

DISC SPORTS

The Rules of Ultimate

OVERVIEW

Ultimate is a fast-moving field sport played by two seven-person teams. It is played on a field similar to a football field, with an endzone at each end of a rectangular playing field. The object of the game is to score goals by passing the disc from teammate to teammate until a pass is caught in the opponent's endzone, for which one point is awarded. Running with the disc is not allowed; upon catching a pass, a player must stop running and establish a pivot foot before attempting the next pass. The disc may be thrown in any direction and there is no offsides. The first team to reach 21 points is declared the winner. On defense, no overt contact or tackling is allowed. Rather, while the team in possession of the disc is advancing toward an endzone, the defending team tries to force a turnover by guarding the thrower and potential receivers. A turnover occurs whenever a pass is not completed — whether it is dropped, caught or knocked down by an opposing player, caught by any player out-of-bounds, or has touched the ground before being successfully caught — at which point possession immediately is awarded to the opposing team.

The use of a flying disc in Ultimate adds a dimension not seen in ball games and is one of the elements which makes Ultimate a truly unique team sport. Unlike a ball with its arched trajectory, the disc in the hands of a skilled thrower can be made to curve around a defender or float out in front of a running receiver. An Ultimate game is filled with leaping one-handed catches, short give-and-go passes, field-length bombs and diving blocks and catches.

A second unique feature of Ultimate is that players call their own fouls — there are no referees. This element, the "spirit of the game", is greatly valued by participants, because it creates an etiquette, comradery and sense of sportsmanship not typically found in other sports.

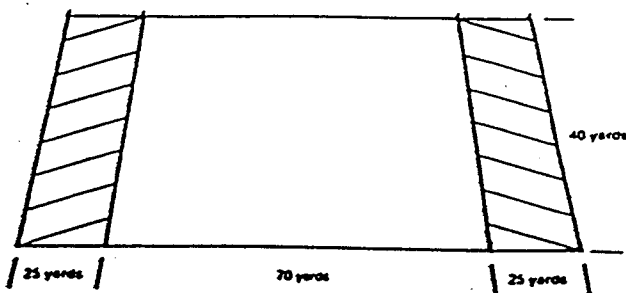
THE GAME

FIELD/EQUIPMENT

1. The field of play is a rectangular area measuring 120 yards in length and 40 yards in width. The field is segmented into the playing field proper which is 70 yards in length and an endzone of 25 yards in length at either end (see accompanying diagram).
2. The perimeter lines of the field are not considered a part of the playing field and are out-of-bounds.

FIELD OF PLAY

The field of play is a rectangular area with dimensions as shown on the accompanying diagram.



STARTING AND RESTARTING PLAY

1. **Initial Possession:** To begin the game, the captains of each team each flip a disc into the air. The captain so designated calls "same" or "different" while both are still in the air. The team winning the flip has the choice of (a) receiving the initial throw-off, or (b) selecting which goal they wish to defend initially. The team losing the flip is given the remaining choice. The second half begins with the team that received to start the first half, throwing off, and with each team defending the goal it had attacked at the beginning of the game.
2. **Throw off:** A throw off begins play each half and after each goal is scored. Each team must line up on its respective goal line and the receiving team must indicate their readiness by raising their arms before the disc may be thrown. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team. After a goal is scored, the teams switch the direction of their attack (i.e. the team which was scored upon walks to the other goal line) and the team which scored throws off.
3. **Starting Play:** The receiving team begins play at the point of the field where the disc is caught or where it lands on the playing field proper. If the disc crosses the plane of the sideline and lands out-of-bounds, the disc may be put in play (a) on the sideline at the point where it crossed the vertical plane of the sideline, or (b) in the middle of the field perpendicular to the point where the disc crossed the vertical plane of the sideline.
4. **The check:** When play is halted, the player who was in possession of the disc retains possession and all other players must stop as quickly as possible and remain in their respective positions until play is restarted. Play is resumed when the defender covering the thrower (the "marker") hands the disc back to the thrower.

