

E D U C A T O R Q U I C K R E F E R E N C E G U I D E

SPIRIT OF The game

SPIRIT OF THE GAME IS THE VALUES OF RESPECT AND SPORTSMANSHIP THAT ARE CENTRAL TO ULTIMATE'S PHILOSOPHY. IN ULTIMATE, THERE ARE NO REFEREES. PLAYERS ARE RESPONSIBLE FOR MAKING THEIR OWN CALLS.

WHAT IS ULTIMATE?

Ultimate is a fun, fast-paced team sport which combines the best elements of soccer, football and basketball as teams try to move the disc down field and score in their opponent's end zone. This non-contact sport is self-officiated and has sportsmanship built into the rules via Spirit of the Game.

BASICS

Time needed: **30-60 minutes** Equipment Cost: **\$10-20** Injury Risk: **Low** Endurance Required: **Aerobic/Anaerobic** Type – Individual/Team: **Team** Location: **Field, Gym, Grass or Sand** Equipment: **1 disc, 8 cones**

SOCIAL AND EMOTIONAL SKILLS TAUGHT

Communication Conflict Resolution Patience Teamwork Leadership Managing Emotions Goal Setting Mental Toughness

PHYSICAL SKILLS TAUGHT

Running Form Jumping Speed and Agility Body Control Change of Direction Throwing Catching Spatial Awareness

YOUTH RULES ADAPTATIONS

THE GOALS FOR YOUTH RULES ADAPTATIONS ARE TO Modify the game to make it both safer and more developmentally appropriate for various age groups.

RULES	UNDER 12	UNDER 15	UNDER 20
FOOT BLOCKS	Not allowed. If a marker blocks a throw with a non-planted foot or leg, it is considered a marking foul.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making, especially for new players.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making, especially for new players.
LAYOUT ON Defense	Not allowed. Diving for a block on defense is considered a receiving foul.	Allowed without contact. Any contact with another player before, during, or after the play is considered a receiving foul. This includes incidental contact that did not affect the play. Emphasis must be placed by coaches on proper technique and decision-making.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making to avoid contact.
# OF PLAYERS	4v4 or 3v3	6v6 or 5v5	7v7
DURATION OF GAME	Game Total (range 9-11) Hard Time Cap (45-60 min.)	Game Total (range 11-13) Hard Time Cap (60-75 min.)	Game Total (range 13-15) Hard Time Cap (60-90 min.)
TRAVEL CALLS	Standard rules. Coaches encouraged to teach pivoting and not calling insignificant traveling violations.	Standard rules. Coaches encouraged to teach pivoting and not calling insignificant traveling violations.	Standard rules

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RULES	UNDER 12	UNDER 15	UNDER 20	T
DISC SIZE	USA Ultimate-approved "Youth Level U-12" disc, ex: 145 g Jstar	USA Ultimate-approved 175g disc	USA Ultimate-approved 175g disc	
PRE-STALL	None	None	Standard rules	A
FIELD SIZE Length: goal line To goal line	3v3 Length: 25-35 yards Width: 15-20 yards End Zone: 5-10 yards Brick: 7-10 yards 4v4 Length: 35-45 yards Width: 20-25 yards End Zone: 10-15 yards Brick: 10-13 yards	5v5 Length: 45-55 yards Width: 25-35 yards End Zone: 12-18 yards Brick: 13-16 yards 6v6 Length: 55-65 yards Wide 30-35 yards End Zone 15-20 yards Brick: 16-18 yards	Standard rules	
DROPPED PULL	Not a turnover. Play from where disc was dropped. No stoppage. Intended to teach catching the pull, not to be used simply to knock the pull out of the air.	Not a turnover. Play restarts with a defensive check after players on both teams have set up. Intended to teach catching the pull, not to be used simply to knock the pull out of the air.	Standard rules	
DISC SPACE	Marking distance extended from disc width to arms-length.	Marking distance extended from disc width to arms-length.	Standard rules	
SPIKING	Not allowed by default	. Only allowed if spirit captains/coach	les agree ahead of time.	
ZONE DEFENSE	Not allowed. Must play match-up or person-to-person. Switching and poaching to provide help are allowed, but no defense designed to cover spaces rather than players.	Standard rules	Standard rules	
DANGEROUS PLAY/ Receiving fouls		CONTACT SPORT. Incidental contact umping and physicality are not accept whenever possible.		
COLUMN STATE	STORE ST	A CAR	ALC: N	



