

## THEORY OF ULTIMATE

Ultimate is a fast-paced, non-contact field sport played for **two teams 7X7**, (beach ultimate its played 5X5). It's suitable for players of all ages, and usually played in a **co-ed (co-educational)** format with players of all genders (unisex) on the same team.

The most unique aspect of ultimate is that it's self-officiated, players make all calls themselves. No referee.

### A little bit of history about the Ultimate

- \_\_1920 □ **First** "Frisbee" derived from a plate (Frisbee Pie Company).
- \_\_1950 □ Fred Morrison made a **plastic** version.
- \_\_1968 □ **Creation of the sport Ultimate Frisbee** at Columbia High School, New Jersey.
- \_\_1980 □ First World Championship and the formation of the **World Flying Disc Federation (WFDF)**.
- 1990 □ World expansion of Ultimate Frisbee
- 2000 □ The sport evolves with more teams and more divisions and the Beach Ultimate emerged.
- These days □ Professional leagues in America and the **WFDF get full recognition a key step to become an Olympic sport**. Men's championship are called **OPEN** and women championships are called **WOMEN**. We refer as **CO-ED** to the mixed ones.

### How to Play Ultimate

Ultimate is often described as a mix of three sports: football, soccer, and basketball. The objective of the game is for one team to catch the disc in the opposing team's end zone, much like football. Each score is worth 1 point. Games are usually played to 13 or 15 points or time based at 90 minutes.

**The person holding the disc is not allowed to run, but can pivot in place**, like basketball. **All other players can run**, so the disc is moved by passing it back and forth from one player to another. This results in the disc moving forwards, sideways, and even backwards, similar to the way the ball is passed in a game of soccer.

**When there's a turnover, the team that was on defense immediately becomes the offense, and tries to score by catching the disc in their opposing team's end zone.**

### **Reasons to play Ultimate**

1. For Fun
2. Make new friends
3. Fitness
4. Low Cost
5. Variety
6. Attitude
7. Inclusivity
8. Competition

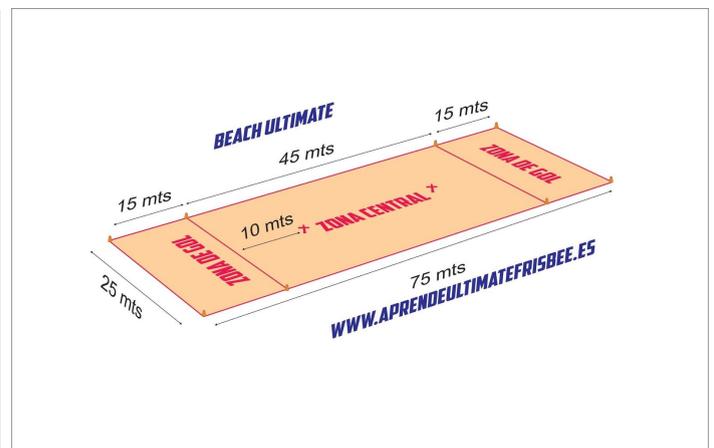
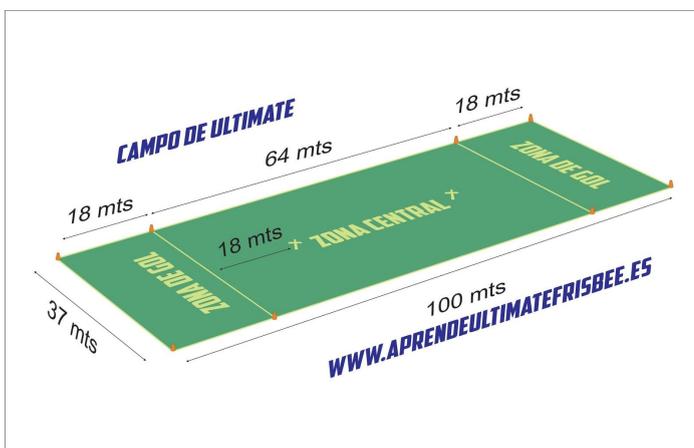
### **Basic Rules of Ultimate**

#### **- 1. 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.

#### **- 2. The Field**

A **rectangular shape (100m by 37m)** including two **end zones** that are **18m** deep. And the Beach Ultimate has a shape of **(75m by 25)** with two **end zones of 15m**.



