



***SA Ultimate***

# **ULTIMATE**

**INTRODUCTORY TEACHING GUIDE**

**AGE 13 TO 17 - HIGH SCHOOL**

# Acknowledgments

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- Australian Flying Disc Association – [www.afda.com](http://www.afda.com)
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### Modified rules of Ultimate

#### Aim of the game

Ultimate is a non-contact, self-refereed team sport played with a disc (Frisbee™).

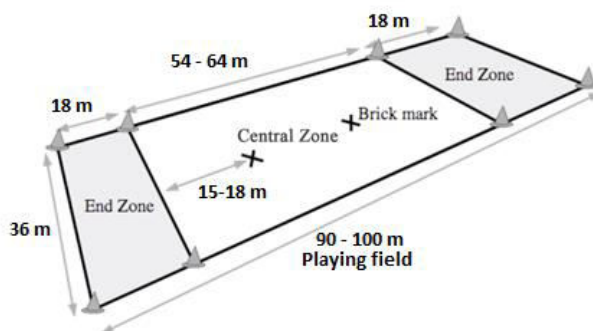
Two teams compete on a rectangular shaped field; at each end of the playing field is an end zone. The team scores by catching it the end zone that they are attacking.

The player with the disc is called the thrower. The thrower may not run with the disc. Instead they move the disc by passing to team-mates in any direction.

The defensive team gains possession of the disc when the offensive team's throw is not caught by a player on the same team. Then the defensive team becomes the offensive team and they can try to score in the opposite end zone.

#### Spirit of the game

Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. There are no external referees; the players are solely responsible for following and enforcing the rules, even at World Championship level. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.



#### Starting the game

Before the start of the game one player from each team will flip a disc, (similar to a coin toss) to determine which team first chooses either:

- Whether to start the game on offense or defense
- Which end you want to start at.

The other team is given the remaining choice.

Each point starts with a "throw-off" called 'the pull' by the defensive team. Each team must remain inside their defending end zone until the pull is thrown.

If the pull lands outside the playing field, the thrower can either start play from the sideline where the disc left the field OR from the brick mark. The thrower indicates they are choosing the brick option by raising one hand and calling "brick".

#### Scoring

You score a goal when you catch the disc in your attacking end zone. The player must be completely inside the end zone. After a goal is scored, play stops and the team that scored stays in that end zone and starts the next point on defense. Effectively, teams change ends each point.

#### Moving with the disc

When in possession of the disc, you are not allowed to run with it. After catching the disc, you must slow down as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot; this is called pivoting. If this is not done a travel is called. A travel is not a stoppage, but the thrower must move back to their original position where they gained possession before continuing play.



### Modified rules of Ultimate

#### Turnovers

A change in possession occurs when:

- A team fails to catch the disc or if the disc is caught out of bounds.
- The disc is intercepted or knocked to the ground by a defensive player.
- The disc is handed to another player without being thrown.

When a turnover occurs in the end zone, the players may bring the disc up to the goal line, directly in line with where the disc came to rest. Play can immediately resume when a turnover occurs in the central zone.

#### Defence

Defence is played Man-on-Man, where possible gender match ups are recommended. Defenders must be one (1) metre away from the thrower when in possession of the disc. Any other defender must be more than three (3) metres away. A double team is not allowed.

You are not allowed to screen, guard or shepherd other players on the field.

#### Stall Count

The stall count is a time limit given to the offensive player in which they must throw the disc, but is only valid when the marker administers it.

To start a stall count on the thrower, the defender must say "stalling" and then counting from one (1) to ten (10). The interval between each number must be one (1) second.

If the defender is counting too fast, the thrower may call a rule violation by saying "fast count". The marker must then subtract two (2) from their stall count and continue the count.

#### Out of bounds

When the disc travels and comes to rest outside of the playing field perimeter, it is then deemed out of bounds. When the disc lands out of bounds, the thrower must start play from the sideline where the disc went out. If the disc passes out the back perimeter line of the end zone, the thrower must bring the disc up to the goal line directly in line with where it left the field. If the disc passes out the side of the end zone, players must bring the disc up to the nearest corner of the goal line and central zone perimeter line.

#### Making a call

A Call is made when a foul or rule violation has been made. Ultimate is self-refereed; therefore, the players on the field are in control of the rules and play. They must make a call if they believe a player has made a breach of the rules. When a call is made, play is either stopped or adjusted according to the call that has been made. When making a call, make it loud and clear so that players on the field can hear it and respond accordingly.

