

# Ultimate Frisbee Study Guide

**The Field:** A rectangular shape with end zones at each end marked by cones.  
A regulation game has seven players per team.

## **General Play:**

- Each point begins with both teams lining up on the front of their respective end zone line.
- The defense throws ("kicks off") the disc to the offense.
- If the offense does not catch the Frisbee without touching it they keep possession, if they touch the Frisbee but do not catch it, possession is taken by the throwing team at the point where the disc lands.
- If it goes out of bounds- the receiving team will bring the disc in bounds and begin play from that point.

## **Scoring:**

- Each time the offense completes a pass in the defense's end zone, the offense scores a point.
- Only 1 foot of the receiver must be in the end zone.
- A player may not score by running into the end zone.
- Play is started after each score by the team that did not score. ("Non-scorers Walk")

## **Movement of the Disc:**

- The disc may be moved in any direction by completing a pass to a teammate.
- Players may not run with the disc. You may take only 3 steps once you catch the Frisbee.
- The person with the disc ("thrower") has ten seconds to throw the disc.
- The defender guarding the thrower ("marker") must count the time out loud in order for a "stall" to be warranted.
- Pivoting, moving in a circle while keeping one foot on the ground, is encouraged!

## **Reasons for turnovers:**

- **Throw-away-** the thrower misses his target and the disc falls to the ground.
- **Drop-** the receiver is not able to catch the disc.
- **Block-** a defender deflects the disc in mid flight, causing it to hit the ground.
- **Interception-** a defender catches a disc thrown by the offense.
- **Out of bounds-** the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field.
- **Stall-** a player on offense does not release the disc before the defender has counted out ten seconds.

**No-contact:** No physical contact is allowed between players.  
Defense must stay at least an arms-length away.

**Fouls:** When a player initiates contact on another player a foul occurs.  
When a foul disrupts possession, the play resumes as if the person had caught the Frisbee.

**Spirit of the Game:** Ultimate Frisbee 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. Players are responsible for their own foul and line calls- honesty.

**History:** Ultimate Frisbee was invented in the 1968. It was originally called the "Ultimate game Experience" and was free-spirited in nature. In 1980 the Ultimate Players Association (UPA) was formed.

