

CLUBWAKA Coed Social Ultimate Frisbee Rules

1. The fielding team shall consist of 7 players with 4 male players and 3 female players
 2. Only 4 male players are allowed in the game at any one time.
 3. A team must field a "minimum" of six players (3 males and 3 females) within five minutes of the scheduled starting time.
 4. Substitutions can be made at any time.
 5. Cleats are optional and no metal cleats.
 6. Games begin with a "pull." A "pull" is when both teams line up on the front of their respective end zone lines at opposite ends of the field and one team throws the disk to the other team.
 7. Before the game begins, there is a coin toss or rock-paper-scissors to determine who pulls and who receives.
7. Possession Throws:
- The frisbee is thrown, never handed, to a teammate.
 - Possession is maintained if the teammate catches the frisbee.
 - Throws may be: 1) in any direction, 2) made by any player, or 3) caught by any player.
 - Frisbee must be thrown within 10 seconds from the time you touch it.
 - You may not run with the frisbee, you may only pivot while in possession of the disk.
 - The defense must give the thrower at least two feet to throw the frisbee.
8. Turnovers:
- The following will result in a turnover of possession to the opposing team:
- an interception of a pass
 - an incomplete pass
 - a knocked-down pass
 - taking longer than 10 seconds to throw the frisbee
 - offensive pass interference
 - delaying or stalling to pick up the frisbee
 - throwing the frisbee out of bounds or catching the frisbee out of bounds. Both feet must be in bounds for a completed pass.
9. Scoring:
- Touchdowns are one point.
 - Touchdowns are scored by throwing, never handing, the frisbee to a teammate in the opponent's end-zone (players cannot run into the end-zone after making a catch) or by intercepting an opponent's pass in their end-zone.
 - The team which scored the touchdown, pulls.
 - Teams switch sides after a point is scored.
10. Length of Games:
- League: Two halves of 25 minutes straight time each or whichever team scores 15 points first.
11. Referees:
- Games are officiated. Players are responsible for their own line and foul calls. Players resolve their own disputes

**All other rules not noted go by the official USA Ultimate Frisbee [rules](#)*