

# Ultimate Frisbee

## HISTORY

In the fall of 1968, Joel Silver, a student at Columbia High School proposed a school Frisbee team to the student council on a whim.

While the rules governing movement and scoring of the sport have not changed, the early Columbia High School games had sidelines that were defined by the parking lot of the school and team sizes based on the number of players that showed up. A foul was defined as contact "sufficient to arouse the ire of the player fouled." No referees were present, which often holds true today: most Ultimate matches (even at high level events) are self-officiated.

The first national exposure of Ultimate Frisbee came on the 4th of July weekend of 1970 when a group of Frisbee players from Boston calling themselves the Nat Love Nine, journeyed to Houghton, Michigan for the annual International Frisbee Tournament. The event was chronicled by Sports Illustrated Magazine in their August 3, 1971 edition.

The first collegiate Ultimate club was formed by Sam Weingast when he arrived at Lafayette College in 1970.

## UTIMATE FRISBEE PLAYERS ASSOCIATIONS

USAU: United States of America Ultimate

UPA: Ultimate Players Association

WFDF: World Flying Disc Federation

EFDF: European Flying Disc Federation

UC: Ultimate Canada

## RULES OF ULTIMATE FRISBEE

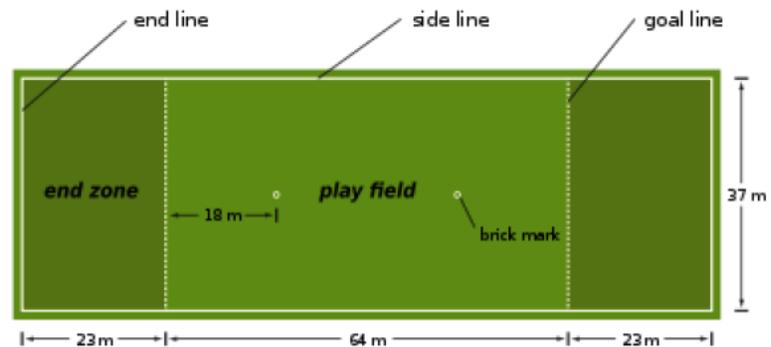
Field: 40 Yards by 120 Yards (7v7)

Rules: THROW OFF/PULL

1. Play starts with a throw off. One team throws the Frisbee to the other.
2. All players must be on or behind their own goal line.
3. As soon as the Frisbee is released all players may cross the goal line.
4. No player on the throwing team may touch the Frisbee in the air before the opposite team touches it.
5. The receiving team may catch the Frisbee or let it fall to the ground untouched and retain possession.
6. If the receiving team touches but does not catch the Frisbee, the other team takes possession at the spot.
7. If the throw off goes out of bounds the receiving team can:
  - \* Take it at the spot
  - \*Have it thrown off again
8. After a goal is scored teams switch ends of the field.

## GAME PLAY

1. A player may throw the Frisbee anyway he wants.
2. The Frisbee can't be handed from one player to another; it must spend some time in the air.
3. No player may walk, run, or take steps while in possession of the Frisbee.
4. If a player takes steps obviously not needed to stop his momentum a foul is called and the Frisbee is checked (held until his team is positioned).
5. The defensive team gains possession of the Frisbee when the offensive team throws an incomplete pass, the Frisbee is intercepted--knocked down--or goes out of bounds.
6. A player may not catch his won throw.
7. Bobbling to gain control is permitted but tipping the Frisbee to oneself is not allowed.



## FOULS

1. Any physical contact during the throw is a foul against the defender.
2. The thrower may not push the defending player.
3. Physical contact during the follow through (after the release of the Frisbee) is not a foul.
4. Players should play the Frisbee -- they may not block, hold, or position themselves to impede another player.
5. Stalling occurs when the player guarding the thrower calls out "stalling" and counts aloud 15 seconds.
6. The Frisbee may not be knocked out of or wrenched from someone's grasp.
7. A foul will result if more than one person guards a player at a time.

## TYPES OF ULTIMATE FRISBEE GAMES

**Traditional:** Game is played by traditional rules written by USA Ultimate (see above list of rules).

**Indoor:** Played on an indoor soccer field, usually 4 v 4 or 5 v 5. The Frisbee is generally, not allowed to be played off of walls. Mostly played in European countries.

**Beach:** Played on the beach with teams of four or five players. There are slightly different rulings but in general the game is very similar to traditional rulings with the exception of where the game is played.

**Intense:** This game is a more difficult version Ultimate played in an Urban setting for people who don't have a lot of grass space to play on. It is a half field version of Ultimate using only one end zone.

**Street:** No set player limit and is played mostly as a pick up game. Rules are usually disregarded so the game becomes a slightly rougher style of Ultimate.

**Ice:** Ultimate played on an ice hockey rink with skates and with little protective gear. However more movement is allowed since the game is played on ice.

**Irvine:** Played in Irvine California, played at night with a light up disc. Uses "The Quan" (a person that designate equal playing teams) and "The Danny" (a person that chooses to be picked last so that no feelings are hurt). Encourages a healthy play atmosphere and played on half a soccer field with end zones being the sidelines.