

Rules for Ultimate Football

1. To score a point, one must catch football past the end line.
2. After a score, the football is given to the other team.
3. A player must throw or toss the football up the field to try to score. If a player catches the football in the air they are allowed to keep possession. A player is allowed to take 2 steps with the football.
4. If the football touches the ground, the last player to touch or throw it gives possession of football to opposite team.
5. NO CONTACT!! Penalty, if contact is made.
6. Not allowed to take football out of player's hands.
7. A player has 5 seconds to make a throw or a toss.
8. An unlimited player amount on field as long as it is even with numbers on opposing team.