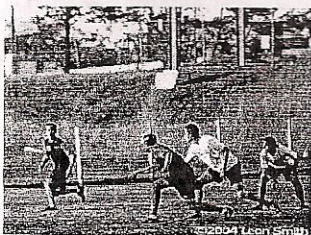


- A turnover occurs when a player with the Frisbee stalls (holding the Frisbee for longer than 5 "Mississippi's"). The stall count must be counted out loud by the defense.
- A turnover occurs if a player catches his own pass.
- A turnover occurs if the Frisbee or the player with the Frisbee goes out of bounds.
- A turnover occurs if a defensive player is fouled by an offensive player.



Scoring

- The Frisbee must be received in-bounds in the scoring area.
- If the Frisbee is not caught "cleanly" for a score (avoiding all obstacles other than other players), the player must pass the Frisbee *back out of the scoring zone and back in until it is caught cleanly.*
- One point is given for each score in the end zone.

Fouls

Ultimate is essentially non-contact; any contact between players can be declared a foul.

- Ultimate is unique in that it is refereed by the players themselves, even at World Championship level, according to a code of conduct known as "the Spirit of the Game". This places the responsibility for fair play on the players themselves.
- The sport of 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.

1. A foul is committed when a defensive player contacts the offensive player while throwing the Frisbee. No physical contact is allowed between players. Picks and screens are also prohibited.
2. A foul is committed if a player pushes or holds another player while throwing or receiving the Frisbee.
3. A foul is committed if the player with the Frisbee takes any steps after stopping their momentum. The player with the Frisbee must keep one "pivot" foot in place until he/she no longer has possession of the Frisbee.
4. A foul is committed if a player stalls. If the stall has been properly called, it is a turnover.
5. When a foul disrupts possession, the play resumes as if the possession was retained.

