

**To meet standard, I can** set up and play the game without arguing, play in a way to keep myself and others from getting hurt.

**To meet standard, I can** explain how to score and how to stop the other team from scoring.

**To meet standard, I can** pass and catch a Frisbee the right way, be ready when I must react to the game, and help my teammates to be able to do it also.

## Ultimate Rules

1. The playing field is approximately 25 - 30 yds. Long. The track is out of bounds.
2. Initiate Play - each point begins with both teams lining up along the hash marks in front of their respective endzones. The defense throws (pulls) the disc to the offense. If the disc is thrown out of bounds, the receiving teams may throw it from where it went out or may choose to throw from the hash marks.
3. The number of players per team on the field at any given time will be determined by the teacher.
4. Scoring - each time the offense completes a pass in the defense's endzone, the offense scores a point. After each score, the direction of play changes (teams switch endzones). The scoring team initiates play.
5. 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 but are allowed three steps after catching it. The person with the disc (thrower) has 10 seconds to throw it. The defender guarding the thrower must be 3 feet from the thrower and counts out the stall count. Double teaming a thrower is not allowed.
6. Change of possession - when a pass is not completed (i.e. out of bounds, drop, block, interception), the defense immediately takes possession and becomes the offense. \*When the disc is dropped by the receiving team when play is initiated at the beginning of the game or after a score, the defense regains possession where the disc was dropped. If on the change of possession the player whose team loses possession picks up the Frisbee the offensive team may be awarded a point.
7. Substitutions - Players not in the game may replace players in the game any time after a score, out of bounds, or a time out.
8. Non-Contact - No physical contact is allowed between two players. Picks and screens are also prohibited. A foul occurs when contact is made.
9. Fouls - When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the fouling player disagrees with the call, the play is redone.
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.