

ULTIMATE**Objectives:**

- ◆ To catch the disc inside the end zone.
- ◆ To throw the disc to a teammate in the end zone.

Essentials:

- ◆ Field
- ◆ Pinnies
- ◆ 1 disc for each game

The Throw-Off:

1. Only five to six players on a team.
2. Make the fields short and narrow. Divide a standard football field into four or five smaller fields.
3. A throw-off will occur after a goal is scored, with both teams switching ends.
4. Starts with six to eight players on their own goal line.
5. No player from team "A" may touch the disc while it is in the air before a player from "B" has.
6. Team "A" throws it to team "B":
 - a. If "B" catches it, they may start immediately at that point.
 - b. If "B" attempts to catch the disc but drops it, "A" takes it at that point.
 - c. If "B" lets it hit the field, they take it at that spot.
 - d. If the disc goes out of bounds, "B" can choose to take it at that spot or have "A" throw it again.
 - e. If the throw goes into the end zone, "B" takes it on the goal line.

How to Play Offense:

1. Must attempt to throw and catch the disc. If the disc is not caught by the offense for whatever reason, the defense takes possession where it first lands.
2. May toss the disc in any manner.
3. The disc may not be handed from one player to another.
4. Players may not take steps once they are in possession. However, momentum must be taken into consideration when a player catches the disc and takes a step or two while trying to stop.
5. A player with possession may use one foot as a pivot.
6. If the disc is dropped, thrown out of bounds, or not caught, the defensive team takes possession at that point.
7. The thrower may not push the defensive person out of the way.

<p>JULIAN SPORTS</p>	<p>ULTIMATE FRIZBEE</p>
<p>HOME</p> <p>PADDLEBALL</p> <p>Ultimate Frisbee</p> <p>VOLLEYBALL</p> <p>SOCCER</p> <p>FITNESS</p> <p>BASKETBALL</p> <p>Softball</p> <p>Lacrosse</p> <p>Badminton</p> <p>Floor Hockey</p> <p>FIELD HOCKEY</p>	<p style="text-align: center;"><u>Ultimate Frisbee Study Guide</u></p> <p>The Object of the Game: The object of this game is to pass the frisbee to a teammate who is positioned in your opponents endzone. A persons natural momentum may also take them into the endzone for a score. Official games are played up to 21 points with two point lead with seven players on a team.</p> <p>General Rules:</p> <ul style="list-style-type: none"> • You may never hand-off the frisbee • The frisbee may be thrown any direction • Each game begins with a throw off • The defensive team gains possession whenever the offensive team's pass is incomplete or drops to the ground. • An offensive player may retain possession if the defense fouls the offense before the frisbee hits the ground. • When the frisbee drops to the ground over the goal line the other team should take the frisbee out at either corner of the goal line. • Each score is worth one point • All players compete <p>The Field:</p> <p>A rectangular- shaped field with two end zones. A regulation field is 70x40 yards.</p> <p>Violations:</p> <ul style="list-style-type: none"> • Walking or running with the frisbee • Body contact • Changing the pivot foot • Taking or grabbing frisbee from the opponent's hand

8. The thrower may not catch the disc again after it has been released.
9. The thrower has only 10 to 15 seconds of possession time. If the disc is held longer, the defense gets possession.
10. A point is scored if the disc is caught while both feet are in the end zone.

How to Play Defense:

1. Only one person may guard the player who has possession of the disc.
2. The disc may not be forcefully taken or knocked away from the offense.
3. Play the disc, not the player with the disc.
4. The defense make the calls and is always right.
5. Can count out loud to let the offensive person know the time of possession.
6. If the defense deflects the disc to the ground, they still gain possession.

Student Tasks:

1. Throw a number of completed passes.
2. Deflect a throw.
3. Directly prevent a score.
4. Throw for a score (assist).

Variations:

1. If the disc is dropped or touched by the defense while trying to catch it, the offense maintains possession. If this occurs in the offensive end zone, then the offense takes possession on the one yard line.
2. Use the Mix 'n Match format.
3. Make the end zone width smaller.
4. Form four teams, join two different teams each new game, and play a three-game round robin.
5. Do not allow anyone to be within 10 feet of the disc when playing defense.

