

Ultimate Frisbee



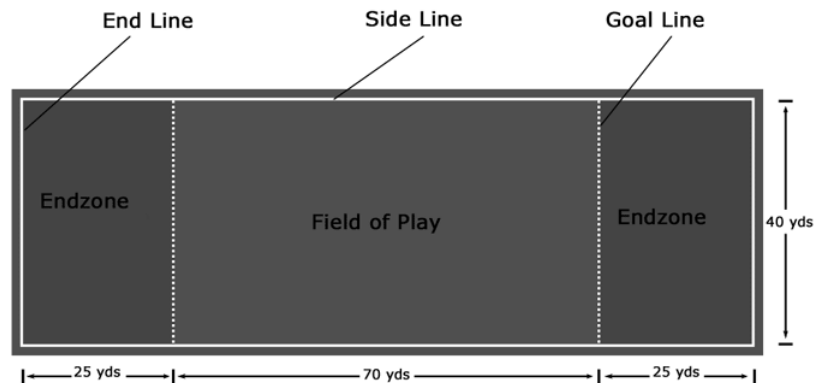
Objective: To score the most goals

Number of Players: Seven per team

Length of Game: Until one team reaches or exceeds 15 goals and is ahead by 2 or more goals

Overview: Ultimate is a non-contact disc sport. Players are not allowed to run while holding the disc, the disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, intercepted, or knocked down or contacts an out-of-bounds area, a turnover occurs, resulting in a change of disc possession.

1. The Field – A rectangular shape with end zones at each end. A regulation field is 40 yards wide by 70 yards long, with 25 yard end zones on either end



2. Initiate Play – Each point begins with both teams lining up on the front of their respective end zone line. The defense throws “pulls” the disc to the offense.

3. Scoring – Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.

4. Movement of the Disc – The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc “thrower” has ten seconds to throw the disc (player may use a pivot foot to help change direction and body position). The defender guarding the thrower “marker” counts out the 10 second stall count.

5. Change of Possession – When a pass is not completed (i.e. out bounds, drop, block, interception) the defense immediately takes possession of the disc and becomes the offense.

6. Non-Contact – No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

7. Fouls – When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

8. Self-Refereeing – Players are responsible for their own foul and line calls. Players resolve their own disputes.

9. Spirit of the Game – Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Start of the Game: CAPTAINS

Captains from each team flip a disc simultaneously. A captain or third player calls “same” or “different” before the discs hit the ground. If the player’s call is correct his/her team has the choice to throw or receive the first “pull”, or to choose which end zone they would like to defend for the first point. Generally speaking, choosing to receive pull is the most logical choice. The team which loses the flip takes the remaining option.