

Ultimate Frisbee Study Sheet

Ideally, this complex game is played on a 60-yard by 40-yard field, with a 30-yard end zone at each end of the field. There are seven players on each team. The idea of the game is to score by passing the Frisbee to a teammate in the opponent's end zone. Players may run except when they are holding the Frisbee in this fast-moving, non-contact game that requires teamwork and passing magic.

The other team is guarding and blocking and trying to prevent a score and to get the Frisbee for themselves. The team that scores the most goals wins the game.

The game is started when the team has won the toss and receives the throw off on the end of the field.

- The team with possession of the Frisbee must try to pass the Frisbee to their teammates
- If the disc is dropped or missed the other team gains possession of the Frisbee
- The team, which does not have possession of the Frisbee, may intercept a Frisbee
- After a team scores, the team that did not score will receive a throw off on the opposite side of the field.
- There are offense and defense positions on the field
- Team communication is crucial in the game
- Must be passed, not handed off
- A Frisbee cannot be hit out of a player's hand while in possession
- A pass can go in either direction
- After catching the Frisbee you can pivot on either foot to make the throw.
- Steps are not allowed unless you need up to 3 momentum steps after the catch.