

1. Facilities

- a) Ultimate is played indoors from September to December as this is the Indoor season for British Ultimate. This presents potential hazards;
 - (i) The hard floor can result in injuries where players dive or fall over bidding for the disc.
 - (ii) The boundaries of the pitch are close to the walls so players must be aware of their surroundings. Removable obstacles such as netball posts and benches will be removed before play.
 - (iii) The indoor pitch is small and with 10 players in play it is important to avoid contact through good communication and understanding of the sport.
 - (iv) Good sports halls should have even floor to avoid trip hazards as well as no obstacles that could interfere with the playing area.
 - (v) A clean, dry, non-slip floor is essential to reduce the risk of injury.

- b) From December through to September the outdoor season means trainings and matches are played outside on a 70 yard long x 40 yard wide pitch. This presents different dangers.
 - (i) The ground can be wet or uneven resulting in a risk of trips or falls. Appropriate footwear is important to prevent injury from twists or slips in wet conditions.
 - (ii) Large holes should be filled in or covered to prevent injury to players and good pitches should be flat without rises and falls that can lead to trips.
 - (iii) 14 players on a pitch can result in high speed collisions as players bid for the disc, paying attention to your surrounds and being well trained in the sports should reduce the risk of injury.
 - (iv) Play should not continue in conditions that are frozen or too wet as the sport can become dangerous and increases the risk of injury above a satisfactory level.

2. Equipment

- a) Ultimate is played with Frisbees that can be thrown very far and fast. When the weather is cold the discs are harder than usual. The discs can cause injury if hitting the player in the face or person.

- b) It is important to wear suitable equipment when playing. Good court shoes are advised for indoor to prevent slips and falls. Outdoors Studs or blades are recommended to enable grip and prevent twists and injuries. No other safety equipment is required.

3. Rules

- a) The Field: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

- b) Initiate Play: Each point begins with both teams lining up on the front

of their respective end zone line. The defence throws ("pulls") the disc to the offense. A regulation game has seven players per team.

- c) Scoring: Each time the offense completes a pass in the defence's end zone, the offense scores a point. Play is initiated after each score.
- d) 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 ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- e) Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offense.
- f) Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.
- g) Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- h) Fouls: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- i) Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.

Spirit of the Game: 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.