

ULTIMATE RULES

1. Ultimate frisbee is a non contact sport. There are 2 teams of 7 players each.
2. To start, one team throws the frisbee as far as they can and the other team picks it up.
3. You score points when you catch the frisbee in the end zone.
4. You can't run or walk with the frisbee. You can only pass it by throwing it.
5. The team tries to score a point by passing the frisbee until they reach the endzone. You only have ten seconds to throw the frisbee.
6. The other team tries to block the passes without touching the players.
7. If a pass is incomplete, intercepted, blocked, touches the ground or goes out of bounds, the other team gets possession of the frisbee.
8. The team with the most points wins.

