

ULTIMATE AT FIREFLY RULES

Definitions

1. **Best Perspective:** The most complete view available by a player that includes the relative positions of the disc, ground, players, and line markers involved in the play.
2. **Foul:** Non-Incidental contact: contact between opposing players. In general, the player initiating the contact has committed the foul
3. **Pivot:** The particular part of the body in continuous contact with a single spot on the field during a thrower's possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot.

Initiate Play

- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense.

Scoring

- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated 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 stall counts to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. The stall count must be made with the marker standing within ten feet of the thrower (approximately three steps).

Change of possession

- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Substitutions

- Players not in the game may replace players in the game:
- After a score
- During an injury timeout. If injury timeout is made and injured player does substitute the opposite team may also substitute a player.

Non-Contact

- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

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 (“contests”) 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.

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.

Equipment

- Metal cleats are not allowed to be worn
- Length of Game – the game consists of two 25 minute halves with a 2 minute half time

Overtime – if this occurs after the two 15 minute halves have ended, teams will play a sudden death point (first team to score wins)

- **Time-outs** – Each team is allowed 1 timeout per game
- A time-out lasts 30 seconds
- Any player may call a timeout after a goal is scored and before both teams have signaled readiness to start play
- After the pull, only a thrower with possession of the disc can call the timeout
- The disc must be in players hand in order to call a timeout
- Injury Time-out – any player on the injured player’s team may call an injury time-out

Starting and Restarting Play

- Player from each team determine start of game by flipping the disc
- 2 choices after the disc has been flipped and winning team of flip has been determined
- Receive or throw the initial pull
- Which end zone they wish to initially defend
- Other team gets the remaining choice
- The second half begins with a reversal of the initial choices
- Pull
- Play starts at the beginning of each half and after each goal with a pull

- The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team is ready to begin play

On a pull

- If the disc initially hits and remains in-bounds, it is put into play where it comes to rest or is stopped
- If the disc initially hits in-bounds and then becomes out-of-bounds before being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds
- If the disc initially hits in bounds and then becomes out-of-bounds after being touched by the receiving team, it is put into play at the spot on the playing field nearest to where it first crossed the perimeter line to become out-of-bounds
- If the disc initially hits an out-of-bounds area, after signaling for a brick by extending or clapping hands above head receiving team is then allowed to take disc to brick line in front of the endzone line
- The perimeter lines are not part of the playing field and are out-of-bounds

Stalling

- The defensive player counts 10 stalls before the player possessing the disc must turn it over
- If the thrower has not released the disc at the first utterance of the word “ten” it is a turnover
- Fast count: intervals between stalls must be at least 1 second; if not a fast count is called

Double Team

- If a defensive player other than the marker is attempting to mark the thrower there is a double team that can be called
- Disc-space
- The disc must be able to fit between the bellies of the thrower and the marker

GIRL RULES

- Offense dictates all game: If offensive team has one or more girls on the field, the defense must have at least one girl on the field.
- In the event a team cannot play a girl (injured, bathroom, etc...) they must have one player play wearing the designated armband (see below)
- If a team does not have a girl to play, one player must wear a designated armband.
- The wearer of the armband may not receive a throw in the endzone. If received it is a violation and a turnover.
- The armband wearer must stay the same once established until one team scores. Once a team has scored, the armband may be shifted to a different player before the next pull.
- Gender Bender second half: If a girl receives or throws a score from past midfield, 2 points are scored
- A team with no girls must have a teammate wear the armband the whole game. Offense does not dictate for a team with no girls.

