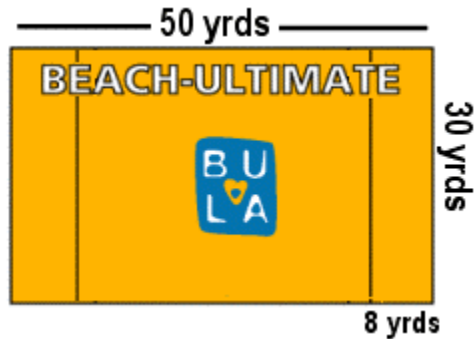


Beach Ultimate is played on the beach and can be played 4-on-4 or 5-on-5. Below are the rules for 4-on-4 BULA.

1. **The Field** -- The field for **4-on-4 BULA Beach Ultimate** is a rectangular area with the dimensions of *50 yards (46 m) in overall length by 30 yards (27 m) side. Each endzone is 8 yards (7.5 m) deep.*



2. **Start of the game** -- *The captains of each team will choose a representative to "Lag" the disc. One representative of each team will throw the disc from the back of the end zone, trying to get it closer to the back of the opposite end zone without the disc going over the line. Both representatives throw the disc at the same time on a count of three. If both discs go over the line, then the closer to the back line wins the choice of either starting on offence, or select which endzone to defend.*
3. **Movement of the disc and the players** -- The disc can be thrown from one player to another in any direction. A player may not run while in possession of the disc.
4. **Possession** -- *The person with the disc has 6 seconds to throw the disc to a teammate. The defender guarding the thrower counts the seconds out loud ("stall one, stall two, stall three...").*
5. **Change of possession** -- A turnover results whenever one of the following items occur:
  1. the disc touches the ground (also when knocked down by the defense)
  2. the disc is caught outside the field
  3. the disc is intercepted by an opposing player

Upon a turnover the defense immediately takes possession of the disc and becomes the offense.

6. **Scoring** -- A goal, worth 1 point, is scored when a player throws the disc to a teammate and it is successfully caught within the confines of the endzone of attack. *Two points are scored when a player throws a completed pass from within their defending endzone to within their attacking endzone.* Play is initiated after each score.
7. **Initiate Play** -- Each new point begins again with both teams lining up on the front of their respective endzone line with the team that just scored throwing the disc to the other team. *All pulls must be an inverted type throw of the disc (upside down, hammer, scuber, etc.). When the disc is pulled it shall be at least 91 degrees (perpendicular) to the ground.*
8. **Non-contact** -- Beach Ultimate is a non-contact sport. A foul occurs when contact is made.

9. **No Referees** -- The sport is self-officiated. All fouls are called by the player(s) involved. When a foul results in loss of possession, the play is stopped and resumed as if possession was not lost. If the player committing the foul disagrees with the foul call, the play is redone.

### **Spirit of the Game**

The Spirit of the Game is not so much a rule, but an attitude... a way of playing. It relies upon a spirit of sportsmanship that places the responsibility for fair play on the players themselves. Highly competitive play is encouraged, but never at the expense of mutual respect between players. The Spirit of the Game is one of the fundamental beliefs of the Beach Ultimate sport. Without it the game loses its charm. The Spirit must exist!