

Ultimate Frisbee Society



Basic Rules Of Ultimate

The Aim Of The Game

Ultimate is a non-contact, self-officiated team sport played with a flying disc (or Frisbee). Two teams of seven players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone. They score a goal if one of their players catches the disc in the opposite end zone. The player with the disc is called the thrower. The thrower may not run with the disc. Instead, they move the disc by passing to teammates in any direction. The defensive team gets possession of the disc if a pass is not caught by a player of the thrower's team. Then the defensive team becomes the offensive team and can try to score in the opposite end zone.

The Basic Rules

The Pull

Each point starts with a throw-off from the goal line ("pull"). All players must remain in their end zone until the pull is thrown. At the start of the game, a toss decides which team throws the first pull. After a goal is scored, play stops. The team that scored stays in that end zone and throws the pull, and becomes the defensive team. So, teams change their direction of attack after each point. If the pull lands outside the playing field, the thrower can either start play from the sideline where the disc left the field, or from the "brick" mark closest to their end zone. The thrower indicates they are choosing the brick option by raising their hand and calling "brick".

In-Bounds and Out-Of-Bounds

A disc is in-bounds when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The sidelines are not part of the playing field. If you catch the disc in-bounds, and then momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc. You are allowed to throw the

disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field. If the disc goes out of bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field.

NO RUNNING WITH THE DISC !

You are not allowed to run while you have possession of the disc ("travel"). After catching the disc while running, you must stop as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot: this is called pivoting.

The 10-SECOND Rule

The thrower has 10 seconds to throw the disc. A defender can stand in front of you (remember: no contact!) and count aloud to ten, in one-second intervals. If the disc is still in your hand at the "t" of "ten", the other team gets possession of the disc.

Turnovers

The defensive team takes possession of the disc (a "turnover") if the offence fails to catch a pass, if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player. Turnovers also occur when:

- the marker reaches "ten" before the disc was thrown the disc is handed from one player to another without being thrown
- the thrower catches their own throw without the disc being touched by anyone else
- the offensive team tries to catch the pull, but drops it

After an in-bounds turnover, the other team may resume play at the point where the disc was caught or stopped.

Fouls, Violations and Infractions

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- Contact that is dangerous or affects the outcome of the play is a foul.
- The thrower may not be defended by more than one player at the same time ("double team"). The marker may not come closer than one disc diameter to the thrower ("disc space").
- The marker may not hit or grab the disc out of the hand of the thrower. They may, however, try to block the disc with their hands or feet after it is thrown.
- If opposing players catch the disc at the same time, the offensive player gets possession of the disc. Players are not allowed to create shepherds, picks or screens to
- obstruct the path of defensive players ("pick").

Making A Call

If you believe you have been fouled by an opposing player, you can call "foul". If the disc is in the air, play continues until possession is established (a catch or a turnover). If your team gets possession, then play can continue, otherwise, play stops immediately. After the play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call "contest", and the disc is returned to the previous thrower. If they agree that there was a foul, they call "accepted" and, generally, you take possession of the disc. Play is resumed with a "check": the marker touches the disc in the thrower's hand and calls "disc in".

Scoring

You score a goal if you catch the disc in the endzone that you are attacking. If you are in the air, your first point of contact must be in the endzone. If your foot touches the goal line, it is not a goal. After a goal, play stops and teams swap which end zone they are defending. The first team to 15 goals wins, with a time cap of 100 minutes, but this can change depending on the level of play.

Substitution

After each point, you may substitute as many players as you want. During a point a player may only be substituted due to an injury. After an injury, play stops and the other team may also substitute a player, if they wish.

Spirit Of The Game

Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no referees; the players are solely responsible for following and enforcing the rules, even at World Championships. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, player safety or the basic joy of play.

Full Rules

This sheet provides an outline of the rules only. If you want to participate in official competitions, you should become familiar with the official WFDF rules, which you can find on the WFDF website (rules.wfdf.sport). In addition, experienced players will gladly teach players the rules and good spirit, so don't be scared to ask.

Terminology

Pull: When one team throws the disc to the other team at the start of a point.

Endzone: The area you have to catch it in to score.

Force Home: Forcing is a common defensive strategy where the defenders attempt to force the other team to throw only to one side of the pitch. The Home side is the side of the pitch with all the bags.

Force Away: Forcing is a common defensive strategy where the defenders attempt to force the other team to throw only to one side of the pitch. The Away side is the side of the pitch that doesn't have all the bags.

The Force: The player who is marking whoever has the disc. They are responsible for counting the 10 seconds the player has to make a pass (known as the stall count).

Deep: Towards the endzone (eg. away from where the disc is)

Under/In: Towards the disc (eg. away from the endzone you're trying to score)

Huck: A long throw towards someone who is running deep.

Stack: A common offensive tactic where players start by standing in a line. The stacks can be Horizontal (eg. across the pitch) or Vertical (eg. up and down the pitch). You'll often hear these shortened to Horo/Ho and Vert.

Zone: A different defensive tactic to Match where players instead mark an area on the pitch. Tends to be used more often when it is windy.

Dump: An easy backwards or sideways throw.

Flick: Synonym for a forehand throw.

Hammer: A throw that is released above your head.

