

Ultimate Frisbee

1. *The team wearing pennies receives.*
2. *Each game is started with a throw off.*
3. *You only get three steps with the Frisbee.*
4. *If you drop the Frisbee or it is knocked down by the defensive team, the Frisbee is turned over to the other team.*
5. *If the Frisbee goes out of bounds it is turned over to the other team.*
6. *You can only hold it for a maximum of 3 seconds.*
7. *You must catch the Frisbee with both feet in the end zone. You can't use your three steps to walk the Frisbee into the end zone.*
8. *Personal space: Must be at least an arms distance away from the person with the Frisbee.*
9. *You can't knock the Frisbee out of another players hand.*
10. *You must have at least one girl and one boy involved in the play before you can score.*
11. *All scores are worth 1 point.*