



ULTIMATE IN 10 SIMPLE RULES

The Field

Rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.

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 plays per team.

Scoring

Each time the offense completes pass in the defense's endzone, 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 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.

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

Players not in the game may replace players in the game after score and during an injury timeout.

Non-contact

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

Fouls

When a player initiates contact on another player a foul occurs. When 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-Refereeing

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.



WHAT IS ULTIMATE?

Ultimate is a fast paced, non-contact team sport that is played in nearly 50 countries worldwide. Created almost 40 years ago in New Jersey, the game is a cross between team sports such as soccer, football and basketball. High-level Ultimate combines speed, agility and skill with a grueling pace. Sometimes Ultimate is referred to as "Ultimate Frisbee", or just "Frisbee", but the correct name for the sport is simply Ultimate (Frisbee is one of many brand names of the flying discs used in the sport).

WHO PLAYS ULTIMATE?

Ultimate is played by hundreds of thousands of people worldwide. The World Flying Disc Federation (WFDF) is the world governing body for the sport. Current categories for play include open, women's, mixed, juniors, and masters. Canada does excellent at the international level, and is currently ranked first in the Open, Women's, and Junior Women's categories.

Here in Halifax, our summer league has grown tremendously in the last 7 years from 40 players in 1998 to about 750 players in 45 teams and three divisions in 2005. The majority of players in Halifax are aged 20+, but we have a budding Juniors program that promises to bring more youth into our game. Our first juniors tournament last summer drew 5 teams representing four different Maritime high schools. To put our size in perspective, consider that Soccer Nova Scotia has about 2000 soccer players in Halifax/Dartmouth that are 20+ years of age. We're growing, and fast!

WHERE DO WE PLAY?

During the summer months, HURL schedules Ultimate games at various grass fields around the city. A large number of our summer games are played on the Halifax Commons. In the fall, we move the games to the FieldTurf fields at the Mainland Commons in Clayton Park. Winter weather moves us to indoor gymnasiums within the city.

WHY IS ULTIMATE GROWING SO FAST?

Ultimate has many different attractions. Its primary draw is that it's an easy game to learn for beginners, but continues to provide challenges for veteran players as well. Some people are enticed to Ultimate because it is a very social sport, including both women and men on the same team.

WHAT DO I NEED TO PLAY?

Ultimate is a very accessible sport. The only equipment required is a disc, some cones to mark the field, and some open field space to play in. Most players also opt to wear field shoes such as cleats.

CANADIAN ULTIMATE QUICK STATS

	Teams	Players
Nova Scotia	45	750
New Brunswick	38	570
Quebec	130	2000
Ontario	757	8000
Prairies	320	3900
British Columbia	250	4000

