

10 simple rules for Ultimate

1. Set up a pitch

A rectangle with a scoring area (endzone) at each end as shown.

2. Start play

The game, and each new point, starts with the two teams lining up on opposite endzone lines, before one team throws the disc to the other.

3. Scoring

A team scores when they complete a pass into the other team's endzone. The team which scores keeps the disc. Play stops and a new point starts as outlined above.

4. Moving the disc

The disc can be passed in any direction to any team-mate. The thrower cannot move with the disc and has 10 seconds to throw.

5. Change of possession

When a pass is not completed, the defending team immediately takes possession and becomes the attacking team trying to score in the other endzone. If the disc is knocked to the ground/out of bounds by the defending team, they still get possession.

6. Substitutions

Players can replace others in the game only when a point is scored or if someone gets hurt.

7. Avoid contact

Players must avoid making contact with each other – a foul can occur when contact is made.

8. Fouls

When a foul disrupts possession, play resumes as if possession was kept. If there is a disagreement between players as to what happened there is a replay (the disc goes back to where it was before the foul occurred).

9. Self-refereeing

Players are responsible for their own calls (such as a foul or in/out of bounds calls). Players resolve disputes and find a fair outcome using the rules and Spirit of the Game.

10. Spirit of the Game

Ultimate stresses sportsmanship and fair play. Competitive play is encouraged but not at the expense of respect between players and respect for the game, adherence to the rules, and the basic joy of play.



Why Ultimate?

Ultimate is a team sport, combining the passing and moving from games such as netball or basketball with the skill of throwing a disc (Frisbee).

Using a disc, Ultimate allows players to develop a new throwing skill set not utilised in ball sports. This novelty also engages many of those typically 'turned off' by ball sports.

As a non-contact sport, it is safe for pupils of a range of ages to play alongside each other. This makes it ideal for use both in curriculum time and as an extra-curricular club, providing opportunities for older players to take on leadership and mentoring roles as their experience grows.

The sport is most commonly played in an 'open-to-all' Mixed-gender format. This again makes it an excellent extracurricular activity and presents great opportunities to promote gender equity and develop pupils' social skills.

The game is self-refereed at all levels. Self-refereeing involves and helps develop good communication and empathy skills. When one player feels that another has broken the rules (intentionally or accidentally), they stop play and discuss the situation with the other players involved. Together they come to a decision on how best (i.e. most fairly) to re-start play. Players are encouraged to provide their point of view, listen to the views of others and calmly come to an agreement on what happened. As many incidents involve a degree of subjectivity, it is ok for players to agree to disagree, and the rules accommodate this.

Ultimate is an inclusive sport built on 'Spirit of the Game'. It stresses sportsmanship and fair play. Competitive play is encouraged but not at the expense of respect between players and respect for the game, adherence to the rules, and the basic joy of play.

Find out more about Ultimate

UK Ultimate (www.ukultimate.com) is the NGB for Ultimate in the UK. We can provide INSET workshops, equipment and information about competition opportunities.

Visit our website to find a local team, learn more about the game and get involved as a player.