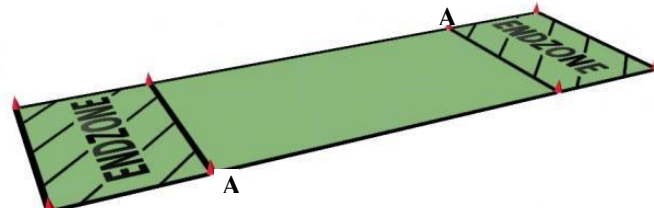


Ultimate Frisbee Rules



Rules:

Players

- Squad of 10, each team will have **7 players** on the pitch at one time. (maximum 4 boys playing at any time)
- Substitutions can be made at any time and as frequently as you want. The player leaving must be off the pitch before the other player comes on.

Starting the Game

- The Game starts with both teams lining up on their End Zone line (Line A). One Team will throw the Frisbee out for the other team to get. (You cannot throw it to one of your team so it pays to throw it as far as possible)

General Play

- The Frisbee can be passed in any direction from player to player. The team keep possession as long as the Frisbee is caught (a completed pass).
- Each team is allowed to drop the frisbee three times. On the third drop a turnover occurs and the other team gets possession. A throw is taken where the third drop happened.
- The defender can try to intercept the Frisbee. If they knock it to the floor or drop it they still get possession because they stop the attacking team 'completing the pass'. It is obviously quicker if they catch it and can then start attacking straight away. The interception **DOES NOT** count as one of the three dropped passes.
- You can make as many or as few passes as you want and they can be as long or short as you like.
- When you catch the Frisbee you **MUST** stop as soon as possible.
- You cannot mark the person throwing the Frisbee.
- There is no contact allowed.

Scoring

- To score a goal, you must pass the Frisbee to one of your players in the End Zone.
- After a goal, the team that score stay at the end that they have just scored at. They throw the Frisbee out to start again. The other team have to walk/run to the other end. The teams therefore change ends after each goal.