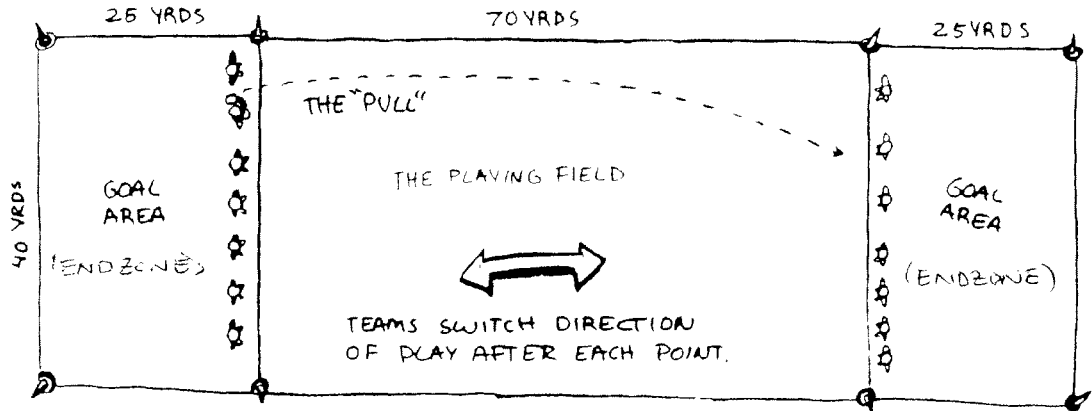


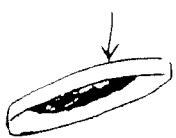
Ultimate in 10 Simple Rules

1. The Field:



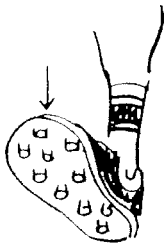
2. Initiate Play: Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring: Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. 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. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. 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 player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing: Players are responsible for their own foul and line calls. Players resolve their own disputes.
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.

THIS IS ALL YOU NEED TO GET STARTED!

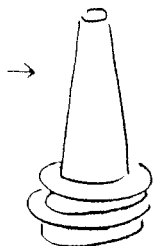


A PLASTIC FLYING DISC, 165 TO 175 GRAMS, 10-11 INCH DIAMETER.

+ SOME PLAYERS!

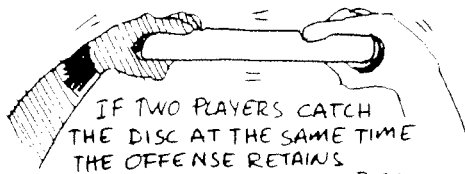


BECAUSE OF THE AMOUNT OF CUTTING IN ULTIMATE, A CLEATED SHOE IS ADVISED. NO METAL CLEATS.

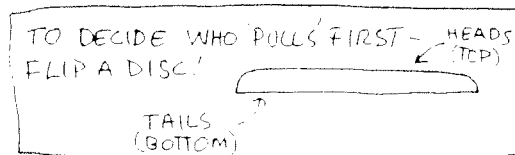


CONES OR ANOTHER TYPE OF MARKER.

If the Marker blocks the Disc after it has been released by the Thrower, it IS a Turnover

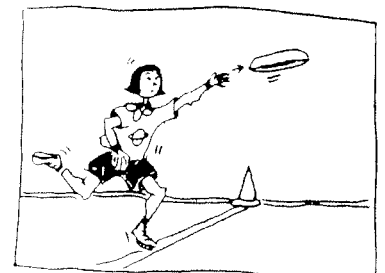


IF TWO PLAYERS CATCH THE DISC AT THE SAME TIME THE OFFENSE RETAINS POSSESSION OF THE DISC.



TO DECIDE WHO PULLS FIRST - HEADS (TOP) FLIP A DISC!

