

Ultimate Frisbee

7th Grade Study Guide

Activity Description

Ultimate Frisbee combines elements of soccer, football and basketball in a fast-paced game. The game is played with a Frisbee or a 'disc'. In ultimate, everyone is an eligible quarterback and receiver. Ultimate began in 1967 in Maplewood, New Jersey when a group of Columbia High School students first played on an asphalt parking lot at their high school. As those students graduated from high school, the game spread to the college level.

Objective

Ultimate is a non-contact sport that requires a combination of agility, speed and quickness to play. Teams consist of seven players on the field at a time. The object of the game is to score goals. The disc may only be moved by passing as the thrower is not allowed to take any steps. Any time the pass is incomplete, intercepted, knocked-down, or contacts an out of bounds area, a turnover occurs, resulting in an immediate change of possession of the disc to the defensive team. A goal is scored when a player passes to a teammate in the end zone of the opposite team.

Rules

1. The teams flip a coin or rock/paper/scissors to determine which team will receive the throw-off.
2. At the beginning of each period of play and after each goal, play begins with a throw-off.
3. Each time a goal is scored, the team that scored throws off to the other team.
4. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
5. Positioning prior to the throw-off:
 - a. The players on the throwing team are free to move anywhere in their defending zone, but may not cross the goal line until the disc is released.
 - b. The players on the receiving team must stand with one foot on their defending goal line.
 - c. As soon as the disc is released, all players may move in any direction.
 - d. No player on the throwing team may touch the Frisbee in the air before it is touched by a member of the receiving team.

- e. If the receiving team allows the throw-off to go untouched to the ground in-bounds, the receiving team gains possession of the disc where it stops.
 - f. If the throw-off lands out-of-bounds, the receiving team takes possession at the point it went out of bounds.
6. If the offensive and the defensive players catch the disc simultaneously, the offense retains possession.
 7. After catching a pass, the receiver is only allowed three steps to come to a stop and establish a pivot foot.
 8. The disc may be thrown in any direction.
 9. Only one defensive player may guard the thrower at any one time.
 10. There must be at least an arm's length between the offensive thrower and the defensive player.
 11. The thrower may not maintain possession of the Frisbee for more than 10 seconds without throwing the disc.
 12. Fouls are the result of physical contact between opposing players.
 13. No defensive player may touch the disc while it is in possession of the thrower or receiver.
 14. When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
 15. Both feet must be within the boundaries for the pass to be complete.
 16. The Frisbee may not be handed to a teammate – it must be thrown.
 17. If the Frisbee is thrown into the end zone and knocked down by the defense, an offensive player must pick the disc up, take 3 steps out of the end zone and continue play.

Scoring

1. A goal is worth one (1) point.
2. A game is played to 21 goals with a margin of two goals.
3. The game has a point cap of 25.