



All About Ultimate Frisbee

Ultimate Frisbee is basically running through a big field of grass, trying to catch a flying disc that a whole bunch of people are trying to keep away from you.

Ultimate Frisbee (sometimes just called Ultimate) is an outdoor sport played by two teams, usually of 4-7 players each (but smaller games with 2-3 people each can work). The game is played on a big field similar to those used in football, with end zones at either end. The object is to keep passing the Frisbee to your teammates and ultimately get it to a player who's in the end zone (other side of the field). This sport is a lot like football, soccer, hockey, or basketball. One thing that makes it really unique is that you're throwing a Frisbee (or flying disc) instead of kicking, hitting, or throwing a ball. Ultimate Frisbee requires players to work together as a team. Teammates set up passes and plays, and work together to move the disc down the field.

Ultimate Frisbee Basics:

- Play begins with the teams lined up facing each other. The defense throws the disc to the offense, and the game is on.
- Unlike many similar sports, players in Ultimate Frisbee can't move the disc forward by running with it. As soon as a player catches the disc, he or she must stop running, and pass the disc to a teammate. The disc can be passed forward, backwards, or sideways.
- This means that the disc is constantly moving from player to player, rather than having one good player hog it all the time. In this way, Ultimate Frisbee is the "ultimate" team sport!
- When a pass is incomplete (meaning the disc is dropped, hits the ground, or flies out of bounds) or the defense blocks or intercepts a pass, possession changes, and the team on defense is now suddenly the offense.

Get Involved!

Get a bunch of your friends together and start a couple of Ultimate teams on your own. Play in your local park, or somebody's big backyard, or on the school's football or soccer field. Ask your teacher if you can bring a Frisbee to school so that you and your friends can play Ultimate at recess. You could also try asking your teacher if you can play Ultimate in gym class when the weather is warm. It makes a nice change from soccer or field hockey. If your school doesn't have the equipment, just show up with a Frisbee from home and tell the teacher or your friends that's all you need to play!