

Ultimate Frisbee Notes

Revised 11/14

The Field



How to Begin Play

Each point begins with both teams lining up on the front of their respective end zone lines.

The defense “throws off” to the offense to begin the game.

Scoring

Offense scores by completing a pass into the end zone of the defense (touchdown).

Both the defense and the offense are allowed in the end zone.

Each touchdown is worth 1 point.

Play begins with the scoring team throwing off after each score.

Moving the Frisbee

The Frisbee may be moved in any direction by completing a pass to a teammate.

The disc may be thrown any number of times in any direction.

The person with the disc (thrower) has five (5) seconds to throw the disc and is allowed 2 steps after catching the Frisbee.

The defender guarding the thrower counts out the “stall” count.

If a team stalls for 5 seconds without throwing, possession goes to the defense at the spot of the stall.

*Ultimate Frisbee is a game of “give and go.” The Frisbee and all players should be in constant motion, passing and cutting to advance the Frisbee down-field using short passes to increase accuracy.

Change of Possession

A pass is incomplete if it is out of bounds, dropped, blocked, batted down, or intercepted.

Whenever a pass is incomplete the defense immediately takes possession of the disk and becomes the offense.

Fouls

Defensive players must remain “double arm’s length” away from offensive players (approximately 6 feet).

No physical contact is allowed between players.

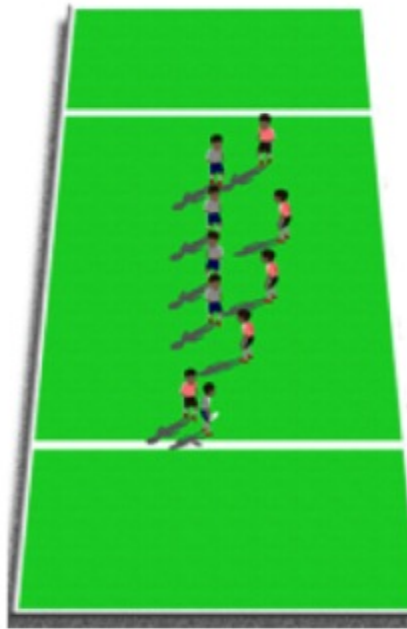
When a player initiates contact on the other player it is a foul.

When a foul is committed by the defense, the offense keeps possession at the spot of the foul.

If a foul is committed by the offense, the defense gets possession at the spot of the foul. Players are responsible for their own foul and line calls.

Offensive Strategy:

“Stack” is commonly used where offensive players line up in a vertical formation and each player makes a cut toward either side in an attempt to lose a defender.



Defensive Strategy:

One-on-one requires each player to choose an opposing player to guard against a mark (defender).

Zone requires each player to cover a zone (area) of the field and be responsible for guarding players within that zone (area).