ULTIMATE FRISBEE

EQUIPMENT:

Frisbee disc. Two judges, a time keeper, a scorekeeper, and a stop watch.

PLAYING FIELD:

The playing field should be 60 yards long and 40 yards wide with a 30 yard area on both ends of the field. These are ideal dimensions, if this area is not available; simply keep within the 60/40 ratio. If a pass is completed outside the lateral boundary, it’s considered incomplete and the defensive team gains possession of the Frisbee disc. In order to be considered in-bounds, a player must land with both feet touching inside the boundary line. Should the Frisbee disc land outside the lateral boundary it is returned on the main playing field at the point where it went out of the lateral.

Team Size:

All eight team members may participate. Six people play (three men and three women on the field at all times) with two substitutes. Substitution cannot be made during a time-out.

TIME:

Team Frisbee lasts for 20 minutes of playing time, two 10 minute halves. Before competition begins a coin is tossed and called by one team.

Scoring:

(Running time) Scoring 3 points for each completed pass caught in the opposing teams’ end zone or 6 points for each girl catching a pass in the opposing end zone.

Frisbee is a brand name and registered trade mark of the Whamo Manufacturing Company for flying discs used in sport games.