

ULTIMATE FRISBEE

SALEM COMMUNITY HIGH SCHOOL

RULES

PULL

To begin play the ultimate players from each team line up on their end zones and the defense team pulls (throws) the disc to the other team as a “kick-off”. Pulls are long throws, and they are thrown in efforts of giving the offensive team poor field position and a chance for the defense to get down the field soon enough to stop advances.

The team that pulls to start the game is usually decided in a manner similar to a coin toss. Instead of using a coin often an ultimate Frisbee disc is used.

MOVEMENT OF THE ULTIMATE DISC

The disc may be moved in any direction by completing a pass to a teammate. After catching a pass, a player is required to come to a stop as quickly as possible, and then can only move their non-pivot foot. A common misconception is that a player must setup a pivot foot before they can throw the disc. In fact, the player can throw the disc before stopping within the first couple steps after they gain possession of the disc.

Upon receiving the disc, a player has ten seconds to pass it. This period is known as the “stall”, and each second is counted out (a stall count) by a defender (the marker), who must be standing within ten feet of the thrower. A player may keep the disc for longer than ten seconds if no marker is within ten feet, or if the marker is not counting the stall: if there is a change of marker, the new marker must restart the stall from zero.

SCORING

A point is scored when a player catches a pass in the end zone his team is attacking. In older versions of the rules, only offensive players could score. However current rules allow a defensive team to score by intercepting a pass in the end zone they are defending.

After a point is scored, the teams exchange ends. The team who just scored remains in that end zone and the opposing team take the opposite end zone. This can be commonly referred to in the phrase: “Losers walk.” Play is re-initiated with a pull by the scoring team.

CHANGE OF POSSESSION

An incomplete pass results in a change of possession. When this happens the defense immediately becomes the offense and gains possession of the disc where it comes to a stop on

the field of play, or where it first traveled out of bounds. Play does not stop because of a turnover.

Reasons for turnovers:

Throw-away - the thrower misses his target and the disc falls to the ground

Drop - the receiver is not able to catch the disc

Block - a defender deflects the disc in mid flight, causing it to hit the ground.

Interception - a defender catches a disc thrown by the offense.

Out of Bounds - the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds.

Stall - a player on offense does not release the disc before the defender has counted out ten seconds.

STOPPAGE OF PLAY

Play may stop for the following reasons:

Fouls

A foul is the result of contact between players, although incidental contact (not affecting play) does not constitute a foul. When a foul disrupts possession, the play resumes as if the possession were retained.

Violations

A violation occurs when a player violates the rules but does not initiate physical contact. Common violations include traveling with the disc, double teaming, and picking (moving in a manner so as to obstruct the movement of any player on the defensive team).

Time outs and half-time

Each team is allowed two time outs per half. The halftime break occurs when one team reaches the half-way marker in the score. Since most games are played to odd numbers, the number for half-time is rounded up. For instance, if the game is to 13, half comes when one team scores 7. A break may also occur if an injury occurs.

Injuries

Play stops whenever a player is injured – this is considered an injury time-out. The injured person must then leave the field, and a substitute may come in. If an injured player is substituted for, the opposing team may also substitute a player.

Weather

While Ultimate may be played in a myriad of weather conditions including heavy rain and deep snow, nearby lightening should result in stoppage of play.

Substitutions

Teams are allowed to substitute players after a point is scored or for injured player after an injury time-out.

Refereeing

Players are responsible for foul and line calling. Players resolve their own disputes. This creates a spirit of honesty and respect on the playing field. It is the duty of the player who committed the foul to speak up and admit his infraction. Occasionally, official observers are used to aid players in referring.

ULTIMATE FRISBEE STRATEGY

OFFENSE

Teams employ many offensive strategies with different goals. Most basic strategies are an attempt to create open lanes on the field for an exchange of the disc between the thrower and the receiver. Organized teams assign positions to the players based on their specific strengths. Designated throwers are called *handlers* and designated receivers are called *cutters*. The amount of autonomy or overlap between these two positions depends on the make-up of the team.

Many advanced teams develop specific offenses that are variations on the basics in order to take advantage of the strengths of specific players. Frequently, these offenses are meant to isolate a few specific players in one-on-one situations, allowing them more freedom of movement and the ability to make most of the plays, while others play a more supportive role.

Players making cuts have two major options on how they cut. They may cut towards the disc in an attempt to find an open avenue between two players for a short pass, or they may cut away from the disc towards the deep field. The deep field is usually sparsely defended but requires the thrower to throw a huck (a long down field throw).

DEFENSE

One of the most basic defensive principles is the **force**. In this Ultimate Frisbee strategy, the marker effectively cut's off the handler's access to half the field, by aggressively blocking only one side of the handler and leaving the other side wide open. The unguarded side is called the force side because the thrower is generally forced to throw to that side of the field. The guarded side is called the break-force side because the thrower would have to "break" the force to throw to that side.

This is done because, assuming evenly matched players, the advantage is almost always with the handler and against the marker. It is relatively easy for the handler to fake out or outmaneuver a marker who is trying to block the whole field. On the other hand, it is generally possible to effectively block half the field.

The simplest and often the most effective Ultimate Frisbee defensive strategy is the **one-on-one** defense (or otherwise known as "man-on-man", or simply "man"), where each defender guards a specific player, known as their "mark". The one-on-one defense emphasizes speed, stamina, and individual positioning and reading the field. Often players will mark the same player throughout the entire game, giving them an opportunity to pick up their opponent's strengths and weaknesses as they play.

With a **zone** defense strategy, the defenders cover an area rather than a specific person. The area they cover moves with the disc as it progresses down the field. The zone defense is specifically used when the other team is substantially more athletic (faster) making one-on-one difficult to keep up with, because it requires less speed and stamina. It is also useful in tournaments to avoid tiring out the team, or when it is very windy and long passes are more difficult.