

NORTH CAROLINA STATE UNIVERSITY  
ULTIMATE RULES- abbreviated

I. Equipment

- A. It will be prohibited for a player to wear equipment which would be considered dangerous to one's self or to another player:

II. Playing Field

- A. **Playing Field Proper:** The playing field is 70 yards long (goal line to goal line) by 40 yards wide and is referred to as playing field proper.
- B. The end zones were 25 yards in length but are **now 20 yards in length.**

III. The Game

- A. The game of ultimate will be **self officiated** by the players in the game. The players are responsible for foul calls, line calls and resolving disputes.
- Spirit of the Game** - Ultimate has traditionally relied upon a spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other unsportsmanlike behavior are contrary to the spirit of the game and must be avoided by all players.
- B. Length of Ultimate Contest
1. Games are typically played to 15 points win by two points with a 17-point cap. At tournaments and in class, games can be modified for time constraints.

III. Disc in Play

- A. Starting of the Game (the pull)
1. Play starts at the beginning of each game and after each goal with a throw-off.
  2. When a goal is scored teams switch directions of attack and the team, which scored throws-off.
  3. Players on the throwing team are free to move anywhere in their defending endzone, but may not cross the goal line until the disc is released.
  4. Players on the receiving team must stand with **one foot** on their defending **goal line** without changing position relative to one another, until the disc is released.
  5. If the (pull) throw-off lands out of bounds (side lines or back of end zone), the receiving team, before touching the disc, has two choices:
    - a. Putting the disc into play at the nearest point on the playing field to where the disc crossed the perimeter line
    - b. **Middle Brick:** The rule allowing the receiving team to start from the middle of the field at the point where the disc went out of bounds, or a position **18 meters** up field from the goal line they are defending, if the disc landed out of bounds.
  6. If the (pull) throw-off lands or is caught in the end zone, play begins at that point.
  7. If the disc land in the playing field proper or end zone and rolls out of bounds, play the disc from a spot on the playing field proper nearest to where it last crossed the perimeter line.
- B. The Check
1. When play stops, the player who was in possession retains possession.
  2. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
  3. **The marker restarts play by touching the disc in possession of the thrower.** If the thrower attempts a pass before the marker touches the disc, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.

### C. Turnovers

1. Any incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
2. The following actions result in a **loss of possession** and a check:
  - a. When the markers count reaches the maximum number (10 seconds).
  - b. When the disc is handed from player to player.
  - c. When the thrower intentionally deflects a pass to him/herself off another player.
  - d. When the thrower catches his/her own throw.

### D. Endzone

1. If a team gains possession in the endzone which it is defending:
  - a. The player taking possession must make the immediate decision to either:
    - 1.) Put the disc into play from that spot or
    - 2.) Carry it directly to the closest point on the goal line and put it into play from there. If this option is chosen, the player taking possession commits the player to put the disc into play at that point.
  - b. If, **as a result of a pass from a teammate**, a player receives the disc in the end zone for which they are defending, that player does not have a choice of advancing the disc to the goal line.

## IV. Players

### A. The Thrower

1. If the disc is on the ground, whether inbounds or out-of-bounds, any member of the team becoming offense may take possession of the disc. Once an offensive player has picked up the disc, **that player** is required to put the disc into play.
2. The thrower must establish a pivot foot and **may not** change that pivot foot until the throw is released.
3. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, **the thrower may not pivot into the marker.**

### B. The Marker

1. Only **one** defensive player may guard the thrower at any one time; that player is the marker.
2. The marker **may not** straddle the pivot foot of the thrower.
3. Disc space- there must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.
4. Stall Count- 10-second count

### C. The Receiver

1. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
2. If the disc is caught simultaneously by an offensive and a defensive player, the **offense** retains possession.
3. Force-out Foul. If an airborne receiver catches the disc, and is contacted by a defensive player before landing, and that contact caused the receiver to land out-of-bounds instead of landing inbounds, the receiver must either call him/herself out-of-bounds, or call a force-out foul on the defensive player. **If this foul occurs in the end zone and it is uncontested, a goal is awarded.**
4. First ground contact determines possession. The ground can cause an incomplete pass, resulting in a turnover.

## V. Continuation Rule

### A. Disc in the Air

1. If a foul, violation, or pick is called, the play is always completed.

2. If the team which called the foul, violation, or pick gains possession as a result of that pass, play should continue unhalting. Players should call "play on."
3. If the team which called the foul, violation, or a pick does NOT gain possession as a result of the pass, the pass does NOT count and possession reverts back to the thrower.

B. Disc NOT in the Air

1. If a foul, violation, or pick is called while the disc is not in the air, and some player attempts a pass before play has stopped, and the pass is incomplete, it is a turnover. NOTE: If the disc is not in the air, and some player attempts a pass before play has stopped, and the pass is complete, the pass does not count and possession reverts back to the original thrower.

VI. Positioning

- A. When the disc is in the air, the player must play the disc and not the opponent.  
Principle of Verticality: All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing their arms above an opponent.
- B. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick.

VII. Throwing Fouls

- A. When a foul is committed by a thrower or marker, play stops and possession reverts back to the thrower.
- B. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- C. **Contact occurring during the follow through (after the disc is released) is not a foul.**

VIII. Marker's Count

- A. The disc must be released prior to count of 10 seconds. The count should be "stall one, stall two, etc."