



Ultimate Frisbee



History

- Ultimate Frisbee as we know it today was created in the summer of 1968.
- The Ultimate Players Association (UPA) was formed in 1979 to govern the sport of Ultimate in the US.



Initiate Play

- Play begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

Scoring



- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.



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. The defender guarding the thrower ("marker") counts out the stall count.



Changing of Possession

- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.



Substitutions

- Players not in the game may replace players in the game after a score and during an injury timeout.



Non - Contact

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



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.



Self - Refereeing

- Players are responsible for their own foul and line calls. Players resolve their own disputes.



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.

Throwing the Disc

- Forearm- place middle finger on the inside lip of the disc. Take and place your index finger toward the center of the disc. Your arm should be perpendicular to the side of the body. Lead with the elbow and flick wrist toward targeted direction.
- Backhand- place index, middle, ring, and pinky fingers around the lip of the disc. Place thumb on top of disc. Arm should be bent/parallel to chest with elbow pointing toward the side of the body. Leading with elbow bring disc across chest. Straighten arm until it's 180 degrees and release disc.

Catching Disc

- Open hand up creating a pocket between the thumb and finger pads of index, middle, ring and pinky finger.
- Allow disc to hit inside the pocket and contract fingers. The finger pads of the index, middle, ring and pinky finger should rest on top of disc, while thumb supports bottom of disc.