower. No arguing needed.

These are genuine rules of ultimate, not a school simplification. The full plain-English guide is at ultimatetogether.com/learn/ultimate-frisbee-rules/