

## ULTIMATE FRISBEE HANDBOOK

Learn how the Ultimate Game Works...

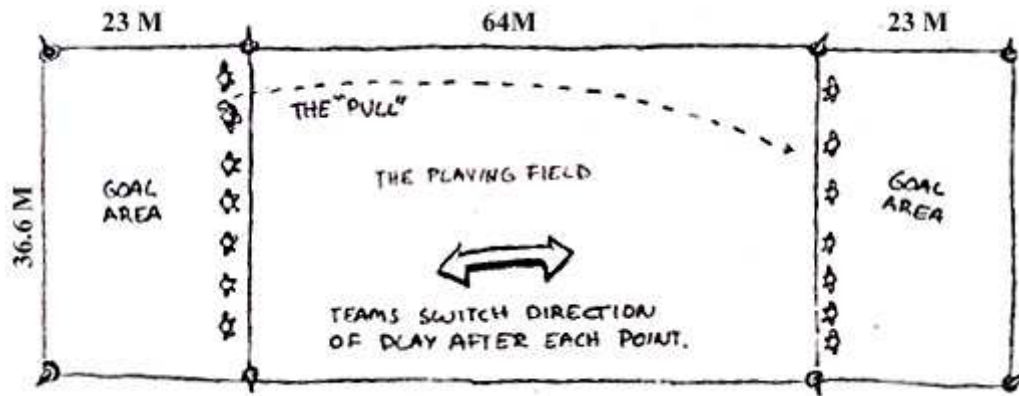


The rules of Ultimate are simple. The equipment is minimal. The fun is enormous. The spirit is infectious and the exercise is incomparable. Maybe that's why the name "Ultimate" stuck.

Because the sport is so young – just over 21 years old – relatively few people understand how to teach the sport effectively. This is designed to make teaching Ultimate fun and easy. It gives a basic understanding of the rules, and some short-cuts for teaching the game and Disc skills to novice players.



The most important "rule" of Ultimate is what we call SPIRIT-OF-THE-GAME. No referee in recent Ultimate history has ever governed a game of Ultimate in the United States, even in the highest levels of competition. We would like to keep it that way. The players on the field control the game and "make their own calls." Respecting **PLAYER CALLS** is a fundamental part of the sport. Respecting the rules and the other competitors is even more important. We can't really instruct you on exactly how to convey this message of respect for others, but if Ultimate helps, it's even a better game than we thought. Ultimate is a NON-CONTACT game, and any contact should be avoided and discouraged.

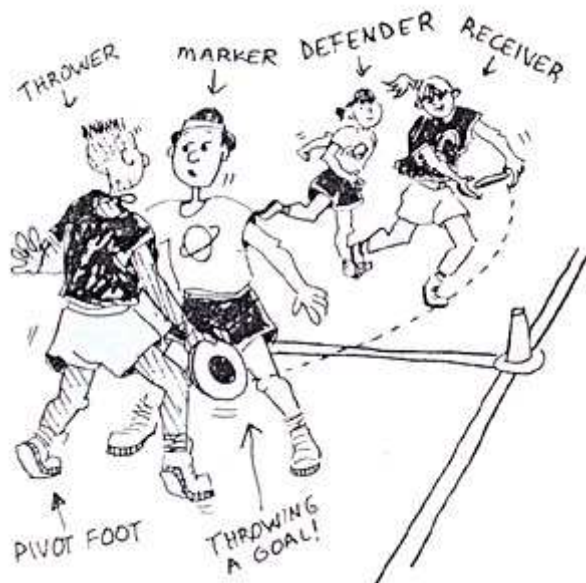


In most "fun" games of Ultimate, lining the field is not really necessary. Several cones are sufficient, and if cones are not available, other kinds of markers will do.

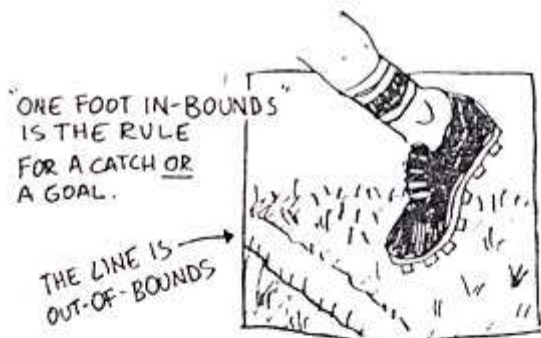
Seven players from each team are on the field at once.

