



SELF-OFFICIATING RULES OF THE GAME

"The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount."

There are **three standards** you should talk about for a fair and fun game:

1) Don't run with the disc; 2) Scoring a point; and 3) No contact.

"Don't run with the disc" should be introduced during lesson 2; "Scoring a point" during lesson 3; and "No contact" during lesson 4.

Allow players to begin **self-officiating** when they understand the standards.

When Self-Officiating, players should **loudly, verbally make a 'call'** indicating the rule that was broken (eg. 'Foul!'). Play stops and players stop where they are. The opposing player may 'accept' or 'contest' the call. Players should be encouraged to come to a resolution about a call as described below. Fair and quick resolution of calls is considered 'good spirit' (sportsmanship) and 'in the spirit of the game.'

Don't Run with the Disc (Travel): If the player who possesses the disc lifts or drags their established pivot foot before they release the disc, it is a **Travel**. Unless there was a turn over on the throw, return the disc to the player who traveled and allow the defense to get ready before play resumes.

Scoring a Point (Goal): To score a goal a player must catch the disc and have their first point of ground contact be inside of the end zone lines. If at a player makes a catch and their first point of ground contact is outside or touching a border line of the field, they are out-of-bounds and it is a turn over.

No Contact (Foul): Non-incidental contact between opposing players that impedes the ability to catch, throw or run freely is a Foul. If a player was fouled while throwing, the disc is returned to them unless the pass was complete anyway - playing on 'through the foul.' If a player was fouled when receiving the disc, give that player the disc where the foul occurred.

Whenever there is a **disagreement over 'accepting' or 'contesting' a call** (for instance a player insists s/he only incidentally contacted a receiver rather than Fouled them), send the disc back to the last thrower, allow the defense to ready itself, and then resume play. A player may always retract a call that s/he has made if, upon reflection, their call was incorrect.