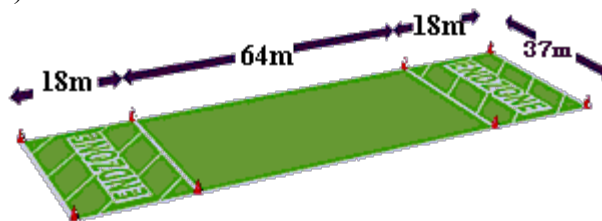


Ultimate Frisbee

The Game

Each team plays seven players at a time on a field about the size of a soccer field (our fields will be smaller). 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 standing (or more likely running) in the end-zone they are attacking (again similar to American Football).



****Note**** For Junior we will be using half the field.

Players cannot run with the disc. When you get the disc you must come to a stop and try to throw it to a teammate. By passing from player to player (in any direction), the offence attempts to work the disc up the pitch towards the end-zone they are attacking.

Meanwhile, the defenders are trying to intercept it or cause you to throw an incompletion so that they can take over on offence. If the disc hits the ground, is intercepted, or knocked down by the other team, then the opposition takes possession (a change of possession is called a “turnover”, like American Football). Possession also changes if the disc is thrown out of bounds.

The defending team attempts to stop the team with the disc from making progress upfield by marking them (as in soccer or basketball). The theory is that the offence won't want to pass to a player who is being marked closely, as it's likely to result in an interception. So it boils down to the offence players trying to get free of their markers to receive a pass, while the defence makes every effort to stay with them in the hope of forcing a turnover.

Check out this link below to see a short video that covers the basics described above. There are also step by step lessons if you are interested in learning more or want ideas for how to teach this to students.

<http://gymclassultimatefrisbee.com/about/lesson-1-preparing-for-the-game/>

The Rules

Ultimate in 10 simple rules

1. **The Field** — A rectangular shape with endzones at each end.
2. **Initiate Play** — Each point begins with both teams lining up on the front of their respective endzone 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 endzone, 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. **Substitutions** — Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** — When a defender accidentally hits or contacts the player holding the disc this is a foul. When this happens the disc is given back to the player who had it and the stall count begins again at zero.
9. **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes. For the purposes of this tournament coaches can help with this process.
10. **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.

Spirit of the Game

Ultimate is essentially non-contact; any contact between players can be declared a foul. There’s a variety of other minor violations, but that’s the big one. Ultimate is unique in that it is refereed by the players themselves, even at World Championship level, according to a code of conduct known as “the Spirit of the Game”. This places the responsibility for fair play on the players themselves. In that respect, playing Ultimate is a completely different experience to playing other sports.

Please encourage your students to follow the idea of “spirit of the game”. Having positive spirit is about playing hard but also playing fair. It is about encouraging your own team, and

appreciating when someone on the other team has made a good play. As this will be a new game for most students participating, and they will not know all the rules, please encourage them to ask questions and to support each other in learning as much as possible. Every game should end with teams lining up and shaking hands (or giving high fives).

Ultimate Frisbee Throws

Ultimate frisbee is played with a disc that is 175g. There are two basic throws; the backhand and the forehand. The information below comes from this webpage <http://ultimatefrisbeehq.com/ultimate-frisbee-throws/> and if you go to webpage there are videos and picture to help with the explanation.

Backhand – The easiest and probably most commonly used throw. It is the most generic and natural way to throw a disc. You will put four fingers in the cup of the disc with your thumb on top. If you are a righty you would stand straight up, twist to the left, bend your wrist and elbow in front of you so they are in front of the disc. Then un-do all of that in one steady motion releasing the disc. Try to keep the disc as level as possible and to give it spin. Remember that most of the spin comes from bending your wrist then snapping it. I exaggerated the throw by pulling back far and extending my arm after the throw to help show the motion. As you get better you will use less wind-up and less extension. Backhand can be used for short, medium, and long-range passing.

Here is a video about the backhand - only 1.40 long <https://www.youtube.com/watch?v=zOMtYnNUEzE>

Forehand (Flick)- A flick is easy, but takes some practice and commitment. This is the most efficient throw in Ultimate because it uses the least amount of energy and can be thrown in milliseconds. Put 2 fingers (Pointer & middle) under the disc and your thumb on top. Throw as if you were trying to skip a flat rock on water. Keeping the disc parallel with the ground is really important. The key element to the flick throw is the spin you put on the disc. Do this by pulling your wrist as far back as it will go and snapping it forward while bringing your arm through the motion. The disc should wrap around and “fling” off your two fingers. I guarantee it will take a few hundred tries to perfect. It will be worth the time. We have an entire page dedicated to teaching beginners how to flick. Good for short, medium, and long range.

Here is a video about the forehand – 6.10 but the first few minutes covers the basics <https://www.youtube.com/watch?v=lgUyW5aGC2U>

Tournament Logistics

Where: James St. Fields

When: June 13 or 15th, Depending on your date. 9:45 – 2:25

What to Bring: Comfortable clothing to run in, running shoes, water, snacks, extra socks, sun hat, sunscreen, warmer clothes in case it gets cold or windy, umbrella for shade. Please have a team set of jerseys; as well, please bring an extra set of pinnies just in case you play a team that is similar in colour.

Divisions: Junior Boys, and Junior Girls

Since there are 7 players on the field at one time, anywhere from 10-14 students would be recommended to be on each team to allow for substitutions.

Sprit of the Game – This portion needs to be highlighted when developing Ultimate with your students. As you can see, it is self regulated, no refs, so understanding and respecting the opposing team is at the focal point of this activity.

References

<http://www.whatisultimate.com/what-is-ultimate/>

<http://gymclassultimatefrisbee.com/about/lesson-1-preparing-for-the-game/>

http://www.usultimate.org/about/ultimate/spirit_of_the_game.aspx

<http://ultimatefrisbeehq.com/ultimate-frisbee-throws/>