

# Ultimate Frisbee Study Sheet

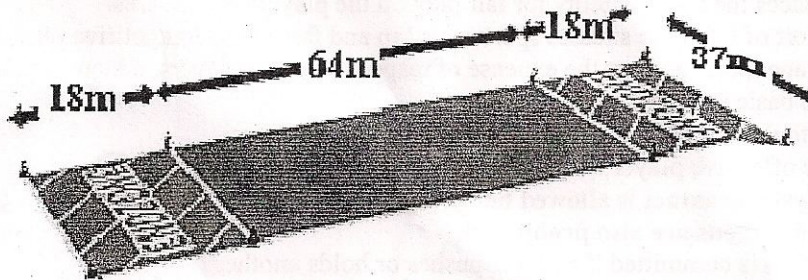
Ultimate is an exciting, non-contact team sport, played by thousands the world over. It mixes the best features of sports such as Soccer, Basketball, American Football and Netball into an elegantly simple yet fascinating and demanding game. To compete at the top level, Ultimate players require an unmatched degree of speed, stamina and agility. Yet the simplicity of the rules means it's easy and fun for newcomers to pick up.



Originating from pie dishes thrown around by American Students, Frisbees have been around most of this century. The sport of Ultimate has its roots in the college campuses of "Sixties America".

## The game: A general description

Ultimate is played between two teams on a large rectangular pitch. A line drawn across the pitch at either end creates two "end zones" (like in American Football). These are the goal-scoring areas. A goal is scored when a team completes a pass to a player who is in the end zone they are attacking.



*Players cannot run with the disc.* When you get the disc you must come to a stop and try to throw it to another player. By passing from player to player, the offense attempts to work the disc up the pitch towards the end zone they are attacking. If the disc hits the ground or is intercepted or knocked down by the other team, then the opposition takes possession (a change of possession is called a "turnover"). Possession also changes if a receiver is outside the playing area when he or she catches it.

The defending team attempts to stop the team with the disc from making progress up field by "marking" them. The defense makes every effort to stay with the offense in the hope of forcing a turnover.

## Pull

- The "pull" is used to begin a game, a half and after a score, same as the kickoff in football. This occurs when one team throws the Frisbee from one end zone to the receiving team at the opposite end zone.
- After a team scores, they remain in the end zone, and the other team must walk to the far end zone to receive the pull (this prevents either team from having an advantage over their opponent due to wind, sun, etc).
- The team that scored pulls to the other team.
- The receiving team begins play from wherever they pick up or catch the Frisbee, even if it is on the ground.

## Turn-over

- A turnover occurs when the defensive team intercepts (catches) the Frisbee.
- A turnover occurs anytime the Frisbee touches the ground.