



Co-Ed Ultimate Rules

-7 players are on the field at a time. Must have 5 guys and 2 girls on the field. A team may play more than 2 girls at a time.

-Games are 40-minute Time Limit - When time limit ends, the current point will be the last of the game

- If a team does not appear within 10 minutes of the scheduled game time, they will forfeit.
- If a pass is completed outside the boundary line, it is incomplete, and the defensive team gains possession of the disc.
- A coin toss will determine which team receives the disc.
- A play begins with a throw-off. As all players are behind their respective goal lines, one player throws the disc in the air. Once it is released all players can run from their goal lines.
- The receiving team may grab the disc in the air. If the throw-off goes out-of-bounds, the receiving team can have possession from mid-field where it went out-of-bounds or can have it 5 yards in front of the receiving team's end zone.
- Each time a goal is scored the teams switch directions of attack, and the team that just scored throws for the next possession.
- When a player catches the disc, the player must make a concerted effort to stop running. The player will be allowed a 3-4 step grace to come to a stop, the opposing player uses their own discernment as to whether the receiving player is making an effort to stop. If the player does not stop running after catching the disc, the receiver will bring the disc back to where it was caught.
- Any dropped disc results in change of possession.
- Player with the disc can pivot with one foot and can possess the disc for a maximum of 10 seconds. The ten seconds will be counted by the "mark" when the word "ten" is uttered, it results in a turnover. The opposing team must count out loud a "stall count." Example: "Stall 1, stall 2, stall 3...etc."
- Only one player may guard the player in possession of the disc. The guarding player must remain at least one arm length away from the player with the disc. The person possessing the disc can declare "disc space" to indicate the mark is to close.



- The disc may not be pulled or knocked out of the hands of an opposing player. If this happens, the offense will get the disc back.
- The disc may not be thrown and caught by the same person, unless first touched by another player.
- In order to score, the player must catch the disc in the end zone. A player may not run into the end zone. Must have 1 foot in bounds to count as a score, but no straddling the line.
- First team to 13 scores wins the game. Each score is worth 1 point. It is first to 13 straight up, NO WIN BY 2. Halftime is when a team reaches 6 scores.
- Ultimate is a non-physical sport in terms of colliding with players. Fouls are called by the players playing “on the field”. No excessive physical contact. Grace may be given.
- Fouls may be “contested” and if this occurs then the calls result will be a “re-do” or sent it back one throw.
- The defensive team gains possession whenever the offensive team’s pass is incomplete, intercepted, knocked down, or goes out-of-bounds.
- Any overly excessive aggressive or violent behavior can result in ejection from that game and/or the rest of the league depending on the severity of the foul.
- No cursing, foul language, or excessive talking to the other team.
- Any rule disagreements will be settled by the SecondFIT staff.
- Any SecondFIT staff will have the final decision in game management.