Harper Park Ultimate Rules

1. **The Field/Court**: The field or court is a rectangular shape with an end zone line at each end. Game can be played anywhere there is enough open space. Lines may be painted or markers / cones can be put down for sidelines and end zones.

2. **Start of the Game**: Both teams line up on their own end zone line. One team (the defense) throws the ball to the other team, the offense. Wherever the ball is caught or lands is where the offensive team begins possession.

3. **Players**: A regulation game has seven players per team, a game could be played with as few as 6 players (3 on each team)

4. **Scoring**: Each time the offense completes a pass into the defense's end zone, the offense scores 1 point. Both feet need to be in the end zone at the time of the catch in order to score. If only 1 foot is past the line or momentum carries a player into the end zone, then 1 more pass must be made into the end zone to score.

5. **Continuous Movement**: Immediately after a score occurs, the team that scores drops the ball and the opposite team picks up the ball to go in the opposite way. Offensive players should always be looking for, and running into open space! The best strategy is for defensive players should play man to man defense, constantly moving to make it harder for the offensive player to be open to catch a pass. Defense may not play defense on the player with the ball, nor may they knock the ball out of a player’s hands. Players should be constantly moving unless they have the ball. Short, quick, soft passes are best (about 10 feet away from each other)

6. **Movement of the Ball**: The ball may be advanced in any direction by completing a pass to a teammate. PASS BACKS ARE ALLOWED. More than half court throws are not allowed. Players may not run with the ball. The person with the ball ("thrower") has 5 seconds to throw. The defender guarding the person with the ball counts out loud from 5 down to 0.

7. **Self-Officiating**: Players are responsible for their own fouls and line calls. Players resolve their own disputes. Rock, paper, scissors works well if teams can’t agree.

8. **Change of Possession**: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession where the pass was dropped or intercepted and becomes the offense.

9. **Non-contact**: No physical contact is allowed between players. Picks and screens are also prohibited. **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.

10. **Sideline Players** – If sideline players are used, they may not throw a scoring pass. An additional pass must happen after the sideline throws to the end zone to be a score. Sidelines may not pass the ball to another sideline player. Sideline players are expected to pay attention to the game at all times and be spread out evenly on the entire sideline. Sideline players must stay behind sidelines and not step out into the playing court.

**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.