

ULTIMATE FRISBEE

Ultimate Frisbee is a fast-moving, competitive game of Frisbee played by two equal-sized teams of 5 to 10 players each.

Equipment: The only equipment needed is one Frisbee of any size, although the Wham-o Master Tournament Model is recommended. Individual players may wear almost any aids they wish, including hats, helmets, or gloves as long as they do not endanger the safety of any other player. For example shoes with cleats as in track or baseball are permissible but ones with sharp spikes are not. No player may carry any sort of stick, bat or racket.

Playing Field: The playing field may have any surface whatsoever, including grass, asphalt, sand, snow or the wood of a gymnasium floor. The two goal lines must be parallel and should be somewhere between 40 and 60 yards apart, depending upon the number of players. The Ultimate Frisbee field has no lateral boundaries; however, it is best to choose a field with natural boundaries created by a hill, a river or a wall.

Officials: A referee or referees may officiate, and if so their decision must be final. If no referee is available the two teams play on an honor system, settling disputes by flipping a coin or by some other such method.

Object: The object of the game is to gain points by scoring goals. The team with the most points at the end of the game, which may last for any time period agreed upon by the two teams — 60 minutes is standard — is declared the winner. If the score is even at the end of the specified playing time the contest is a draw, unless both teams agree to extend the playing time. The game also ends when one team concedes defeat to the other or if all of the members of one team die before the end of play.

A goal is scored when a player on the field successfully passes the Frisbee to another player on the same team standing on the opposite side of the goal line which that team is currently attacking.

Throw-off: Play begins with the Throw-off. The captains of the two teams determine, by the flip of a coin which team will elect to throw or receive; the other team chooses which goal they will defend at the start. All players must stand on their own goal line until the Frisbee is released. One player, designated by the captain of the team which is throwing off, throws the Frisbee toward the opposite end of the field. As soon as he releases the Frisbee all players may leave their positions on the goal lines. No player on the team throwing may handle the Frisbee until it has been touched by a member of the receiving team. That latter team now may do one of two things with the Frisbee which is flying toward them: a) catch it, or b) allow it to fall to the ground without touching it. If a member of the receiving team successfully

catches the Frisbee thrown, that player has possession of the Frisbee where it is caught, and if it is allowed to fall untouched to the ground the receiving team has possession where it lands and stops. If any member of the receiving team unsuccessfully attempts to catch the Frisbee thrown off and drops the Frisbee, or if the Frisbee comes in contact with any part of the body or clothing of any player on the receiving team and then falls to the ground, the team having thrown gains possession of the Frisbee where it lands and stops. (If the Frisbee which falls to the possession of the throwing team as specified in the last case above comes to rest in the end zone, the throwing team must bring it into play at the goal line.) Play continues immediately upon either team establishing possession of the Frisbee after the Throw-off.

The Play: The team which has possession of the Frisbee must attempt to move the Frisbee downfield into position so that they may score a goal by passing the Frisbee over the goal line. The Frisbee may be moved in only one way: it must be thrown. No player may walk, run or take any steps while in possession of the Frisbee during playing time or he shall immediately lose possession of the Frisbee to the opposite team. A player may propel the Frisbee in any way he wishes, using one or both hands. If the Frisbee touches the ground, a tree, a wall or any object other than the body of clothing of a player, the Frisbee falls to the possession of that team which did not last have possession. If the Frisbee touched the body or clothing of the referee he may decide which team has possession. Any time the Frisbee falls to the general possession of one of the two teams and is not under the control of any particular player, the captain of the team possessing the Frisbee may designate any member of his team, including himself, to take possession. The Frisbee may never be handed from player to player. In order for the Frisbee to go from the possession of one player to that of another the Frisbee must be at some time free in the air and touching no solid object. Likewise, the Frisbee may not be wrenched from the grasp of an opposing player, or knocked from his hand.

Members of the team which is not in possession of the Frisbee may gain possession in any of three ways: a) a player may catch the Frisbee thrown by a member of the opposite team and gain possession immediately where he catches it; b) a player may strike the Frisbee while in flight with his hand or any part of his body causing it to fall to the ground, gaining possession where the Frisbee falls and stops; or c) a team gains possession of the Frisbee where it falls and stops whenever a member of the opposing team throws the Frisbee and it is not successfully caught by another member of the throwing team, unless a player on the team not in possession unsuccessfully attempts to catch the Frisbee. If a member of the team not in possession attempts to catch the Frisbee in flight and, in failing, touches the Frisbee with any part of his body or clothing, the Frisbee continues in the possession of the team which threw the Frisbee, where it falls and stops. Cases where there is a dispute as to whether a player tried to catch the Frisbee and missed or merely blocked a shot, never intending to catch, must be decided by the referee or in the absence of a referee on the honor system.

While no player may run with the Frisbee, the player in possession may pivot on either foot, as in basketball. Also as in basketball, any player or players on the opposing team may "guard" a player in possession of the Frisbee and attempt to block his throw (although he may not knock the Frisbee out of the opponents hand). The guarding player may not touch the body or clothing of the player whom he is guarding, nor may he grasp

block his throw (although he may not knock the Frisbee out of the opponent's hand). The guarding player may not touch the body or clothing of the player whom he is guarding, nor may he grasp the Frisbee until it has left the hand of the man attempting to throw, but if he does do so the player throwing may take his throw again from the same spot.

End Zones: Anytime possession of the Frisbee changes from one team to the other and in the course of doing so crosses either goal line, the team gaining possession may choose to begin play at the goal line and may carry the Frisbee to the goal line in their own end zone may elect to bring the Frisbee up to the playing field proper.

Scoring: Play continues until a goal is scored. As soon as a goal is scored the team having scored the goal throws off to the other team of the signal of the referee or the captain of the receiving team. Each time a goal is scored the teams switch the direction of their attack and defend the goal which they have just finished attacking. A team is awarded one point for each goal legally scored, and there is no other way to gain points.

Fouls: No player may strike the body of any other player in an attempt to gain possession or block a shot or a catch. Players must expect a certain amount of body contact when two or more jump up for a high throw. Anytime a player commits a foul by striking the body of another player with any part of his body the team of the player who is fouled has the option of stopping play and taking possession of the Frisbee where it was at the moment when the foul occurred. Fouls are judged by the referee or on the honor system.

Aside from fouls, play may only be stopped by the referee, by agreement of the captains of the two teams, or upon the death of a player who is on the field at the time of his death.

Ground Rules: Before the opening Throw-off the captains of the two teams may agree on any additional ground rules necessary to adapt these rules of Ultimate Frisbee to the physical conditions of their playing field.

A note on team size: While the CHS Varsity Frisbee Squad, developers of Ultimate Frisbee, recommend 7 players as the optimum number for each team, this sport can be played with as many as 20 or 30 for each team, if a large enough field is available. Naturally, the skills needed in the game will diminish as the group gets too large.