

Ultimate

Game Description: Ultimate is a very active game which requires a good deal of running in addition to throwing and catching skills. The action of the game combines the passing and scoring of football, the cutting and guarding of basketball and the non-stop field movement of soccer. As a team sport in which all players must act as a quarterback, receiver and defender. Ultimate is a non-contact disc sport played by two teams of seven players with the objective of scoring goals. A goal is scored when a player catches the disc in the end zone in which that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. If the pass is incomplete, a turnover occurs, resulting in immediate change of the team in possession of the disc. An attempt to unfairly disadvantage an opponent through physical contact is a foul. Ultimate is self-officiated -- there are no referees.

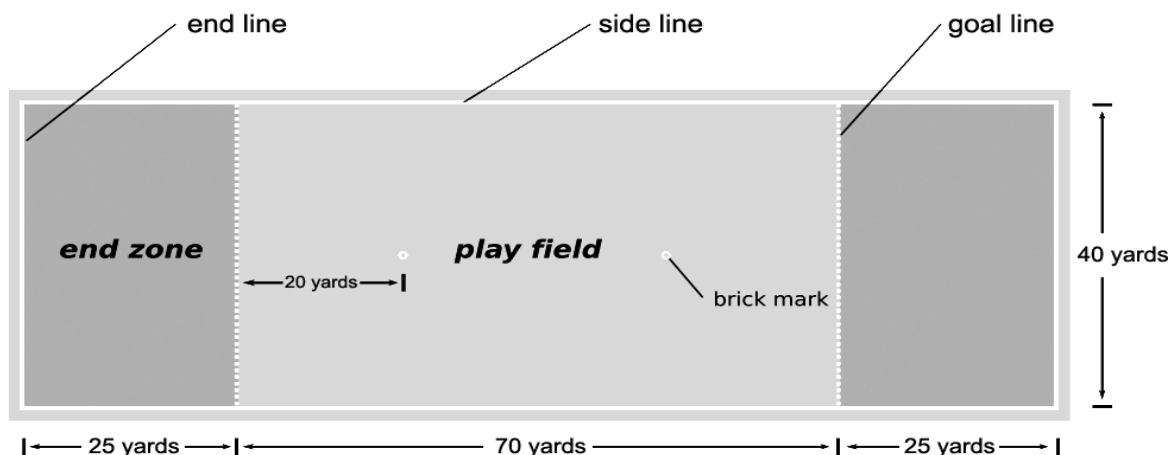
Spirit of the Game: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. It is assumed that no player will intentionally violate the rules; thus, there are no harsh penalties for inadvertent infractions, but rather a method to resume play simulating what most likely would have occurred absent the infraction. In Ultimate, and intentional infraction is considered cheating and an offense against the spirit of sportsmanship.

Equipment and Skills Needed

- ✓ Any disc acceptable to both teams may be used. The standard competition disc is 175 g.
- ✓ Types of throws:
 - backhand, forehand, hammer, thumber, tomahawk, scoober - NO HANDOFFS ALLOWED
- ✓ Types of catches:
 - Single hand and double handed "C" catch (thumb up). A.K.A "pinch" catch.
 - Single hand and double handed "C" catch (thumb down). A.K.A. "pinch" catch.
 - Pancake catch. The disc is caught between both hands.

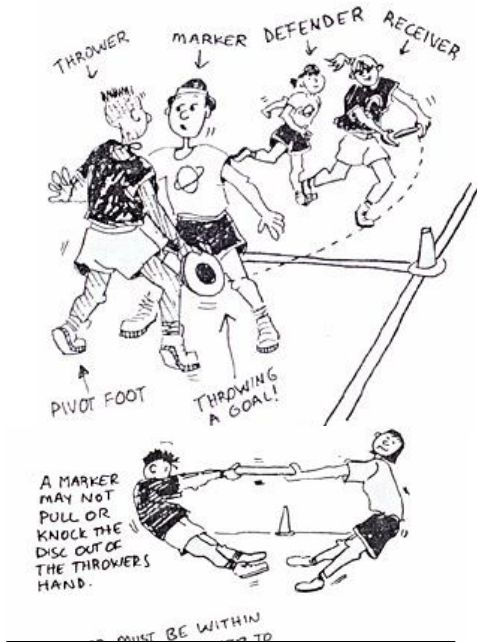
10 Simple Rules of Ultimate

1. **The Field** - The field is a rectangle with an end zone at each end. An official regulation-sized field is 120 x 40 yards, with a playing field length of 70 yards and 25 yard end zones. Cones are generally used to mark the corners of the end zones.



2. **Starting Play** -- Each point begins with both teams lining up on the front of their respective end zone. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** - Each time the offense completes a pass into the defense's end zone, the offense scores (1) point. After each score, teams change end zones, defense stays, offense goes to other end of field. Games are played to 21 points and 2 points ahead.

4. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players can't run with the disc, similar to netball. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count for 10 seconds.
5. **Change of possession** or -- When a pass is not completed (e.g. out of bounds, drop, block, interception) or a player with the disc travels, the defense immediately takes possession of the disc and becomes the offense. Turn overs or interceptions in the endzone result in change of possession at front corner of endzone.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **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.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** -- Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no referees. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.



A marker must be within 10 feet of the thrower to start the stall count.

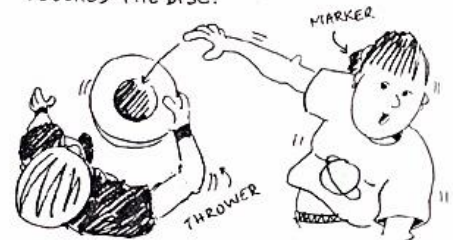


ALWAYS AVOID CONTACT, SCREENS, OR PICKS. SET "PICK" PLAYS ARE ABSOLUTELY AGAINST THE RULES.



WATCH WHERE YOU RUN AND STAY OUT OF TRAFFIC.

DURING A CHECK OF THE DISC, THE MARKER WILL SHOUT "3-2-1-IN PLAY" AS S/H HE TOUCHES THE DISC.



PLAYERS HAVE A RIGHT TO THEIR VERTICAL SPACE

A PLAYER MUST NOT MAKE CONTACT WITH ANOTHER PLAYER WHILE GOING FOR A CATCH

