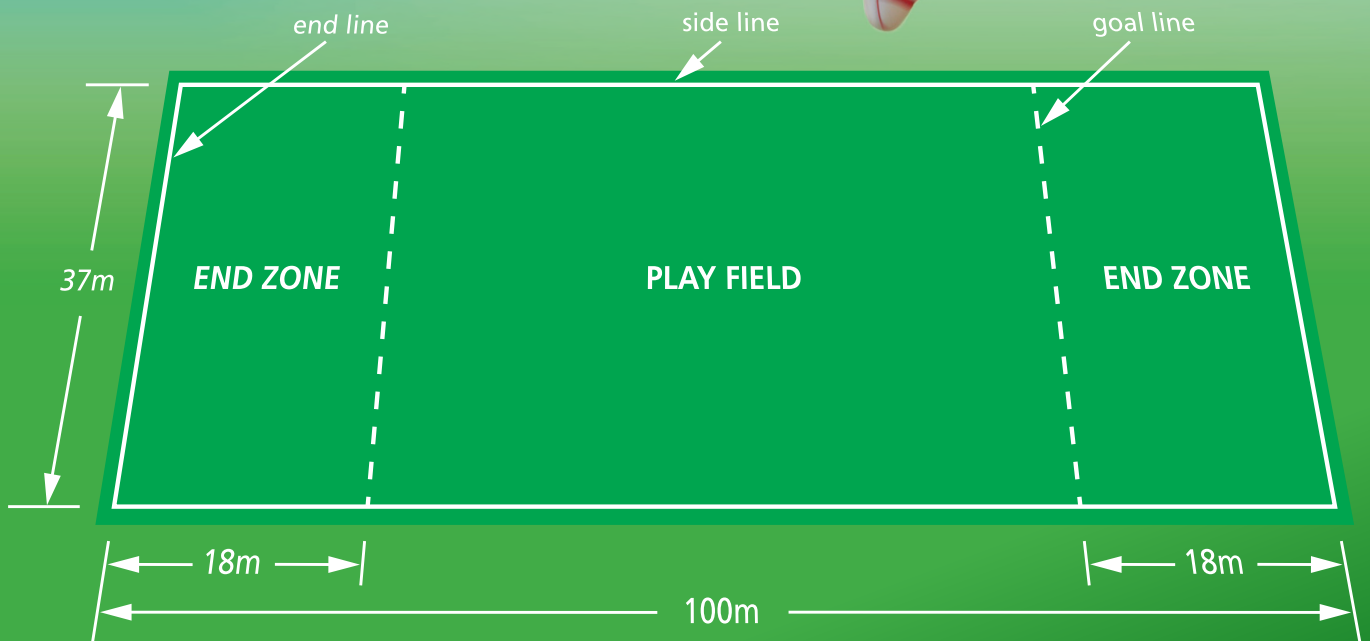


HOW TO PLAY ULTIMATE Frisbee

Ultimate Frisbee is a fun and fast-flowing sport played with a Frisbee, commonly called a disc.

'Ultimate', as the players call it, is a non-contact, mixed team sport that can be played socially with a group of friends or as part of a club at a tournament.



FACTS AND FIGURES:

The game is played with 2 teams of 7 players.

The pitch should be 100m long x 37m wide with end zones 18m deep at each end of the pitch.

HOW TO PLAY

ULTIMATE

Frisbee

INITIATE PLAY:

Each point begins with both teams lining up on the front of their respective endzone line. The defence throws ('pulls') the disc to the offence.

SCORING:

A point is scored by catching the disc in the opponent's endzone, just like in American football.

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 (the thrower) has ten seconds to throw the disc. The defender guarding the thrower (the marker) counts out the ten second 'stall count'.

CHANGE OF POSSESSION:

When a pass is not completed (eg. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offence. On reaching the count of 10, the disc is 'turned over'. While counting, the opponent also attempts to stop the disc being thrown across the field. The other defensive players try to cause a 'turnover' by catching the disc themselves or knocking it to the ground. Following a 'turnover', the teams swap roles.

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. 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.

THE SPIRIT OF THE GAME:

The players referee themselves in an Ultimate match, rather than have a designated official. If a player believes that they have been fouled, it is their responsibility to say. The game stops while the players discuss whether or not the incident was a foul. This system stresses the honesty and integrity of the players in refereeing themselves.

In Ultimate, self-refereeing is integral to the competitive yet sportsmanlike 'spirit of the game'. Each team ranks all the teams they play in a tournament weekend on how well they observe the principle of 'the spirit of the game'. An average score of the team's 'spirit' is calculated and the winner receives a prize. Winning the 'spirit' prize is almost as prestigious as winning the tournament outright.

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Junior Sports Programme, c/o Richard Hodgson, Hodgson Brothers LLP,
28 Carre Street, Sleaford, NG34 7TR. Email: info@juniorsport.co.uk