Ultimate is passing game where on team THROWS a series of PASSES in order to score a GOAL.

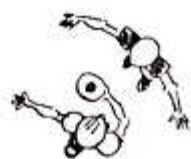
The Disc can only be advanced by completing a Pass to a teammate.



The objects is to Throw a Goal by completing a Pass to a teammate while s/he is in the GOAL AREA. The Thrower may NOT be in the Goal Area when attempting this pass. If, after making a CATCH, the Thrower's momentum carries him/her into the Goal Area, they must return to the GOAL LINE before attempting a Pass.



ALWAYS AVOID CONTACT, SCREENS, OR 'PICK'S'. SET 'PICK' PLAYS ARE ABSOLUTELY AGAINST THE RULES.



WATCH WHERE YOU RUN AND STAY OUT OF TRAFFIC!

TO DECIDE WHO 'PULLS' FIRST - HEADS (TOP) FLIP A DISC!

TAILS (BOTTOM)

After each Goal, the DIRECTION OF THE PLAY reverses, and only then may substitutions be made ( except in the case of an injury of course ). The team that has just scored a Goal stays at the Goal Area at which they scored. The other team goes to the opposite Goal Area before initiation of the next point. This rule makes the "wind advantage" equal for the course of the game.

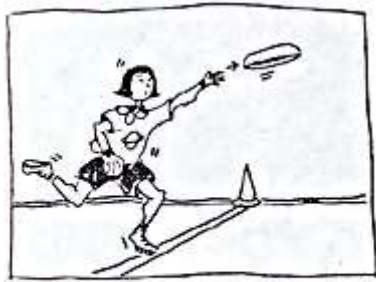
Games are almost always played to points rather than time. Anywhere from eleven to twenty-one points is the norm. However, you may play to 20-minute halves or make up your own timings to suit your group.

One team throws off to the other to start each point. This is called the "PULL." The players should stay behind the Goal Line they are defending until after the disc is released. However, it is not necessary to enforce this rule to the letter with new players as long as both teams at least start behind the goal lines.

The receiving team can either catch the "Pull" or let it hit the ground. Most pulls are allowed to hit the ground by the receiving or OFFENSIVE TEAM. They then pick up the disc and begin play by attempting to complete a Pass to a teammate. If the Pull goes OUT-OF-BOUNDS, it is simply brought to the closest sidelines point of the PLAYING FIELD.

If the receiving team attempts to catch the Pull and drops the Disc, it is a TURNOVER. Any Turnover is an immediate reversal of play with the DEFENSIVE TEAM becoming the Offensive Team and vice-versa. The new Offensive Team may attempt a Pass as soon as they can pick up the Disc.

When catching a disc, a player needs to have their first contact point on the Playing Field to be IN-BOUNDS. "ONE FOOT IN-BOUNDS" is the term most frequently used to describe this rule, although the first point of contact may be a hand, shoulder or another part of the catcher's body.



A PLAYER MAY NOT TIP OR BRUSH  
THE DISC TO THEMSELVES.

Remember, the Disc can only be advanced by completing a Pass to a teammate.

A player may not "RUN WITH THE DISC" This is called a TRAVEL and is a VIOLATION ( not a Turnover). When a Travel occurs, the defender should call "Travel," play stops and the Violating player returns to the proper spot. After a CHECK of the Disc the Violating player may resume play by attempting a pass.



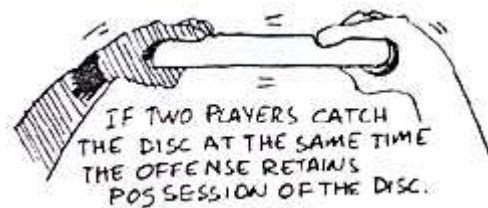
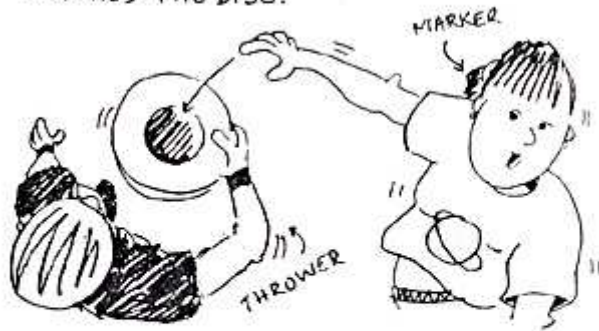
A player in possession of the Disc may PIVOT on one CONTACT POINT. This is called the PIVOT FOOT. Once a Pivot Foot Contact Point is established, it may not be moved or switched to the other foot. Either of these actions is also a TRAVEL VIOLATION. At first, novice players may need a little latitude with this rule.

