

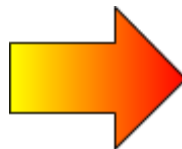
INDOOR ULTIMATE

Simple Rules

1. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense when both teams are ready.
2. **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.
3. **Stall:** The thrower has 7 seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
4. **Change of Possession:** When a pass is not completed (e.g. out of bounds, hits a wall, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.
5. **Substitutions:** You may sub at any time in indoor, but it is recommended only when your team is on Offense.
6. **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
7. **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

FOULS AND VIOLATIONS

- **Foul:** Contact between opposing players.
- **Fast count:** When the marker counts at intervals of less than one second.
- **Double-team:** When more than one defensive player is guarding the thrower within 10 feet
- **Disc space:** If the marker touches or is less than one disc diameter away from the thrower.
- **Travel:** When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- **Strip:** When a defensive player knocks the disc out of a thrower's hands.
- **Pick:** Obstructing the movement of a player on the opposing team.



SPIRIT OF THE GAME!

Our beautiful sport, 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.

BEFORE THE PULL

Defense:

1. Pick your mark/set-up Defense
2. Raise hand when ready
3. Do not cross the endzone line until the pull has crossed it.

Offense:

1. Set Offensive roles (handlers & cutters) and what will happen on a turn.
2. Raise hand to indicate "ready to play"
3. Do not cross the endzone until the pull is released.

AFTER THE PULL (Game Play!)

Defense:

1. Run to cover your person/zone
2. Person on the disc will set the mark
3. Work to create a turnover

Offense:

1. Handlers start moving the disc downfield to cutters and each other.
2. Work to score!

STEPS FOR FOULS AND VIOLATIONS!

1. Yell "FOUL!"
Play stops and everyone returns to position at time of the call.
2. The other player involved has two options:
 - a. "Contest": They did not commit the foul
 - b. "No Contest": They agree with the call.
3. Then What?
 - a. If a call of "Contest", the play is redone/returns to thrower.
 - b. If a call of "No Contest" on a thrower, it is returned and the stall is reset. If on a receiver, it is given to the receiver.