**ULTIMATE FRISBEE**

The game of Ultimate Frisbee is a throw-catch game that was developed in New Jersey. The game is a great way to improve cardio-vascular endurance, utilize teamwork and have fun. The objective is to score points by completing a pass into the end zone like a football touchdown.

**BASIC RULES FOR NMS ULTIMATE FRISBEE**

Throw-off

* This is the method of starting the game.  It is done the same as in the kick-off in football.
* Both teams must be in their own half of the field at the time of the throw-off.
* The receiving team gets the frisbee whether they catch the frisbee or not.

Possession of the Frisbee

* Once in possession of Frisbee, a player may not run w/Frisbee.
* Players may take up to 3 steps and have only 5 seconds to pass frisbee.
* If a player violates the rule, a free throw for the opponent will result.

Downed Frisbee

* Anytime frisbee hits ground, a free throw is given to opp. team that first threw frisbee
* Even if defending team knocks the frisbee to the ground, they will receive a free throw once the frisbee touches the ground.
* On a free throw the opposing team must be at least 3 stepsaway.

Fouls

* There is no body contact
* During regular play, only one opponent may guard or interfere with a thrower at any time
* A defender may not knock the frisbee out of a person’s hands once it’s in their possession
* The frisbee must be thrown and not handed off
* Penalty for violations = free throw by opponent

Scoring

* The frisbee must be caught by a teammate who is completely behind the end zone line.
* You cannot score by running the frisbee into the end zone.
* After a score, the opposite team throws off from behind that end zone.

Point System

* Two Handed Catch = 1 Point
* One Handed Catch = 2 Points

SPIRIT OF THE GAME

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the

expense of respect, risk of injury to players, adherence to the rules, and the basic joy of play.

**THROWING SKILLS**

Backhand Forehand Hammer

**CATCHING SKILLS**

Pancake Catch Lobster Catch

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|  | **ULTIMATE FRISBEE VOCABULARY**

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| **Turnover**  - Switching from offense to defense.**Pull** – The first throw in the game.**Handler** – The person with the Frisbee.**Marker** – the person checking the thrower.**Stall Count** – Every player has 5 seconds to throw the disc.   \*\* Only the marker calls the count |
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