The Defensive Player covering the Thrower is called the MARKER. A Marker can maintain complete mobility, but may NOT position himself/herself anywhere within one arm's length of the Thrower or straddle the Thrower's leg.

The Marker should never make contact with the Thrower of the Disc while it is in the Thrower's hand. If the Marker does make contact with either the Disc or the Thrower, the Thrower may call a FOUL. If the Thrower calls a Foul, play stops immediately. ( Unless the pass was released and completed. In this case, play automatically continues). If play is stopped due to a Foul call, all players must return to the spot on the field where they were when the Foul was called. ( In other words, the Defensive Players may not reposition themselves to gain an advantage after a Foul is called.) When everyone is ready, the Marker CHECKS the disc and calls "IN PLAY," and the Thrower resumes play by trying to complete a Pass.

Of course, the Marker may NOT Pull or knock the Disc out of the Thrower's hand. This is called a STRIP. When a Strip occurs, the Thrower should call "Strip", retrieve the Disc, and continue play without stoppage.

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



Two Defensive Players may not Mark the Thrower at the same time. One of the Defensive Players needs to be at least four steps away from the Thrower. When two Defensive Players cover the Thrower at once, it is called a DOUBLE TEAM. If this occurs, the Thrower may call a Foul if s/he wishes.


The Thrower may not hold the Disc for an indefinite time period. As soon as a Marker is within two steps of the Thrower, s/he should start a count to ten. This is called the STALL COUNT. The Count should be spoken loudly enough for at least the Thrower to hear it, and be evenly paced based on one-second per Count. If the Marker reaches ten, it is a Turnover and the Thrower should put the Disc on the ground for the Marker to pick up. As soon as the Marker picks it up s/he becomes the Thrower (and an Offensive Player), and may attempt a Pass. In higher levels of play, most Throws are released well before the Ten Count. However, this rule may come into play more often at first. Some players will be timid about throwing and hold the Disc for too long. Even more of them will release the Disc too

quickly and, therefore, poorly. Until the throwing skills of the players improve to an acceptable level, you may want to consider making the Stall Count to twelve. It is always better to encourage patience with the Disc by telling the players "Take your time when throwing."

If the Marker blocks the Disc after it has been released by the Thrower, it IS a Turnover.

**THROWING TIPS**


THE DISC WILL ALWAYS TURN TO ITS TOP SO THE ANGLE OF RELEASE IS VERY IMPORTANT.



A DISC NEEDS LOTS OF SPIN TO FLY


**CATCHING TIPS**

CATCH WITH BOTH HANDS WHENEVER POSSIBLE.

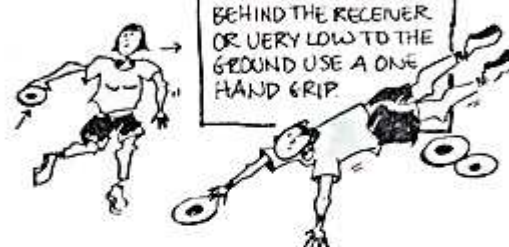


THE PANCAKE CATCH IS BEST FOR HARD THROWS RIGHT AT THE BODY.


THE RIM CATCH IS BETTER FOR SOFTER THROWS OR THROWS AWAY FROM THE BODY



IF THE DISC IS THROWN BEHIND THE RECEIVER OR VERY LOW TO THE GROUND USE A ONE HAND GRIP.




IN ULTIMATE IF YOU DROP THE DISC AS YOU HIT THE GROUND IT IS A TURNOVER.




HOLD THE DISC TIGHTLY.

