

# VAN LINT STUDENT SPORTS WEEK

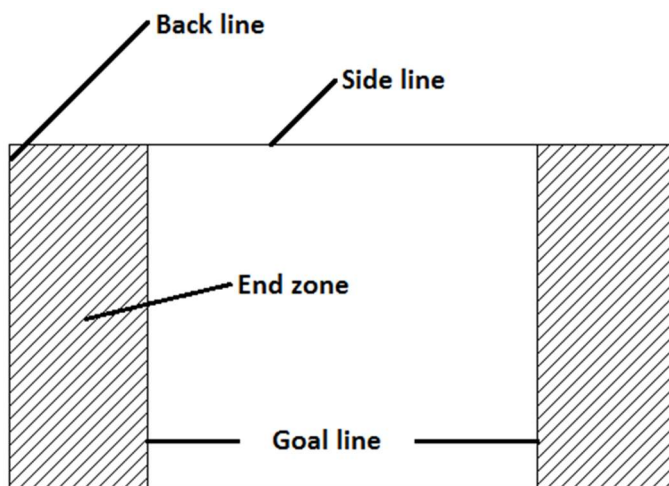
## Ultimate Frisbee

**Team size:** 5

**Duration of a game:** 10 minutes

### Rules:

The following image shows the build-up of the field. A handball field is used.



### The pull

Before starting the game, a toss determines which teams may throw the disk at first. The game starts by a 'pull' (throwing the disk from the goal line). After a team has scored a point, they may start the game again by pull.

### In and out

A disk is in if the receiving player is standing or landing in the field when catching. The side lines and the back lines are out.

### Playing the disk

The team who is attacking can play the disk in every direction. This has to be done in less than 10 seconds. The player with the disk is not allowed to walk.

### Change from attacking to defending team and otherwise

The defending team gets the disk and can start attacking if an attack of the opponent is interrupted. For example if the disk hits the ground, is caught by the other team or is caught outside the playing field.

**Faults**

If any physical contact occurs by one party, the frisbee will be given to the other team and the game will be continued. If it is not clear who initiated contact, the referee can decide to place the frisbee back in its last position.

**Scoring**

A point is scored when the attacking team catches the disk in the end zone of the defending team.

**Changing players**

Both teams are allowed to change as many players as they want after every point.