



Rules and Cues for Ultimate Frisbee

- 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.
- Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
- Scoring: Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
- 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.
- Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- Substitutions: Players not in the game may replace players in the game after a score and during an injury time out.
- Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 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.
- 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.

Rules and Cues for Hawgball (Ultimate Football)

- To score, a player must catch football past the goal line. You cannot run it past the goal line.
- A touchdown is worth 6 points.
- After a score, the football is given to the other team 10 steps from the goal line.
- A player must throw or toss the football up the field to try to score. If a player from the opposite team catches the football in the air they are allowed to keep possession. A player is allowed to take 2 steps with the football.
- If the football touches the ground, the last player to touch or throw it gives possession of the football to the opposite team where the ball is picked up.
- Defensive players must be at least two steps away from the offensive person who has the ball.
- NO CONTACT!! Penalty, if contact is made.



- A player is not allowed to take football out of another player's hands.
- A player has 5 seconds to make a throw or a toss.
- Play with 5 people per side.

Rules and Cues for Buffalo Ball (Ultimate Basketball)

- To score, a player must make a basket.
- Each basket is worth 1 point.
- Players may not take a shot from outside the 3 point arc.
- After a score, the basketball is given to the other team.
- A player must pass (bounce, chest, or overhead) the basketball down the court to try to score. If a player steals (catches) the basketball during a pass, they are allowed to keep possession.
- Rules of 3. Players dribble the ball 3 times only. Players can possess the ball for only 3 seconds. All defenders must be 3 feet apart.
- If the basketball drops to the ground, the last player to touch or throw it gives possession of the basketball to the opposite team where the ball dropped.
- NO CONTACT!! Penalty, if contact is made.
- A player is not allowed to take the basketball out of another player's hands.
- Play with 4-6 people per team.