

Ultimate Frisbee Study Guide

Ultimate Frisbee

- fast-moving, competitive, non-contact sport played by two teams of 7 players
- great deal of freedom and informality implied in the rules

Scoring

- Gain points by scoring goals
- A goal is scored when a player successfully passes the Frisbee to a teammate in the *end zone* which that team is attacking.
- The team with the most points is declared the winner.

Movement of the disc

- The Frisbee may be advanced in *any direction by completing a pass* to a teammate.
- No running allowed while in possession of the Frisbee
- Frisbee may never be handed from one player to another
- ("Thrower") may pivot on one foot as in basketball.
- The person with the Frisbee ("thrower") has *10 seconds* to throw the Frisbee.
- The defender ("marker") counts out the stall count.
- The defender must stand at least *one arms length* away from the thrower.
- Only one ("marker") may guard the ("thrower")
- Frisbee may not be pulled or knocked out of the hands of an opposing player

Playing Field

- Rectangular shape with end zones at each end.
- If a pass is completed on or outside the boundary line, it is considered incomplete and the defensive team gains possession of the Frisbee.
- If the Frisbee lands outside the sidelines, it is returned to play at the point where the Frisbee went out of bounds.
- The player throwing the Frisbee inbounds must have one foot on the line.

Initiate Play

- Each point begins with both teams lining up on the front of their respective end zone line.
- A player on the goal line throws the Frisbee toward the other team.
- As soon as the Frisbee is released, all players may cross the goal lines.
- No player on the throwing team may touch the Frisbee in the air until it has been touched by a member of the receiving team.
- The receiving team *may catch* the Frisbee *or allow it to fall untouched* to the ground.
- If a member of the receiving team successfully catches the throw-off, possession begins at that point.
- If the receiving team touches the Frisbee but fails to catch it, the throwing team gains possession of the Frisbee where it stopped.
- If the Frisbee is allowed to fall untouched to the ground, the receiving team gains possession where it lands.
- If the Frisbee goes out of bounds before crossing the goal line, the receiving team makes the immediate decision of gaining possession at the point where the Frisbee went out of bounds or having the Frisbee thrown off again.

Change of Possession

- When a pass is not completed, the defense immediately takes possession of the Frisbee and becomes the offense.

- *Examples of an incomplete pass include*
 - Out of bounds
 - Drop
 - Block
 - Interception

Substitutions

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

Non-Contact

- Physical contact is *never* 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.
- "*Check the disc*" means to put the Frisbee back into play after a foul or violation

Self-Refereeing

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

Spirit of Play

- 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 the game.