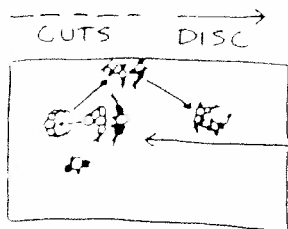
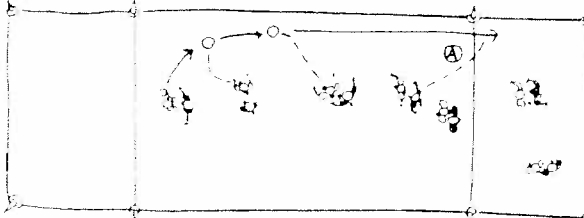
TAILS (BOTTOM)



A PLAYER MAY NOT TIP OR BRUSH THE DISC TO THEMSELVES

OFFENSE

KEEP THE TEAM SPREAD OUT. TAKE TURNS COMING TO THE DISC AND THEN CLEAR OUT. TIME DEEP CUTS OFF OF THE BETTER THROWERS

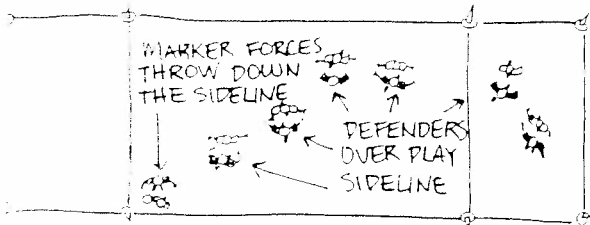


• DONT CROWD THE GOAL AREA

PASSING BACKWARDS IS OK THROW TO THE FIRST OPEN PERSON KEEP THE DISC MOVING

DEFENSE

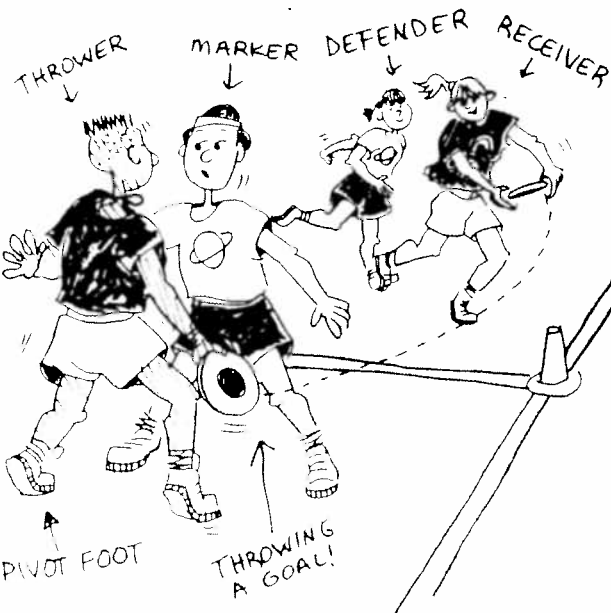
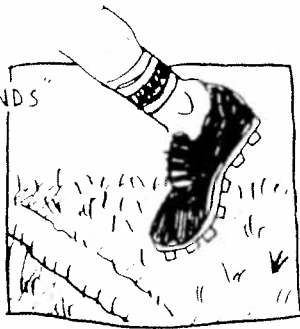
EX: SIDELINE FORCE



• FORCES TAKE TEAMWORK •

"ONE FOOT IN-BOUNDS" IS THE RULE FOR A CATCH OR A GOAL.

