

SPIRIT OF THE GAME™ BASICS: THE **STARTING SEVEN**

1 KNOW THE RULES

Ultimate is self-officiated, meaning players make their own calls on the field. It is critical that players know the rules in order to apply them during the game.

2 FOLLOW THE RULES

Ultimate's framework of self-officiation inherently relies on competitors acting in good faith. Intentionally violating the rules is a flagrant offense against the Spirit of the Game.

3 PRIORITIZE SAFETY

Avoid body contact, and avoid dangerous plays. Be aware of all players around you!

4 STOP, COMMUNICATE, AND LISTEN

Discuss calls and listen with an open mind. Disagreements will happen, and players should always work together with their opponents to come to an understanding and apply the rules fairly.

5 RESPECT EVERYONE ON THE FIELD

Appreciate the skills and effort of all players on the field, and avoid directing negative cheers toward your opponents. You can lift your team up without putting the other team down.

6 DEVELOP YOUR SPIRIT SENSE

Spirit is not an absolute science of right and wrong. Players have varying perspectives on what constitutes "good spirit," and it may require extra effort to bridge those differences.

7 PLAY WITH JOY

Have an absolute blast — remember why you started playing. Ultimate is fun, and we are so lucky to get to play with each other.