**THE TWO BASIC ULTIMATE THROWS**



**THE BACKHAND - IDEAL FOR LONG PASSES AND PULLS**




BOTTOM VIEW



TOP VIEW

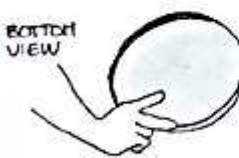



A FLAT RELEASE MAY TURN OVER AND FACE




AN ANGLED RELEASE WILL GO FURTHER

**THE SIDE ARM - THE MOST POPULAR ULTIMATE THROW BECAUSE OF ITS QUICK RELEASE.**




BOTTOM VIEW



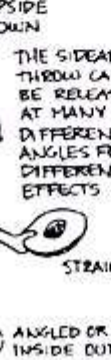
TOP VIEW

UPSIDE DOWN

THE SIDEARM THROW CAN BE RELEASED AT MANY DIFFERENT ANGLES FOR DIFFERENT EFFECTS




STRAIGHT




ANGLED OR INSIDE OUT


**LEARN TO USE WHOLE BODY WHEN THROWING**



SET-UP SIMPLE THROWING AND CATCHING DRILLS AS A WARM-UP BEFORE PLAYING.



WATCH THE DISC INTO YOUR HANDS WHEN CATCHING!

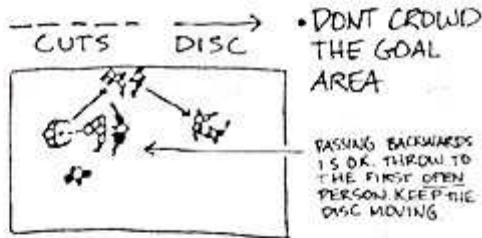
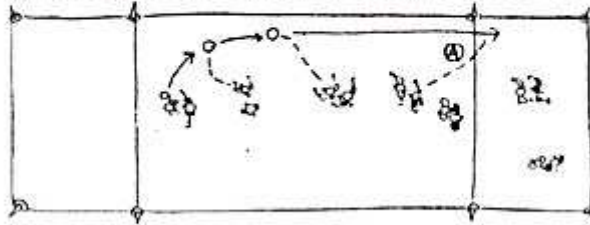


An Offensive Player not in possession of the Disc is called a RECEIVER.

A Defensive Player who is covering a Receiver is called a DEFENDER.

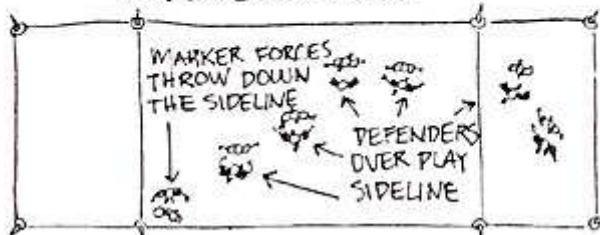
## BASIC STRATEGIES OFFENSE

KEEP THE TEAM SPREAD OUT, TAKE TURNS COMING TO THE DISC AND THEN CLEAR OUT. TIME DEEP CUTS OFF OF THE BETTER THROWERS



## DEFENSE

EX: SIDELINE FORCE



•FORCES TAKE TEAMWORK•

A Receiver may run to any part of the field to try to get "Open" to receive a Pass. However, the Receiver may not use other players on the field to "screen" out or lose a Defender. This is called a PICK and is to be avoided and discouraged at all times. It is a violation (not a Turnover). If a Defender feels they have been Picked, they should call "pick" and play should stop. The Defender does not need to make contact with anyone in order to call a Pick. Contact should always be avoided. Once play stops, the Disc (if it had been thrown) is returned to the Thrower, then Checked by the Marker and put back into play. Since it was a Violation by the Offensive team, the Defenders may reposition themselves before the Disc is put back into play. If a "Pick" is called and the Thrower releases the Disc, and makes a Turnover, play continues with a change of possession. If the Pass is completed, it must be returned to the Thrower and Checked before the play resumes.

To help players avoid Picks, it is a good idea to tell them to not all go for the Disc at once. Most Picks occur fairly close to the Disc because novice players have a tendency to crowd around the Thrower. Spread Out is a good, basic strategy and instruction. Spreading out also makes it easier for the Thrower because s/he does not have to throw into a crowd.

The Defender may not make contact with the Receiver at any time. Any contact may be called a Foul by the Receiver. If the Disc was thrown, and Turn Over, and the Receiver called a Foul, the Defender has the opportunity to CONTEST the call. If the call is contested, then the Disc is returned to the Thrower for a re-start of play. If the Foul is not contested, the Disc goes to the Receiver who becomes the Thrower after a Check of the Disc.



A POST GAME "ENERGY CIRCLE" IS A FUN  
WAY TO CELEBRATE THE "SPIRIT OF THE GAME"

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Have fun !

*Illustrated by : Alex Gutierrez*

*Taken from THE ULTIMATE PLAYERS ASSOCIATION*