- 3. How Play Starts

Each point begins with both teams lining up on their end zone line. The defense throws ("pulls") the disc to the offense.

- 4. 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 players can't TRAVEL with the frisbee.** The person with the disc ("thrower") has **ten seconds** to throw the disc. The defender guarding the thrower ("marker") counts out the **STALL COUNT**. The defender cannot start the stall count until they are within 3 m of the thrower

- 5. Change of Possession

When a pass is not completed (e.g. out of bounds, drop, block, interception) or if the stall count reaches ten, the defense immediately takes possession of the disc and becomes the offense. It's called a **TURNOVER**.

- 6. Scoring

When a person catches the disc in the opposing end zone, that person's team scores a point.

- 7. Substitutions

Substitutions can only be made after a point is scored or if a player is injured.

- 8. Non-contact

Non-incident contact is not allowed between players. **Picks and screens are also prohibited.**

- 9. 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.

- 10. Self-Officiating

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

### **Spirit of the Game**

When you play ultimate, you will hear a lot about spirit of the game. It means different things to different people but all ultimate players will agree that spirit is an important aspect of the game and is essential to ensuring the game works as a self-refereed sport.

At its core, spirit of the game is about respecting your opponents and the rules. This ensures that everyone on the field has a good time.

Spirit helps everyone enjoy the game of ultimate. And some teams are AWESOME at letting their spirit shine

### **The Essentials**

Is required is that you honor the four points below. They are essential rules that every ultimate player must follow no matter what level you are playing at.

#### **Respect. / Honesty / Sportsmanship / Inclusiveness**

**Spirit in the Rules.** The Spirit of the Game clause in the rules states:

This clause represents a lot of what ultimate is all about: having fun, getting exercise, making new friends, and helping others enjoy the game. It's not about winning at all costs. Dangerous and overly aggressive play is not only frowned upon, but is contrary to the values of the sport.

After every game, when captains submit game scores, they also answer a few questions to provide a "**spirit score**" for their opponent.

Captains assess the other team in four categories using a 4-point scale (Poor, Fair, Good, Excellent): The scale is based on:

**Timeliness** □ For example: Their team was ready to start on time. They kept to time limits during the game, and help the game end on time.

**Rules Knowledge & Use** □ For example: Players understood the rules, or were willing to learn them.

**Safe & Clean Play** □ For example: Players avoided fouling, contact and dangerous plays. All players exhibited good sportsmanship.

**Positive Attitude & Communication** □ For example: They communicated without derogatory or aggressive language.

Add Spirit

**SPIRIT OF THE GAME SCORE SHEET**

My team

Opponent team

	Poor	Not Good	Good	Very Good	Excellent
1. Rules Knowledge and Use	0*	1	2	3	4*
2. Fouls and Body Contact	0*	1	2	3	4*

**Throwing and techniques**

**Catching**

**Backhand** □ This is probably the most commonly learned throw, and also one of the most powerful. For the grip your thumb is on top of the disc on the rim and your fingers are curled underneath.



**Forehand / Flick** □

Learning how to throw a forehand, or flick, is an essential skill for every ultimate player. Most defenders will try to force you to throw to one side of the field or the other, so being able to throw both a strong forehand and backhand ensures you always have a good throwing option.

The most common grip is the split. Make a “V” with your middle and index and place these two fingers under the disc. Place your thumb on the top of the disc, not too close to the rim in a position where it is comfortable. The other two fingers are curled loosely in your palm.



## Catching

The most important thing to remember when catching in ultimate is **use two hands whenever you can**. Even if the throw is above your shoulders or below your knees, you should try and catch the disc with both hands

**Pancake Catch**



**Rim Catch**



### VOCABULARY

Respect	
Honesty	
Inclusiveness	
Fair play	
Co-ed	
Self-officiating	
Sportsmanship	
Playing field	
Turnover	
Travel	
Stall Count	
End zone	

Brick Mark	
Catch	
Throw	
Pull	
Backhand	
Forehand	
Pivoting	