



# INDOOR ULTIMATE FRISBEE RULES

- The fielding team shall consist of 8 players.
- A team must field a “minimum” of 4 players (with at least 1 female player) within 3 minutes of the scheduled starting time. START TIME IS 11:10am Penalty: default.
- Substitutions can be made anytime needed.
- Games begin with a throw-off. Before the game begins, there is a rock/paper/scissor to determine the throw-off and who receives.
- The field of play consists of the thick black lines (baselines) and the side walls of the gym.

## Possession Throws

- The Frisbee is thrown, not handed to a teammate.
- Possession is maintained if the teammate catches the frisbee.
- Throws may be: 1) in any direction, 2) made by any player, or 3) caught by any player.
- Frisbee must be thrown within 3 seconds from the time the defender engages (arms length away).
- A maximum of 2 steps are allowed during reception.
- The defense must give the thrower at least 3 feet (or at least an arms length) to throw the frisbee.

## Turnovers

- An interception of a pass
- An incomplete pass
- A knocked down pass
- “running” with the frisbee ( two steps are allowed when receiving)
- Taking longer than 3 seconds to throw the frisbee
- Offensive pass interference
- Delaying or stalling to pick up the Frisbee

## Scoring

- Touchdowns are one point.
- Touchdowns are scored by throwing, not handling, the frisbee to a teammate in the opponent’s end-zone (players cannot run into the end-zone after making a catch) or by intercepting an opponents pass in their end-zone.
- The team which scored the touchdown, throws off. The team that did NOT score returns to opposite end zone.

**Length of Games:** 15 minutes FULL COURT Games

## Non-contact

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