

Ultimate Frisbee Rules

- Game starts with a throw off. If the receiving team does not catch the Frisbee they are allowed to pick up where it drops. If the throw off goes out of bounce the receiving team will bring it to the top of the end zone.
- You must throw the Frisbee to advance it up the field. Any pass incomplete becomes a turn over.
- You are allowed five seconds to throw the Frisbee, the defender will count out loud one Mississippi, two, etc.
- No player at any time is allowed to run with the Frisbee. You are allowed to take two step after catching the Frisbee.
- If you drop the Frisbee the opposing team we take the Frisbee over where it lies, unless the Frisbee goes out of bounds then they will bring the Frisbee to the spot that it went out of bounds.
- To score your team must catch the Frisbee in the end zone for a score you **cannot** run the Frisbee passed the end line.
- Once a team scores the scoring team stays where they are and the non-scoring team will jog to the other end of the field and wait for the throw off and the game begins again.