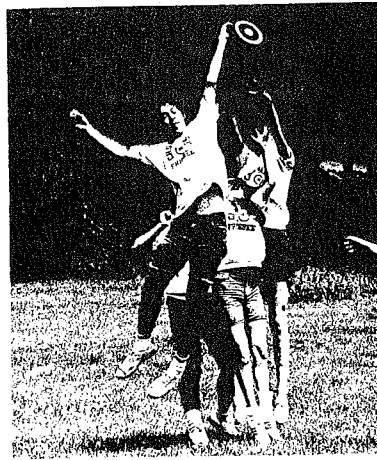


320
CHS VARSITY FRISBEE TEAM

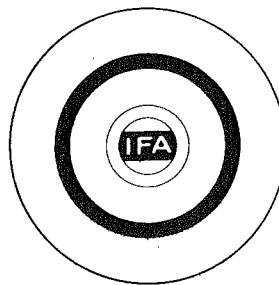


Columbia High School
Maplewood, New Jersey

presents

**ULTIMATE
FRISBEE®**

OFFICIAL RULES



IFA APPROVED

OFFICIAL RULES of ULTIMATE FRISBEE

Ultimate Frisbee is a fast moving, competitive game played by two seven man teams.

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 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. The main playing field for the official Ultimate Frisbee game is 60 yards by 40 yards with unlimited end zones.

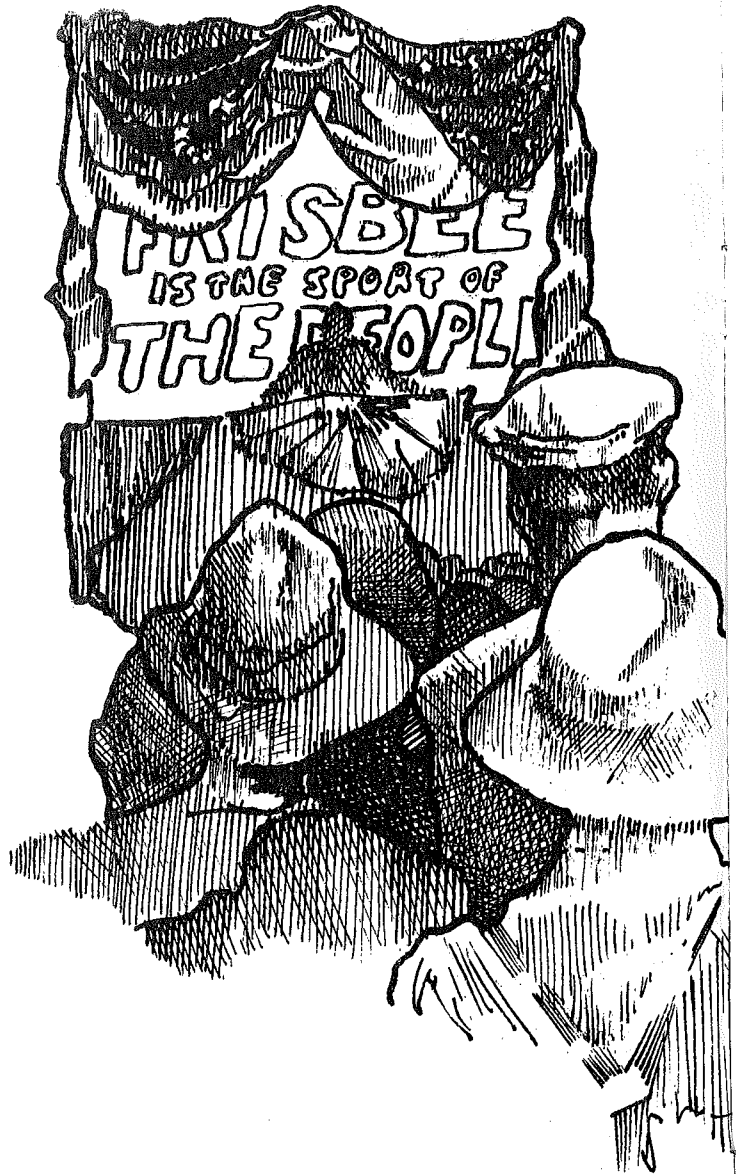
If a pass is completed outside the lateral boundary it is considered incomplete and the team not in possession is given the Frisbee. In order to be considered in bounds, a player must land with both feet touching inside the boundary line. Should the Frisbee be thrown so that it leaves the lateral boundary it is returned to play on the main playing field at the point where it went out of the lateral boundary.

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.

TIME

A game of Ultimate Frisbee lasts for 48 minutes of playing time divided into two 24 minute halves. Half-time lasts for ten minutes and then the second half commences with a Throw-off by the team which received the opening Throw-off. The clock starts after every Throw-off and when the Frisbee is taken into play from out of bounds. The clock is stopped after every goal, for an injury, when a Frisbee goes out of bounds, when a time out is called, and at the end of the first half.



Additional copies of this booklet may be secured upon request by sending 10¢ and a stamped self addressed envelope to:

CHS VARSITY FRISBEE TEAM
Columbia High School
17 Parker Ave.
Maplewood, N.J. 07040

In the event of a tie at the end of regulation time, the team in possession receives a Throw-off from the opposing team starting a five minute overtime. If there is no victor at the end of the overtime, overtimes are continued until the tie is broken at the end of an overtime.

Each team is permitted three time-outs a half, each time-out lasting up to two minutes. In order to call a time-out, the team calling one must be in possession of the Frisbee.

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 is declared the winner. 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 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, 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. 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.** The momentum of the receiver, however, must be taken under consideration. Should a player take steps obviously not required before stopping, he must return to the point where he gained possession and throw the Frisbee from there. 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 or clothing of another player, the Frisbee falls into possession of the team that did not last have possession. In case of a rolling or sliding Frisbee, the Frisbee may be stopped by any player, but may not be advanced in any direction.

