

# Ultimate Frisbee Rules

## General

Ultimate Frisbee Exhibitions are a team-based, multi-period sport.

## Time/Score Limits

The time limit is two 10-minute periods of continuous time only stopping for touchdowns. There is no score limit.

## Roster/Roles

Rostered will be chosen via captain draft. Any player can play any role at any given time.

All players will be active to play. If a team has an additional player than the other, they are to remain on the sidelines. Players can substitute out by running to the sideline. Substitutions are handled hockey-style.

Away captain will receive the first pick while the home captain receives first possession.

## Ruleset

All rules mimic official ultimate frisbee rules.

## Fantasy Point Tables

Category	Multiplier		Stat	Score
OFFENSE				
Passing ft	0.04			0
Receiving ft	0.05			0
Receiving TD	3			0
Passing TD	2			0
Receptions	0.2			0

Throwaways	-0.5			0
Turnovers	-1			0
Saves	0.8			0
DEFENSE				
Block	0.5			0
Deny	0.5			0
Interception	1			0
Red Zone Bonus	2			0