OFFENSE

1. **Thrower:** The disc may only be moved by passing. Before attempting a pass a thrower must establish a pivot foot as in basketball. The thrower has the right to pivot in any direction and may throw the disc in any fashion. If a thrower takes steps or switches his pivot foot, a "traveling" violation may be called by the defender; play is immediately halted and there is a "check" of the disc. A hand-off results in a turnover. In restarting play after a disc has gone out-of-bounds, the thrower establishes his pivot foot at the point where the disc crossed the sideline to go out-of-bounds.
2. **Receiver:** After catching a pass, the receiver is allowed only the fewest number of steps required to come to a stop and establish a pivot foot. On sidelines, the first point of contact establishes whether the pass is caught in-bounds or not. When questionable, the player on the field with the best perspective on the play makes the call in or out. The receiver's first point of contact also determines whether a pass is caught in the endzone or not. If a receiver catches a pass in-bounds and goes out-of-bounds because of his momentum, he is considered in-bounds and establishes his pivot foot at the point he crossed the sideline. Picks are not allowed and result in a violation and check of the disc.

DEFENSE

1. **Marker:** The marker may guard the thrower but must maintain room of at least one disc diameter between himself and the thrower at all times and allow the thrower to pivot. The marker, in guarding the thrower, has the right to initiate a 10 second stall count. If the thrower does not release the disc after the marker has established a guarding stance and has counted 10 seconds aloud, there is a turnover and a check.
2. **General:** Double-teaming is not allowed; a second defender must be at least 10 feet away from the pivot foot of a thrower. No defensive player may touch the disc while it is in the hands of an offensive player; if a defensive player does so and causes the offense to drop the disc, it is a "strip" and the offensive player retains possession.

DISC GOLF

Golf presents some of the most interesting challenges of all the disc games. It demands a wide range of throwing skills. Really good scores require both distance and accuracy as well as control of specific flights such as hovers, rollers and skips.

You can learn to play very good golf without actually having a formal course. The game was played on a "make-up-as-you-go" basis for years. Formal courses are great fun though because you can more easily compare your performance over a period of time. You can also develop a knowledge of the specific strategy needed for the best score on each hole.

When beginning to play golf, it is important to not force too hard for extra distance. Good control is the key to consistently low scores.



FOULS AND VIOLATIONS

1. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "foul" loudly immediately after the infraction. A foul may be called by either an offensive or defensive player. If a foul is called, play is immediately halted and there is a check. If an offensive player is fouled, play is resumed at the point of infraction, unless a pass is completed, in which case play continues without interruption. If a defensive player is fouled, the disc goes back to the thrower, unless there is a turnover, in which case possession reverts to the defensive team.
2. In the case of play being halted on account of a foul or violation, the stall count is affected as follows:
Foul on defense: Count resumes at zero
Foul on offense: Count is retained or, if over five, resumes at five.
3. **Length of Game:** The length of game can be adjusted according to constraints. While the official game is to 21 win by 2, with a final point cap at 25, a fewer number of points may be agreed upon beforehand (e.g. game to 11 win by 2, with a cap at 18, or the game may be played to an agreed upon time.

DISC GOLF COURSE RULES

Disc Golf is played like ball golf using a flying disc. One point is counted each time the disc is thrown and when a penalty is incurred. The object is to acquire the lowest score.

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| TEE THROWS | Tee throws must be completed within or behind the designated tee area. |
| LIE | The spot on or directly underneath the spot where the previous throw landed. |
| THROWING ORDER | After teeing-off the player whose disc is farthest from the hole always throws first. The player with the least amount of throws on the previous hole is the first to tee-off on the next hole. |
| FAIRWAY THROWS | Fairway throws must be made with the foot closest to the hole on the lie. The other foot may be no closer to the hole than the lie. A run-up and normal follow-through, after release, is allowed. |
| PUTT THROW | Within 10 yards of the pole, a player may not step past the point of his lie in making his putt throw. Falling or jumping putts are not allowed. |
| COMPLETION OF HOLE | A disc that comes to rest in the Disc Pole Hole™ basket constitutes successful completion of that hole. |
| UNPLAYABLE LIE | Any disc that comes to rest more than 6 feet above the ground is considered an unplayable lie. After declaring an unplayable lie the disc must be thrown from the new lie on the ground, directly underneath the unplayable lie. (1 throw penalty) |
| OUT OF BOUNDS | A throw that lands out of bounds must be played from the point where the disc went out of bounds. Water hazards and public roads are always out of bounds. (1 throw penalty) |
| COURSE COURTESY | Don't throw until the players ahead of you are out of range. |

TEE-OFF ... AND FLY FREELY