



Welcome to Grass Roots Ultimate!

Top 10 Things to Know About Ultimate:

1. **Spirit of the Game (SOTG)**—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.
2. **Self-officiated**—Players are responsible for their own foul and line calls. Players also resolve their own disputes. You call fouls/violations/strips, etc., on your opponent (AND yourself, if you know you've committed a foul).
3. **Non-contact sport**—No physical contact is allowed between players. If you're pushing or shoving in defense OR offense, you ARE fouling your opponent.
4. **Fouls**—When a player initiates contact with another player a foul occurs. If the “fouler” disagrees with the call (“contest”), the play is redone. If she/he agrees that a foul occurred, possession is retained as if the foul did not happen.
5. **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. The person with the disc (the “thrower”) has 10 seconds to throw the disc. The defender counts the stall count out loud: “Stalling one, stalling two...”
6. **Disc space**—Defensive players must leave a disc's diameter between themselves and the throwers they are marking.
7. **Change of possession**—When a pass is not completed (e.g., out of bounds, dropped, blocked, intercepted), the defense immediately takes possession of the disc and becomes the offense.
8. **Legitimate position**—First person in a space has “legitimate position.” Extended arms and legs are NOT part of a player's legitimate position. You cannot block an opponent's path (or vision) with your arms or legs.
9. **Picks and screens are prohibited**—You cannot “lose” your defender by running between other players. BTW, most picks are inadvertent.
10. **“Going for the disc”** is NEVER an excuse for clocking/running over/into another player—it is a FOUL.

Highly recommend purchasing the Official Rules of Ultimate, 10th Edition from the Ultimate Players Association or check out the rules on www.upa.org.

Comments or questions? Email e@gru.org