

ULTIMATE FRISBEE

[LBPSB Ultimate Instructional Video](#)

Number of Players on Field: 7 players

Disc weight must be 175g.

The Field

A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. *We play on whatever size field we can get!*

Initiate Play

Each point begins with The (Pulling) team lined up in front of their end zone line. The hucker raises the disc prior to throwing and must wait till everybody on the opposing team raises their hand to signal they are ready. The receiving team is lined up across the field at centre half.

Scoring (LBPSB does not keep official score during the game)

Each time the offence completes a pass in the defence's end zone, the offence scores a point. Play is initiated after each score. *Teams switch ends after each score.*

Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count and cannot actively defend. - STAR DEFENCE

Change of possession

When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offence. (*Wherever disc lands is where play resumes, NOT WHERE IT ROLLS*)

Substitutions

Players not in the game may replace players in the game after a score and during an injury timeout. *Or whenever the disc is on the ground.*

Non-contact

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. All players must be 2m away from the person in possession of the disc.

Fouls

When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Self-Refereeing

Players are responsible for their own foul and line calls. Players resolve their own disputes. Coaches step in when needed.

Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

When defending the player with the disc:

- Feet must stay on the floor (no happy feet).
- Arms CANNOT move, star defence.
- The offensive player can ask for a new defender if the current defender is waving their arms and is too close.
- The defender must be a body's length away from the disc. For example, if the person with the disc can take one step forward and can touch the defender with the disc – they are too close.
- There is no half court defence !

On the pull:

- The player cannot throw the Frisbee until the receiving team puts up all their hands to acknowledge they are ready.
- If the receiving team tries to catch the disc and drops it, it goes to the other team wherever it was dropped.
- If the receiving team successfully catches the disc or they let it drop on the ground and then pick it up, they play on as usual. (Wherever disc lands is where play resumes, NOT WHERE IT ROLLS)
- If the disc is tossed into the end zone and no score results, then the defending team **takes 5 giant steps from the goal line or goes to the designated spot (diagram below).**

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