Ultimate is a competitive non-contact team sport consisting of 7 players per team. It is played worldwide and combines rules from various field sports. The game uses a Frisbee like disc that will be thrown from one team member to another. The object of the game is to catch the disc over the end zone line in order to score a point. The first team to score 15 points wins.

The game is based on the sportsmanship and the participation of each player, not to only play the game but also to run the game. The game has no referees, therefore it is the responsibility of the participants to play the game fairly and keep the rules. “Spirit of the Game.”

Equipment – discs, vests
Each player will be responsible for the equipment provided them and must return it at the completion of course.

We will meet a total of 20 times. Only two absences will be excused during the semester. It should be saved for emergencies only. Any absence after that will result in a 10 point loss toward your final grade. Make-ups will not be given.

Attire – Wear comfortable athletic wear and field sneakers. Bring a water bottle.

Weather – During rainy days, we will meet in C2 for a lecture concerning health, fitness, or nutrition.

Warm up – The first 5 minutes of the class will be a jogging warm-up. The next 5 minutes of class will be devoted to joint warm up.

Drills- Every student will be engaged in various throwing drills. A throw is called a “pull”. Stretching will be done at the end of class.
Ultimate in Ten Simple Rules

Steve Courlang and Neal Dambra

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1. **The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.

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 in 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.


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