

~Ultimate Frisbee Rules~

Event Points		Participation Points				Distribution % of Teams/School
Total	M/F or CO-ED?	1st Place	2nd Place	3rd Place	Total	
20	CO-ED	12	6	2	10	

Rules

- Each game will consist of two 15-minute halves and a 5 minute half-time
- The clock does not stop during play except for an injury
- Each team is allowed one 1-minute timeout per half. Only the player in possession of the disc may call a timeout.
- Substitutions can only occur after a score or timeout, or before the start of a half, unless a player is injured.
- If the score is tied at the end of regulation time, there will be a sudden-death overtime period.
- The team who wins the coin toss before the game can elect to throw or receive the disc, or can choose which endzone to defend.
- There shall be no intentional contact between players.
- The game begins with each team lining up along their endzone. The non-receiving team throws the disc to the receiving team. This setup shall be repeated after every score.
- The disc can be advanced in any direction by a pass from one player to another. Players may not run with the disc. The player with the disc has 10 seconds to throw with the time counted aloud by the defender.
- A change of possession occurs when:
 - The thrower does not get rid of the disc within 10 seconds
 - The disc is thrown out of bounds
 - The disc is not caught by the thrower's team or is caught by the opposing team.
- The offensive team scores when a pass is caught in the opposing team's endzone.
- After a score, the teams switch endzones and the scoring team throws to the other team.