



Town of Bourne

Recreation Department

ADULT MULTI-SPORT SERIES: ULTIMATE FRISBEE GAME PLAY GUIDELINES

Play Format

- Games are played in a **7v7 format**.
- Teams are created each night depending on who shows up.
- Games will be played with 2, twenty-minute halves with a break in between.
- The team with the **most points at the end of regulation time wins**.
- Play takes place **indoors in the Community Center gym**.

Substitutions

- Substitutions work like hockey: players may sub in and out on the fly.
- We ask that teams rotate fairly so everyone gets playing time.

Basic Rules

- **Start of Play:** Each game begins with a “pull” (throw-off) from one team to the other.
- **Movement:** Players cannot run while holding the disc. They must pass it to advance.
- **Scoring:** Catching the disc in the opposing end zone = **1 point**.
- **Turnovers:** If the disc is dropped, intercepted, or goes out of bounds, possession changes immediately.
- **Non-contact:** This is a non-contact game. No picks, screens, or body checking.
- **Spirit of the Game:** Players self-officiate. Be honest, respectful, and keep things fun.

Other Notes

- Sneakers are mandatory to help prevent injury.
- Games are coed and played at a safe, inclusive, and friendly pace.