

***SECONDARY ULTIMATE FRISBEE RULES***

*Squad size of 8, team size of 4.*

*Any combination of boys and girls.*

*The game, and each new point, starts with the two teams lining up on opposite endzone lines, before one team throws the disc to the other.*

*• A team scores when they complete a pass into the other team’s endzone. The team which scores keeps the disc and stays at the scoring endzone. Both teams line up at the front of their new endzone as they did at the start of the point.*

*• The disc can be passed in any direction to any team-mate. The thrower cannot move with the disc.*

*• Possession changes whenever a throw is incomplete (hits the floor, caught by the other*

*team, knocked to the floor by the other team).*

*• If the disc is knocked to the ground/out of bounds by the defending team, they still get to keep it (as it was the other team’s throw which went wrong).*

*• Players can replace others in the game at any time by tagging hands on the perimeter line.*

*• Players must avoid making contact with each other – a foul occurs when contact is made which affects play or safety.*

*• When a foul causes the disc to be dropped, play restarts so that the team which was fouled still has the disc. If there is a disagreement between players as to what happened, the disc goes back to where it was before the foul occurred.*

*• Players are responsible for their own calls (such as a foul or in/out of bounds calls).*