

Frisbee Games

Ultimate Frisbee

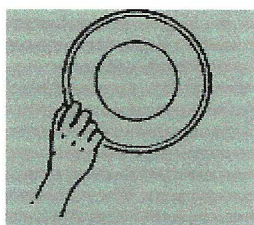
1. **The Field** -- A rectangular shape with end-zones at each end. A regulation field is 70 yards by 40 yards, with end-zones 25 yards deep.
2. **Start of Play** -- Each point begins with both teams lining up on the front of their respective end-zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's end-zone, the offense scores a point. Play is initiated after each score.
4. **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") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Non-contact** -- No physical contact is allowed between players. A foul occurs when contact is made.
7. **Fouls** -- When a player makes contact on another player a foul occurs. If the player committing the foul disagrees with the foul call, the play is redone.
8. **Self-Refereeing** -- Players are responsible for their own foul calls. There are no Referees in the game of Ultimate Frisbee.
9. **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.

Additional Rules:

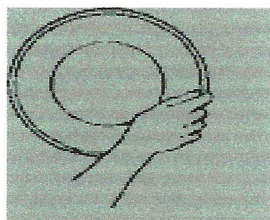
- A block is defined as a downward swat at the disc in an effort to prevent the offense from catching the disc.
- A player catching the frisbee is allowed to take up to three momentum steps as they slow down to catch the frisbee.

Learning the fundamentals of throwing!

After mastering a few techniques, more advanced moves will come easily. Remember to step towards your target, or shift your weight from your back foot to your front foot while throwing. Concentrate on rotating your shoulders, hips and legs through to the point of release, and end with a natural follow through. Keep your arm straight for distance, or bend your elbow and exaggerate the snap of your wrist at the end of the throw for greater spin on the disc. Adjust the angle of your release for accurate throwing.



The most common throw is the Backhand release. Stand sideways toward your target, and grip the disc by placing four fingers under the rim of the disc and your thumb on top. Reach across the front of your body, then swing your arm back, releasing the disc towards your target. Tilt the outside edge of the disc down slightly (approx. 30 degrees) upon release and follow through!



The Thumber is much like the Side-Arm except for the grip. Stand sideways toward your target, and this time place the thumb in the rim with four fingers on top of the disc. Again, swing your arm along the side of your body, waist-high, snapping the disc toward the target. Slightly tilt the outside rim down upon release.