GAME	LEVEL	EQUIPMENT	TIME ESTIMATE		
Gotta Catch!	Beginner	1 disc per pair	10 minutes		
Kids are in pairs tossing the disc. If their pass is completed, they take a step to the left (or right, depending on which way you're oriented). If not, they go to the end of the line. The first pair to make it all the way down the gym wins.					
Throwing Contest	Beginner	1 disc per pair, 4 cones marking boundaries	10 minutes		
		and forth. Every time they complete a pass, they take ed boundary, or the pair furthest apart when time is up			
Disc Tag	Beginner	1 disc	10-15 minutes		
Divide the class into two t intercepts the disc, the tea		isses the disc, keeping it away from the team who is "it	." When the "it" team		
Hot Potato	Beginner	1 disc	10-15 minutes		
Have the class form a wide circle, with several feet between each student. For Hot Potato, the disc is the "hot potato," and the students pass it, not wanting to be the last one to hold it when time is up.					
Pickle	Beginner	1 disc, two cones/bases	10-15 minutes		
Set up two bases 20-30 feet apart. Have a thrower stand at each base and throw the disc back and forth. When the disc is thrown, students run between the bases. Throwers attempt to tag the runners while holding the disc. The runners are only safe, if they are on a base. You can also create a base by making a small box out of four cones; this will allow more kids to safely play.					
Stash It	Beginner	1 disc per pair	10-15 minutes		
Place hula hoops around the room and have a disc in the middle of each one. Players run around the room taking discs from other hoops and tossing them to their partner to get them back to their hoop. The first group with four discs wins. To increase difficulty, allow players to tag players with a disc and take their disc.					
Developmental Relay	Beginner	4 cones per group, 1 disc per group	10-15 minutes		
Design a relay race involving ultimate skills such as throwing, catching, running backwards, jumping and shuffling. One example, players start at cone and do a star jump (burpee) and say, "I'm a star", then run to the cone (15 yd from starting line), catch the disc the next person in line has thrown and then sideways shuffle back to line with the disc and high five the next player.					
Monkey in the Middle	Beginner	One disc per pair	10-15 minutes		
Two kids stand across from each other, and the third is the mark (the monkey in the middle). The two kids have to pass the disc back and forth, around the mark. The mark runs to whichever side has the disc to mark them. Switch every 10 throws.					
Galaxy Wars	Beginner to Advanced	16 discs, 12 water bottles/other targets	20-30 minutes		
There are four galaxies, each one has its own team, four discs, and three water bottles. Players from other galaxies are trying to knock over your water bottle with the disc, but nobody can get within a foot of the water bottle. You must be within five feet of the water bottle to throw the disc. You may only pick a disc up off the ground in your own galaxy. You cannot run with it, and you may throw to people in other galaxies. When all your water bottles are knocked down, you join with the galaxy that defeated you. The winning galaxy is the last galaxy to have all their water bottles knocked down.					

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the second cole. They change direction at the cone toward a tascher or student that is about 10-15 yd away, ready to threw the cutter an easy pass. Disc Golf Beginner to Advanced I disc per person or as many as possible I 0-15 minutes Set up a senies of targets and have the students count how many throws it take tham to reach them rank. Atternate: I, have points based off of Set up a senies of targets and have the students count how many throws it take tham to reach them rank. Atternate: I, have points based off of Set up a senies of four or five Joy within a mini field. The first team to complete a certain number of passes in a row with: This game requires the target there is not picture or catcher. The batter throws the disc in to the playing field instead of hitting a ball. If the throw is immediately caught, then the throws is out. Outfield players pass the disc in to the playing field instead of hitting a ball. If the throw is immediately caught, then the throws is out. Outfield players pass the disc is not a statement to score baskets with the disc. Additionally, players can 'divide' the disc and catchin instead of the gis is may here tareas attempt to score baskets with the disc. Additionally, players can 'divide' by to ssist the disc and catchin instead or have a carea. Harmediate (additionally, server) there are backet basket is protected and the disc is not an eartimet to score baskets with the defense can take it or knock it down. Depending on how large your basket is, create a 'no-shooting' area around it to increase difficution. Harmediate (additionally, players and 'divide's get as mail aquare stude's that basket on the defense and marking. For earticle of the players (more advanced barky set as mailed quare within a larger square difficution. Harmediate (additionally, player, pl				one. Then they change	
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SubscriptionTwo players, one on offense and one on defense, will run after a disc that a player has thrown down field as far as they can to the offensive player for a catch, similar to a starting pull in an ultimate game. After five long throws, switch the thrower. Have the down field cutters change offensive and defensive positions every throw. For a challenge, add a point system with a point for every offensive catch and a point for every defensive block. The person with the most points at the end wins.Speed BallBeginner to Advanced8 cones, 1 ball per game15-20 minutesFollowing rules of ultimate, but with throwing a ball instead of a disc. Chance for students to practice flow of the game without the pressure of throwing a disc.8 cones, 1 disc per game30 minutesMiniBeginner to Advanced8 cones, 1 disc per game30 minutes	players while holding the taggers to get close to tag	disc and freeze them. Taggers can' ging a player. Players get untagged	t move with the disc in their hand, but they can throw by crawling under a frozen person's legs. You can't tag	the disc gently to the other	
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Following rules of ultimate, but with throwing a ball instead of a disc. Chance for students to practice flow of the game without the pressure of throwing a disc.MiniBeginner to Advanced8 cones, 1 disc per game30 minutesA miniature game of ultimate, following all the rules, but played on a smaller field, with fewer than seven players. This helps include all players	for a catch, similar to a starting pull in an ultimate game. After five long throws, switch the thrower. Have the down field cutters change offensive and defensive positions every throw. For a challenge, add a point system with a point for every offensive catch and a point for every defensive				
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ULTIMATE IN SIMPLE RULES

THE FIELD

A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 20 yards deep.

INITIATE PLAY

Each point begins with both teams lining up on the front of their respective end-zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

SCORING

Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.



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 10 seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

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.

SUBSTITUTIONS ĥ

Players not in the game may replace players in the game after a score and during an injury time out.

NON-CONTACT

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

FOULS n

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.

SELF-OFFICIATING

Players are responsible for their own foul and line calls. Players resolve their own disputes.

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.





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