

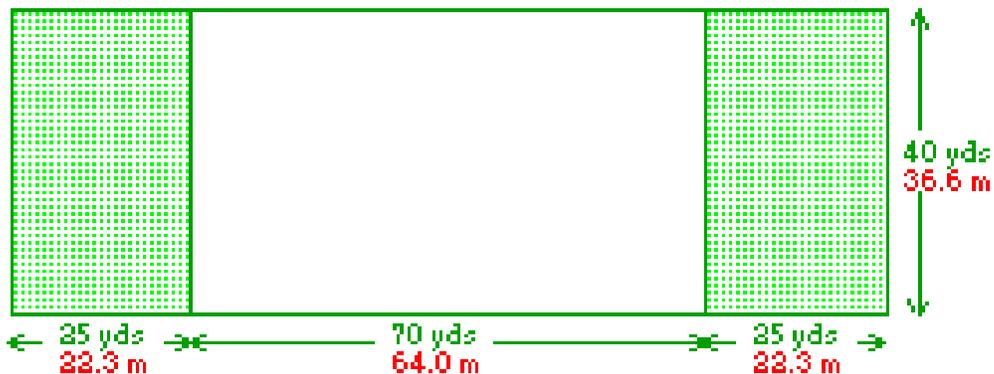
# Rules of Playing Ultimate Frisbee

## Ultimate Frisbee - History

The game of **Ultimate Frisbee** was invented by a group of high school kids at Columbia High School in **Maplewood, NJ** in the late 1960s. The original rules allowed for 20-30 players on each team. The rules also allowed for players to run with the disc and included a line of scrimmage and a series of downs, like football. The rules were eventually changed so there were only seven players on a team. Running with the **Frisbee** was also eliminated and the series of downs were taken out. The game grew in popularity in the 1970s and is now played by thousands of people around the world.

## Ultimate Frisbee - The Rules

- **The Disk** - Regulation ultimate Frisbee disks are 175kg.
- **The Field** - an official Ultimate Frisbee field is 70 meters by 36.6 meters, with 22.3 meter end-zones. However, if you can't find that much space, you can always mark a field a little shorter, depending on what you've got to work with.



- **Spirit of the Game** - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
- **Starting and Scoring** - To start a point, the defending team "pulls" (throws) the disc from their end zone to the offensive team, who stand in the opposite end-zone. The object of the game is for a team

to connect passes down the field until the disc is caught in their opponents' end zone, scoring one point. Teams change ends at the end of each point. Games are usually to 15 or 21, with a time cap of around 90 minutes, but play as long or as short a game as you like.

➤ **Movement of the Disc**

- The disc may be advanced in any direction by completing a pass to a teammate.
- Players may not run with the disc.
- The person with the disc ("thrower") must have one pivot foot planted.
- No momentum touchdowns (you can't run into the end-zone and claim momentum). One foot must be down in bounds for the catch to be complete.
- A tie disc (one caught simultaneously by offense and defense) will go to the offensive team.
- The disc may fly in and out of bounds.

➤ **Change of Possession**

- When a pass is not completed (e.g. the disc goes out of bounds, drops, is blocked, or intercepted), the defense immediately takes possession of the disc and becomes the offense.
- A turnover in the end-zone will be brought out to the goal line. The offensive player, with the disc, must plant a pivot foot on the goal line.

- A turnover on the side will be brought to the place where the disc left the field of play if the defense has not touched the disc. If the defense has touched the disc, it is brought into play at the nearest point on the sideline.
  
- **Defending** - A defensive player must be one disc-width away from the offensive player. The defender guarding the thrower counts out the stall count to 10 seconds. Only one defensive player may guard an offensive thrower.
  
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- **Fouls**
  - When a player initiates contact on another player or if a pick or screen occurs a foul is called by the player(s) involved. When a foul disrupts possession, the disk goes back to the team that was on offense at the time.
  
  - If the player committing the foul disagrees with the foul call, the play is redone.
  
  - At the time of the foul, both the offense and the defense shall freeze.
  
  - The defensive player will tap the disc to signal that play has resumed after the foul has been resolved.
  
  - Players are responsible for their own foul calls and line calls. Players resolve their own disputes. The player catching the disc will make the final call.

### Useless Frisbee Facts

- Before the invention of the plastic flying disc, or **Frisbee**, people threw around metal pie tins from the **Frisbie Baking Company** of Newport, Connecticut. That's how the modern-day Frisbee was given its name. These metal pie tins were fun to toss around but people would often cut their hands on the edge of the metal tins.
- The first plastic flying disc, later to be called the **Frisbee**, was invented in California in 1948.
- Since the invention of the Frisbee, more than 200 million have been sold worldwide. It's estimated that more Frisbees are sold each year than footballs, basketballs and baseballs combined.

