

# Ultimate Frisbee Study Guide

## Rules

1. Each player needs to choose a person to guard/throw and catch against. This is called man-to-man defense.
2. The game starts with a throw-off determined by the teacher.
3. Players are not allowed to run with the frisbee, but are allowed to take 3 steps with it.
4. When guarding your opponent, you must remain an arm's length away from him/her: There is NO physical contact. Players must be going for the frisbee.
5. If the frisbee is not caught on a throw or drops and hits the ground at any time, the opposing team gains possession of the frisbee and now becomes the offense.
6. You have five seconds to release the frisbee after gaining possession of it.
7. Short passes as opposed to long passes are a more effective way of moving the frisbee down the field.
8. Each touchdown is worth 1 point. After a touchdown, a throw-off occurs from the end zone line from the offensive team that scored back to the defense.
9. Each team will usually play with 6-7 players per side depending on class size.
10. When played outside, Ultimate Frisbee can be very dependent upon the weather; ie. Wind.

*\*The object of the offensive team is to get to the end zone without dropping a pass or having a pass broken up by your opponent.*

## TIPS

-When throwing the frisbee, you want to use your wrists more and not swing your whole arm!

-When catching the frisbee, try to use two hands whenever possible.

-It is a good strategy to keep your team somewhat spread out when playing, so it is harder for the defense to defend you.