##### Calls that STOP play

- "foul"
- "strip"
- "pick"

##### Calls that ADJUST play

- "double team"
- "fast count"
- "travel"



### Modified rules of Ultimate

#### Fouls

When a Foul is called, play must stop and all players on the field must remain in the position they were when the foul occurred. A foul is deemed by the following:

- Dangerous play; reckless disregard for the safety of fellow players.
- Player to player contact; e.g. when the defender contacts the receiver in any way before or during an attempt to catch the disc. (E.g. contests for a high disc are allowed, players may attempt as long as no contact is made)
- Strip foul; when the defender hits or takes the disc out of the offensive player's hands (the disc is considered part of the offense player).

#### Resuming play after a stoppage

When play is stopped due to a FOUL call. Play must resume with a disc or ground check. The disc is required to be "checked in" by the nearest defender within reach or tapped on the ground; called a ground check. A disc or ground check is required when a call is made for a foul or rule violation.

A disc or ground check is required after any game interruption or discussion between teams has taken place. This may occur for a rule clarification or injury reasons. The disc or ground check ensures both teams are ready to recommence play.

#### Things to remember

- Ultimate is a non-contact sport. Physical contact should always be avoided.
- Contact that is dangerous or affects the outcome of the play is a foul.
- The thrower may not be defended by more than one (1) player at the same time. (double team)
- The defender may not come closer than one (1) metre from the thrower. (Disc space)
- The defender may not hit or grab the disc out of the thrower's hand. They may however try and block the disc with their hands after the disc has been thrown.
- If opposing players catch the disc at the exact same time, the offensive player gets possession of the disc.
- Players aren't allowed to place blocks or screens to obstruct the path of defensive players. (Pick)
- If the disc rolls along the ground, possession must be taken from the point where the disc comes to rest. Unless it is in the end zone – this is then taken directly up to the goal line. \*does not apply on a Pull.
- When a call is made, play stops and players must stay in the position they were when the call was made.
- After a call is made, a discussion (if required) takes place to decide the outcome of the disc.
- Pivoting is allowed as long as the pivot foot remains in firm contact with the ground - lifting or dragging the pivot foot is not allowed otherwise resulting in a "travel".
- A player who picks up the disc to resume play must throw the first pass. They must retain possession and cannot hand it to another teammate to restart play. (Turnover)



### Ultimate lingo

**Backhand** – A throw from across your body with your fingers curled under the rim. The simplest way to throw the disc and how most beginners will naturally pick up and throw a disc.

**Break Side** – The opposite side of the field to that which is being **forced** by the defensive team. It's also the side where defenders won't usually be.

**Brick Mark** – There are 2 of these on the field and they mark where a **pull** out of bounds can be taken from if signalled by the offensive team.

**Cut** - A juke or sudden change in direction while trying to get open to receive the disc, similar to a lead in Aussie Rules. An in-cut is when you run towards the thrower while an out-cut is the opposite; running away from the thrower in hope to catch a deeper pass.

**Cutter** – The cutter is a role given to a player who predominately **cuts** for the disc and tries to get free so that they can be passed to.

**Force** – The force is the main defensive tactic used by teams playing Ultimate. The idea is to force a player to throw to a certain side of the field by positioning your **mark** to the side of the thrower with the disc. Likewise your other defenders can stand on the opposite side assuming the disc will be thrown there.

**Forehand** – The throw in Ultimate from the right side of your body for right-handers or left side for left-handers. Can also be referred to as a Flick due to the action required when throwing it.

**Hammer** – Another common throw from over the head thrown like a ball, whilst using the **forehand grip**.

**Handler** – The handler is the role of a player who primarily throws the disc and controls the play. They look to stay closer to the disc to allow resets for other players if the stall starts to get high.

**Huck** – A long throw in front of a cutter that they run onto.

**Mark** – The defender who stand in front of the thrower and enforces the stall count.

**Open Side** - The side of the field to that which is being **forced** by the defensive team. It's also the side where defenders will usually be.

**Pull** - Similar to the punt in rugby, it is the throw from the defensive team to begin a point at the start of a match, half-time or after a goal.

**Stack** – A line of **Cutters** positioned downfield of the thrower. Cutters then cut into the space created by the stack. This allows them more room to move than if they were spread across the field.