

ULTIMATE FOOTBALL GAME AND RULES

The Game

Ultimate Football is a fun, fast paced exciting game that involves the football skills of passing, receiving, and defending the pass. This game also involves many skills common to field games like soccer, lacrosse, basketball, and field hockey by requiring participants to move to the open space, make quick transitions from offense to defense, and play match-up defense.

Method of Play

Ultimate Football is the same as Ultimate Frisbee except a football is used. A team moves the ball down the field by passing and catching. The ball may be thrown overhand or underhand; the pass may be forward, backward, or sideward. A Goal/Touchdown occurs when a player catches a ball in his/her end zone. Each Goal/Touchdown is worth one point. There is no physical contact in Ultimate Football.

RULES

- A coin toss determines first possession.
- The offense must avoid defenders and work the ball around the field while attempting to find an open teammate in the end zone.
- An offensive player is allowed to take only two steps after receiving the ball.
- The offense has five seconds to pass the ball.
- The offensive team must pass the ball on a continuous basis without letting the ball hit the ground.
- The offensive team scores one point when it catches the ball in the end zone.
 - The offensive team must pass, shovel pass, or toss the ball into the end zone; it cannot run the ball in to score.
 - Once a touchdown is scored, the ball changes possession immediately and play begins at the designated Line
 - All possession changes start immediately from the spot where the ball was dropped or from the designated line after a touchdown.

Scoring

An end zone is designated by chalk line, cones or pylons. Scoring in the end zone is worth One point. There are NO safeties.

Running

- There is no running with the ball.
- Offensive team members are allowed only two steps when in possession of the ball.
- There are no direct handoffs anywhere on the field; the offense must pass the ball.
- The ball may be thrown overhand or underhand; the pass may be forward, backward, or sideward.

Receiving

All players are eligible to receive passes at any time. Players must have at least one foot inbounds when making any catch. Any offensive player can receive the ball in the end zone.

Passing

All passes can be forward, lateral, or behind the passer. Shovel passes are allowed anywhere on the field. Interceptions change the possession of the ball at the point of interception. Play continues with no stoppage of play after an interception.

Dead Balls

- After any dropped ball, there is an immediate change of possession. A whistle is blown to stop play and a second whistle to start play immediately.
- Play is ruled “dead” and possession changes immediately when:
 - Participant with the ball steps out of bounds.
 - Participant with the ball takes more than five seconds to pass the ball.
 - Touchdown is scored.
 - At the point of an interception (interceptions are in play).
 - Receiver takes more than two steps with the ball.

Defense

- No Zone Defenses must play man to man
- there can only be one defender guarding an offensive player that has the ball and he must be a minimum of one yard (three feet away from Offensive Player. The defensive player is not allowed to strip or knock the ball down.

Penalties

Offensive Penalties

Penalties can include:

- Running With Ball
- Five-Second Penalty
- Blocking/Picks/Contact

Note: Penalties will result in automatic change of possession.

Defensive Penalties

- Defensive Pass Interference (SPOT FOUL)
- Defensive interference in the end zone results in an automatic touchdown.