THE LINE IS OUT-OF-BOUNDS



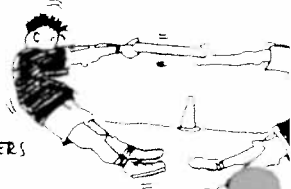
THROWING TIPS

THE DISC WILL ALWAYS TURN TO ITS TOP SO THE ANGLE OF RELEASE IS VERY IMPORTANT



A DISC NEEDS LOTS OF SPIN TO FLY

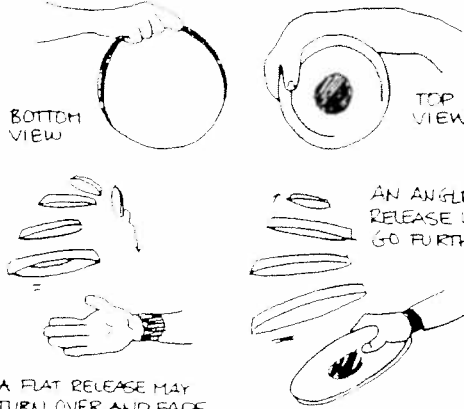
A MARKER MAY NOT PULL OR KNOCK THE DISC OUT OF THE THROWERS HAND



A MARKER MUST BE WITHIN 3 STEPS OF THE THROWER TO BEGIN A 'STALL COUNT'

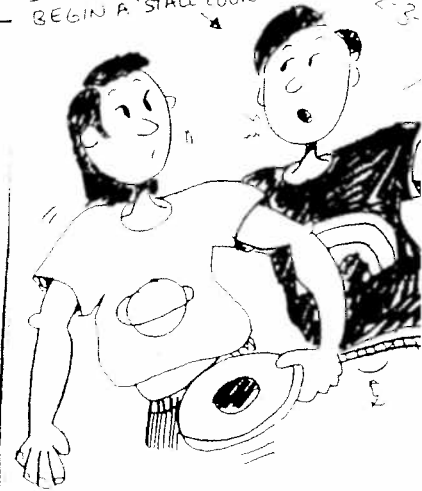
THE TWO BASIC ULTIMATE THROWS

THE BACKHAND - IDEAL FOR LONG PASSES AND PULLS

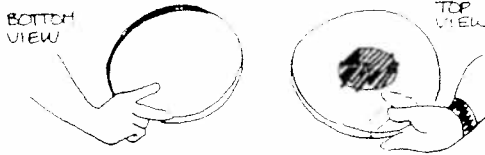


A FLAT RELEASE MAY TURN OVER AND FADE

AN ANGLED RELEASE WILL GO FURTHER

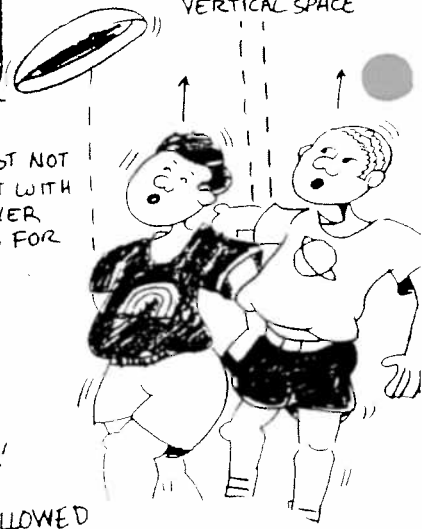


THE SIDE ARM - THE MOST POPULAR ULTIMATE THROW BECAUSE OF ITS QUICK RELEASE



IF THE MARKER FOULS THE THROWER, THE COUNT GOES BACK TO 'ZERO'

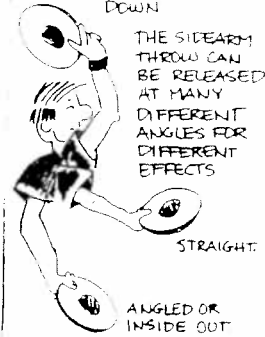
PLAYERS HAVE A RIGHT TO THEIR VERTICAL SPACE



A PLAYER MUST NOT MAKE CONTACT WITH ANOTHER PLAYER WHILE GOING FOR A CATCH

UPSIDE DOWN

THE SIDEARM THROW CAN BE RELEASED AT MANY DIFFERENT ANGLES FOR DIFFERENT EFFECTS



NO DOUBLE TEAMING! ONLY ONE MARKER ALLOWED ON A THROWER



RUNNING WITH THE DISC IS NOT ALLOWED



IF THE DISC TOUCHES GRASS - IT'S A TURNOVER. IF THERE IS A QUESTION, THE RECEIVER MAKES THE CALL.

