

Ultimate

Description:

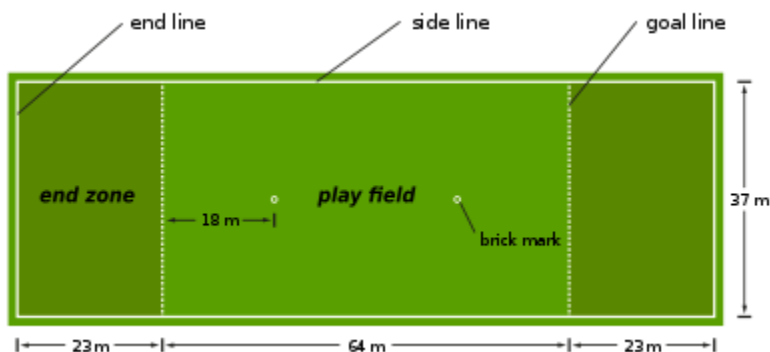
Ultimate is a non-contact sport played by two seven player teams. The object of the game is to score goals. The disc may only be moved by passing as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone which that team is attacking.

Spirit of the Game:

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.

In Ultimate, an intentional foul would be considered cheating and a gross offense against the spirit of sportsmanship. Often a player is in a position where it is clearly to the player's advantage to foul or commit some violation, but that player is morally bound to abide by the rules. The integrity of Ultimate depends on each player's responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly.

Playing Field



The playing field may have any surface (although well trimmed grass is suggested) which is essentially flat, free of obstructions and holes, and affords reasonable player safety.

The playing field proper is the playing field excluding the end zones.

The goal lines are the lines which separate the playing field proper from the end zones and are part of the playing field proper.

Skills:

Backhand or Cross Body Throw

Overhand or Wrist Flip

Chicken Wing or Thumb Throw

Sidearm or Two Finger Throw

<http://www.youtube.com/watch?v=S3QUO4StfCE&feature=related>

Basic Rules**Length of Game****Time:**

Each half lasts for twenty-four (24) minutes of stopped time. Halftime lasts for ten (10) minutes.

Each overtime period lasts for five (5) minutes of stopped time.

Start of periods of play:

Representatives of the two teams each flip a disc. The representative of one team calls "same" or "different" while the discs are in the air. The team winning the flip has the choice of:

Receiving or throwing the initial throw-off; or

Selecting which goal they wish to defend initially.

The team losing the flip is given the remaining choice.

The second half begins with an automatic reversal of the initial throw-off position.

If overtime periods are needed, the disc flipping procedure is repeated for the first overtime period. The initial throw-off position of subsequent overtime periods is the reverse of the throw-off position that started the previous overtime period.

Points :

A goal is worth one (1) point.

A game with a score of twenty-to-twenty (20-20) goes into overtime, and play continues until a two-goal margin is achieved or one team scores twenty-five (25) goals.

Time-Outs

Each team is permitted two (2) time-outs per half. Each team is permitted exactly one (1) time-out in overtime.

Each time-out lasts up to two (2) minutes.

The player calling the time-out must form a "T" with his/her hands and call "time-out" loudly.

A time-out may be called by either team after a goal and before the ensuing accepted throw-off.

During play, only a player who has established a pivot foot and who has possession of the disc can call a time-out.

Substitutions

Substitutions can be made only:

After a goal and before the ensuing accepted throw-off.

Before the beginning of a period of play;

To replace an injured player(s).

Starting and Restarting Play**Throw Off**

Play starts at the beginning of each period of play and after each goal with a throw-off.

Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws off.

Positioning prior to the throw-off:

The players on the throwing team are free to move anywhere in their defending endzone, but may not cross the goal line until the disc is released.

The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.

The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.

As soon as the disc is released, all players may move in any direction.

No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.

If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from the spot.

If the receiving team allows the throw-off to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops. If the disc initially lands in-bounds, then goes out-of-bounds, the receiving team gains possession at the point on the playing field proper nearest to where the disc first went out-of-bounds.

The throwing team is not allowed to touch/catch the throw until after the receiving team has had first possession.

Out-of-bounds

To start or restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point of the playing field proper nearest where the disc last crossed the perimeter line, and put the disc into play at that point.

Endzones

If a team gains possession in the endzone which it is defending:

The player taking possession must make the immediate decision to either:

Put the disc into play from that spot, or carry it directly to the closest point on the goal line and put it into play from there.

If, as a result of a pass from a teammate, a player receives the disc in the endzone which they are defending, that player does not have a choice of advancing the disc to the goal line.

If a team gains possession in the endzone which it is attacking, the player taking possession must carry the disc directly to the closest point on the goal line and put the disc into play from there.

Scoring

A goal is scored when an offensive player completes a pass to a teammate in the endzone which his/her team is attacking.

In order for the receiver to be considered in the endzone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the endzone.

A player cannot score by running into the endzone with the disc. Should a receiver's momentum carry him/her into the endzone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.

A player must be completely in the endzone and acknowledge that s/he has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.

Turnovers

An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.

A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.

The following actions result in a loss of possession and a check:

If the marker's count reaches the maximum number;

If the disc is handed from player to player;

If the thrower intentionally deflects a pass to him/herself off another player;

If the thrower catches his/her own throw. However, if the disc is touched by another player during its flight it is considered a complete pass and is not a turnover.

The Thrower

The thrower is the offensive player in possession of the disc, or the player who has just released the disc. The thrower has 10 seconds to release the disc or a turn-over occurs.

The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.

If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.

The thrower may throw the disc in any way s/he wishes.

A defensive player who establishes possession of the disc becomes the thrower, but may not throw the disc before s/he establishes a legal pivot foot. To do so is a travelling violation.

The Marker

Only one defensive player may guard the thrower at any one time; that player is the marker.

The marker may not straddle (i.e., place his/her foot on either side of) the pivot foot of the thrower.

There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into this area once it is established.

The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

The Receiver

The receiver is any offensive player either in the act of catching the disc, or not in possession of the disc.

Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself (i.e., tipping, delaying, guiding, or brushing) in order to advance the disc is considered travelling and is not allowed.

After catching a pass, if the receiver was in motion, is allowed 2 steps to come to a stop and establish a pivot foot. If the receiver was stationary, he/she is not allowed to take any steps.

If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.

Fouls

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 foul has occurred.

The player initiating contact is guilty of a foul.

Violations

A violation occurs when a player violates the rules in a manner which does not result in physical contact. (e.g. illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out-of-bounds, etc.) The non-fouling team gains possession.

Travelling:

If the receiver obviously takes more than two steps to stop after catching a pass, that player has traveled.

Strip:

No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession calls "Strip."

Double-Team:

Only one marker is permitted to guard the thrower.

No other defensive player may establish a position within three(3) meters of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.

Positioning

It is the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately positioned opponents constitutes harmful endangerment, a foul, and must be strictly avoided.

Picks:

No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a "pick".

Etiquette

If a foul is committed and not called, the player who commits the foul should inform the infractioned player of the foul.

It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off.

If the receiving team wishes to have an out-of-bounds throw-off re-thrown, they should give the re-throw signal as soon as possible.

It is a violation against the spirit of the game for a defensive player to call for a pass from the thrower.

Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.

In the case where a novice player commits a violation out of sincere ignorance of rules, it is common practice to stop play and explain the violation.

Clarifying Statements

There are no scrimmage lines or off-sides (except on throw-offs) in Ultimate.

The disc may be passed in any direction.

A rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. (no player may kick the disc) Possession is gained where the disc stops.

No defensive player may ever pick up the disc.



