

# ULTIMATE FRISBEE STUDY GUIDE

(revised 11/09)

## I. Introduction to the Game:

The game of Ultimate is a great team game that combines some of the elements of football, basketball and soccer.

The official game calls for seven players to a side with a playing field of 70x40 yards with 25 yard deep endzones.

The best equipment for Ultimate is a Wham-O 175 gram Frisbee.

The game of Ultimate stresses sportsmanship and fair play.

## II. The Object of the Game:

The object of the game is to pass the Frisbee disc to a teammate who is positioned in the opponents' endzone.

The team with the most points at the end of the game is the winner.

## III. Beginning the Game:

The two teams flip a coin (or rock, paper, scissors) to determine which team will receive. Each team faces one another from behind their goal line and the frisbee is thrown (throw-off). The receiving team may choose to catch the Frisbee or let it drop to the ground. Any **failed** attempt to catch the throw-off results in the throwing team gaining possession.

## IV. The Rules:

- The Frisbee may be thrown in any direction. A player has 5 seconds to throw the Frisbee.
- The Frisbee may never be handed from one player to another. It must always be thrown (it must be in the air).
- A player may not move while in possession of the Frisbee (walk, run or take steps with it).
- He/she may pivot on one foot in any direction as in basketball.
- The Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his/her hand.
- A defensive player may not guard the thrower.
- Double teaming is allowed against any offensive player (except the thrower) in order to prevent a catch or to intercept the pass.
- No physical contact is allowed between players. A foul occurs when contact is made.
- Players are responsible for their own fouls and line calls. Players resolve their own disputes – no arguing!!
- Picks and Screens are also prohibited.
- When a pass is not completed (e.g. goes out of bounds, is dropped, blocked, or intercepted), the defense immediately takes possession of the Frisbee and becomes the offense. It does not matter who “touched” the Frisbee last!!
- Out-of-bounds throws are taken over by the opposing team at the point where the Frisbee went out of bounds. If the Frisbee goes out of bounds after crossing the goal line, the opposing team may throw in from either corner of the endzone at the goal line.

## V. Scoring:

The official game of Ultimate calls for a time limit of 48 minutes with the team scoring the most points declared the winner. Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play begins again with a Throw-off by the scoring team.

## VI. Spirit of the Game

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, obeying the rules and the basic joy of play.

