



# ULTIMATE *Cheat Sheet*

## ROSTERS

- A full team on the field consists of 5 players with a minimum of 2 females.
- The minimum amount of players required in order to not default is 4 total players including at least 1 female.

## GAME PLAY

- All players should check the website for [Weather Updates](#) before heading to their game each night
- Games consist of two 30 minute halves, with a 10 minute half time
- Players are expected to arrive 15 min prior to the scheduled game time for warm-up
- Mercy will be called if one team gains a lead of 8 points. Scores freezes and teams are encouraged to play for fun
- A throw-off (aka: Huck or Pull) is used to start a half or after a goal
  - Players on the throwing team cannot cross their goal line until the disc is released
  - Players on the receiving team must stand with 1 foot on their goal line until disc is released
  - No player from the throwing team may touch the throw-off in the air before it's touched by the receiving team
  - If the throw-off falls untouched to the ground, and is in, the receiving team gains possession where it stops
  - If throw-off goes out of bounds without a touch, the receiving team can choose to put the disc into play where it crossed the line, request a re-throw or invoke the 'middle rule'
- Loss of possession occurs in the following situations:
  - An incomplete, intercepted, knocked down or out of bounds pass results in loss of possession
  - The marker reaches the maximum number of stalls
  - The disc is handed from one player to another
  - The thrower intentionally deflects a pass to him/herself or a teammate
  - If the thrower catches their own pass without it being touched by another player during its flight
- To score a receiver must gain possession of the disc with their 1st point of contact being with the ground in the end zone, with no point of contact outside the end zone. A player cannot score by running into the end zone
- Throwers must establish a pivot foot in any direction and may not change the pivot foot until the throw is released
- Throwers have up to 10 seconds to throw the disc. This is counted in stalls (stall one, stall two, stall three...)
- The defensive player, the marker, initiates a stall count. To initiate a stall count the thrower must have picked up the disc and the marker cannot start the count until they have come to a complete stop
- Only one defensive player can guard the thrower at any one time, keeping a minimum of one disc space, and cannot straddle the pivot foot of the thrower
- The player keeping time must yell "Last Possession" when the 20 min half has passed. This doesn't mean the game is over, just that the team currently with the disc has their last chance to score a point

## PENALTIES AND VIOLATIONS

- When play stops due to a foul, injury or out of bounds, the disc needs to be checked. Checks are done by:
  - Marker handing disk to thrower
  - Thrower presents the disc to the marker and the marker taps it with their hand
  - If no defensive player is close, thrower can tap the disc to the ground
  - Once checked the thrower should call "disc is in" to let players know play is starting
- No picks. No player can establish a position that obstructs the movement of a player on the opposing team
- Travelling occurs when the thrower doesn't keep their pivot foot in one spot, receiver takes more steps than needed to stop after catching a pass, or the receiver after getting a pass on the run releases after the 3<sup>rd</sup> ground contact before coming to a complete stop
- No defensive player may touch the disc while it's in the hands of the thrower
- No physical contact between players is allowed. Fouls are called by the person who was fouled by calling "foul"