

Ultimate Frisbee

The Basics



Rules of Ultimate Frisbee

Step 1: Objective

- The objective of Ultimate Frisbee is to score points by catching the disc in the opposing team's end zone.

Step 2: Team Composition

- Each team consists of 7 players on the field at a time.

Step 3: Disc Movement

- The disc can only be moved by passing it to a teammate. Players cannot run with the disc.

Step 4: Scoring

- A point is scored when a player catches the disc in the opposing team's end zone.

Step 5: Turnovers

- If a pass is incomplete, intercepted, or goes out of bounds, possession of the disc switches to the opposing team.

Step 6: Stall Count

- Players have 10 seconds to throw the disc. If they exceed this time, possession switches to the other team.

Step 7: Spirit of the Game

- Ultimate Frisbee is a self-officiated sport emphasizing sportsmanship and fair play. Players resolve disputes on the field without referees.

Step 8: Game Format

- Games are typically played to a certain score or time limit, with halftime and timeouts allowed.

Step 9: Enjoy the game and have fun!

Ultimate Frisbee Gear Essentials

CLOTHING

- **Patagonia:** Known for their durable and breathable materials, ideal for intense Ultimate Frisbee games.
- **Nike:** Offers a wide range of performance wear for ultimate comfort and flexibility on the field.
- **Under Armour:** Provides moisture-wicking technology to keep you dry and comfortable during play.

SHOES

- **Adidas:** Offers a variety of cleats designed for quick cuts and traction on the field.
- **New Balance:** Known for their lightweight and supportive cleats, perfect for agility and speed.
- **Asics:** Provides stability and cushioning for those long hours of play.

GEAR

- **Discraft:** A popular choice for Ultimate Frisbee discs, known for their quality and durability.
- **Five Ultimate:** Offers a range of customizable jerseys and shorts for a personalized team look.
- **Patagonia Black Hole Duffel Bag:** Ideal for carrying all your gear to and from games, with plenty of space and compartments for organization.

Ultimate Frisbee Leagues and Championships

- 1. USA Ultimate:** The governing body for the sport in the United States, USA Ultimate hosts national championships and oversees club teams like Seattle Sockeye and Boston Brute Squad.
- 2. World Flying Disc Federation (WFDF):** The international governing body for disc sports, WFDF organizes the World Ultimate Club Championships and World Ultimate and Guts Championships.
- 3. Revolver (USA):** One of the most dominant and successful club teams in the history of Ultimate Frisbee, based in San Francisco.
- 4. Riot (USA):** A powerhouse women's Ultimate Frisbee team based in Seattle, known for their competitive spirit and skill.
- 5. Clapham Ultimate (UK):** A top European club team based in London, known for their success in domestic and international competitions.
- 6. Team Canada:** Representing the country in international competitions, including the World Ultimate and Guts Championships.
- 7. Doublewide (USA):** A competitive men's club team based in Austin, Texas, with a strong presence in national tournaments.
- 8. Fury (USA):** A highly successful women's club team from San Francisco, known for their speed, agility, and teamwork.
- 9. Heist (USA):** A rising women's club team based in Madison, Wisconsin, making waves in national competitions.
- 10. World Ultimate Club Championships (WUCC):** The premier international club competition featuring top teams from around the globe competing for the title of world champion.