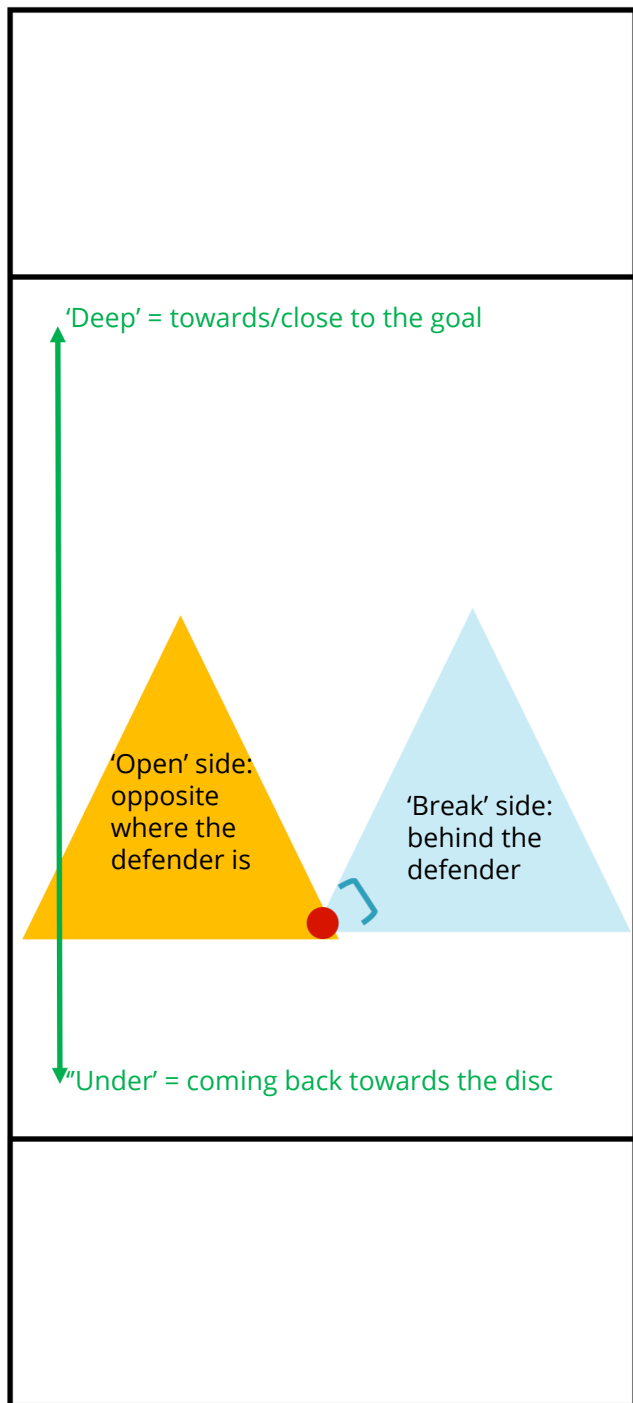
Break: A throw that goes in the direction the force is trying to prevent.

Handler: A player who starts with the disc after a turn and generally makes themselves available to the player with the disc for an easy backwards throw (often called a dump throw)

Cutter: A player who starts further towards the endzone than the handlers and makes runs (or cuts) to get free.

Cap: The maximum score of the game, often 15 points.

Offensive team are attacking this end zone



● Offense (O) player

] Defender (D)

● Disc

'Deep' = towards/close to the goal

'Open' side:
opposite
where the
defender is

'Break' side:
behind the
defender

'Under' = coming back towards the disc



The side
where all
our bags
are is called
'Home'.

The oppo-
site side is
'Away'

Vertical ('Vert') stack: players line up vertically in the field

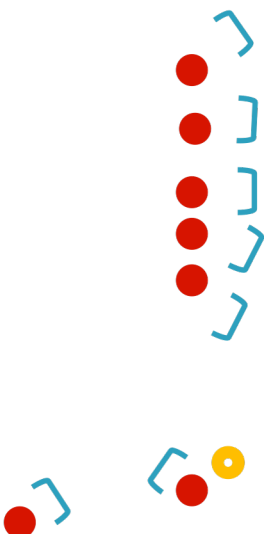
● Offense (O) player

⌋ Defender (D)

● Disc



Offensive team are attacking this end zone



Horizontal ('Ho', 'Horo') stack: players line up horizontally across the field

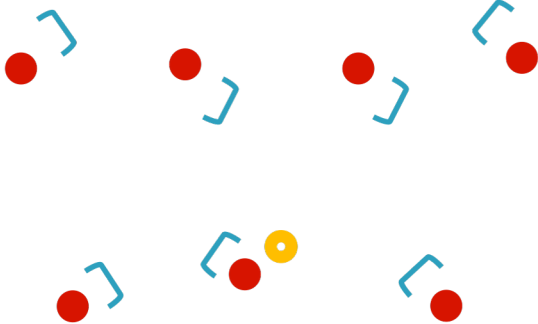
● Offense (O) player

] Defender (D)

● Disc



Offensive team are attacking this end zone



MY TRAINING LOG

WEEK 1. DATE _____

What I learnt:

What I need to work on:

WEEK 2. DATE _____

What I learnt:

What I need to work on:

WEEK 3 DATE _____

What I learnt:

What I need to work on:

MY TRAINING LOG

WEEK 4 DATE _____

What I learnt:

What I need to work on:

NOTES