As change in possession of the Frisbee occurs, any member of the team gaining the Frisbee may take possession of it. **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 at some time be in the air and touching no solid object. 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 of the Frisbee where it falls and stops; 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. Therefore, members of the team not in possession of the Frisbee gain possession whenever the offensive team does not successfully complete a pass from one member to another member of their team.

While no player may run with the Frisbee, the player in possession may pivot on either foot, as in basketball. Any **single** player 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 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. If he does do so the player throwing regains possession at 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. A player may carry the Frisbee up to the playing field provided that he approach the goal line directly perpendicular to it. Should a team gain possession in the end zone which it is attacking, the Frisbee must be returned to the goal line of that end zone before play may be continued.

FOULS

No player may strike the body of any other player in an attempt to block a throw or a catch. Players must expect a certain amount of body contact when two or more jump up for a high throw. A player throwing the Frisbee is fouled when there is physical contact between himself and a member of the opposing team sufficient to deter the path of travel of the throw.

A player attempting to receive a throw is fouled by any flagrant physical action by an opponent (pushing, clipping, holding, kicking, submarining, etc.) which is sufficient to arouse the ire of the player fouled.

In the event of a foul, the player fouled gains possession of the Frisbee at the point of infraction. Should the foul occur in the end zone, the player fouled gains possession of the Frisbee at the goal line. The call of a foul may be declined by the team against which the foul was committed if they so desire (i.e. the pass is completed anyway).

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 on 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.

SUBSTITUTIONS

Substitutions can be made in only three circumstances: a) after a goal is scored before the next Throw-off; b) to replace an injured player; c) at halftime. Substitutions cannot be made during a timeout.

GROUND RULES

Before the opening Throw-off the captains of the two teams may agree on any additional ground rules necessary. Although the official rules are stated these rules may be adapted to the size of the teams and the physical limitations of the field.

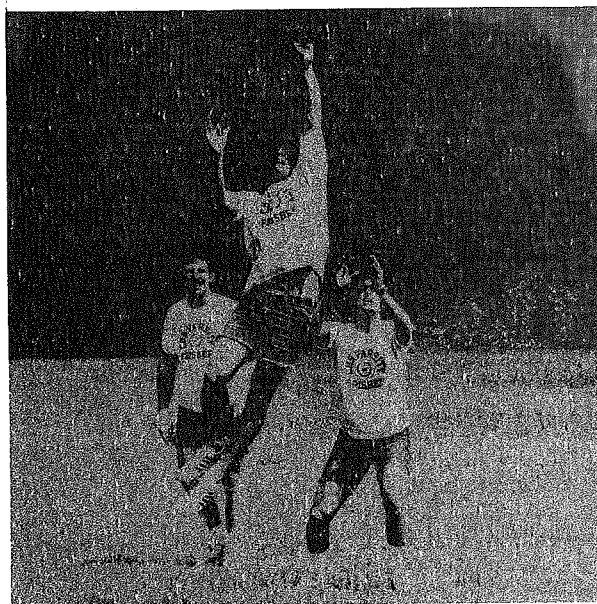
A NOTE ON TEAM SIZE & FIELD SIZE

While the CHS Varsity Frisbee team, developers of Ultimate Frisbee, state that 7 players is the official 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.

Ultimate Frisbee can be played without any lateral boundaries, as it was played originally, however, it is best to choose a field with natural boundaries such as trees, a river or a hill.

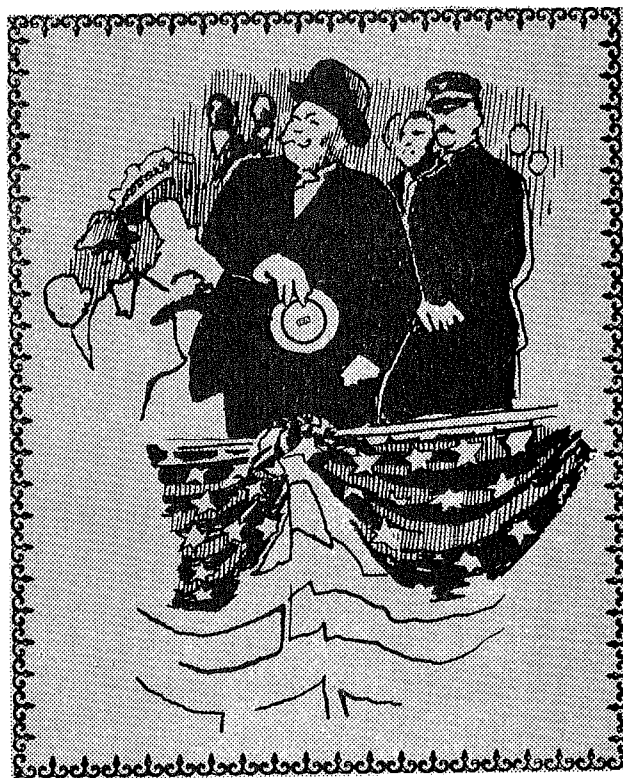
ONE HAND ULTIMATE

As proficiency with Ultimate Frisbee increases, a "one-hand only" form of the game can be tried. In this variation the Frisbee may be caught cleanly in one hand only. If two hands are used or if the player's body is employed to "trap" the Frisbee in any way, possession of the Frisbee is forfeit to the opposing team. The restriction applies to both teams, but a defending player may still use both hands or any part of his body to knock down the Frisbee in flight.



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Our Frisbee Heritage



Prominent politician throws out first Frisbee, 1889.



1971-1972
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