

Ultimate Frisbee

The game of Ultimate combines some of the elements of football, basketball, and soccer.

The object of the game is to pass the Frisbee disc to a teammate who is positioned in the opposite endzone.

Rules:

1. The disc may never be handed off – it must always be thrown. If the disc is dropped (receiver doesn't catch it), blocked (defender deflects the disc), thrown away (misses teammate), thrown out of bounds, intercepted (defender catches the disc), or the disc thrower stalls (uses up 10 seconds) these are all turnovers.
2. No player may move while in possession of the disc. He/she may pivot on one foot in any direction. A player will have 10 seconds to pass the disc (the defender will count out loud while within 3 yds of the thrower)
3. The disc may be thrown in any direction.
4. No more than one person may guard a thrower.
5. The defense gains possession of the disc whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out of bounds.
6. Out of bounds throws are taken over by the opposing team at the point where the disc went out of bounds. If the disc goes out of bounds after crossing the goal line, the opposing team may throw the disc in from either corner of the end zone at the goal line.
7. A throw from your own end zone that lands in your end zone is considered a score for the other team.
8. A player who catches the disc on a run has 3 steps before he is considered down. If these 3 steps carry him into the end zone it is NOT considered a score. He/she must bring the disc out to the goal line before trying to score.
9. The team that catches the disc behind their goal line scores a point. After a score the team that scored remains in the end zone, the other team walk!
10. An incomplete pass results in a change of possession. When this happens the defense immediately becomes the offense and gains possession of the disc where it came to a stop.
11. To start the game, the "throwing-kick off" begins with both teams starting on their own end zones. Teams will flip the disc to see who receives first.
12. A foul will be called when direct physical contact affects the normal play of the game.