

ULTIMATE

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GENERAL RULES

1. TEAMS: maximum two teams per school
2. No body contact (1st offence change of possession - 2nd offense out of game)
3. Players cannot move while in possession of the disc, they must establish a pivot foot like in basketball.
4. No limit on number of players in an end zone
5. The disc may be thrown in any direction, but may not be handed to a teammate. All players except for one marker must be 3 metres from the thrower.
6. No player can possess the disc for any longer than 10 seconds.
7. Seven players on the field at one time (minimum of 3 boys and 3 girls)
8. Player substitutions are allowed on any whistle (no need to ask ref).
9. No sunglasses allowed.

START OF GAME

1. Coin toss will be held and the winner of the toss gets first disc or to select which end of the field they want to start from.
2. To start the game both teams must be in their end zones. The team that performs the "pull", throws from their end zone towards the other and where the disc lands or is caught the game starts.
3. To start the game or after a point has been scored if the receiving team drops the disc or it hits them, possession is awarded to the throwing team. If the disc goes through the end zone the receiving team starts again anywhere on the end zone line.

SCORING

1. A team scores a point if they catch the disc (both feet inbounds) in their opponent's end zone.
2. After each point teams switch ends.

PASSING

1. You must complete a pass to advance the disc. When a pass is not complete it is a turn-over and the opposing team starts play from where they pick up the disc.
2. A disc may not be knocked out of an opponents hands to gain possession
3. A disc that goes out of bounds is thrown in at the point where it left the field of play. When it goes through the end zone it can be played on any point on the goal line.

MARKING

1. Only one defender is allowed to guard the player in possession of the disc. S/He must be one disc space away from any point on the thrower.

POINTS

wins = 3

Tie = 2

Loss = 1

TIE BREAKER

Most wins

Head to Head game

Least points against

Coin Toss