



ULTIMATE *Cheat Sheet*

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ROSTERS

- A full team consists of 5 players on the field, with a minimum of 2 females
- The minimum number of players required to avoid a default is: *4 total players, with a minimum 1 female*

GAME PLAY

- Teams will play two matches per night against different opponents
- Each match is 45-minutes in length:
 - Two 20-minute halves
 - 5-minute half-time
- Teams will assign a sportsmanship rating (+1, 0, -1) to each opponent at the conclusion of the match
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - A sudden-death overtime period will determine the winner
- Mercy will be called when one team gains an 8-point lead
- Metal cleats are not permitted

- Throw-offs (also known as 'huck' or 'pull') start each half and also occur after a score
- Players must 'check' the disc after a stoppage in play to ensure that the defending team is ready
- Anyone on the team can become the thrower once a team gains possession
- The thrower must establish a single pivot foot after gaining possession of the disc
- Any type of throw (hammer-toss, underhand) is permitted by the thrower
- The defending team is permitted to have a maximum of one 'marker' cover the thrower
- The marker counts up to 10 'stalls' (seconds) during which the thrower must put the disc into play
- **Principle of Verticality:** Receivers and Defenders are entitled to the space immediately above their heads
- Out of bounds and the end-zone are determined by the first point of contact by a receiver
 - A catch is completed as long as the first point of contact remains in-bounds
 - A receiver's first point of contact must be entirely in the end-zone for the score to count; a player cannot run into the end-zone with the disc
- Incomplete passes, dropped discs, interceptions and out-of-bounds all result in turnovers

PENALTIES AND VIOLATIONS

- Players and teams are expected to call their own violations and fouls
- **Violations** are intentional or unintentional rule violations
- When a violation occurs, play is halted and the disc is put back into play at the point of last possession
 - Common violations include; Traveling, Stripping the Thrower, Double-team on the thrower, Fast-counting
- **Fouls** are non-malicious physical infractions that occur during gameplay
- When a foul occurs, play is halted and the disc is put back into play at the point of last possession
 - Except for defensive interference on a receiver, which is a spot foul
- **If there is ever a disagreement over a foul call, play reverts back to the thrower, and a check occurs**
- If a foul occurs while the disc is in the air, the play is always completed
- If the team that was fouled was not adversely affected, the foul will be automatically declined
 - Common fouls include; *Contact with the thrower, Interference or contact with a receiver, pick-plays*