

ULTIMATE

Yes, it is a sport, and currently one of the fastest growing in the world. Here are some basic facts to get you acquainted!

WHAT

"Player defined and controlled non-contact team sport played with a flying disc on a playing surface with end zones in which all actions are governed by the 'Spirit of the Game'™."

- USA Ultimate Board of Directors official definition, 2001

175 grams

The Disc

The first frisbee was put on the market by Wham-o in 1957. Today, regulation disc weight is 175 grams.

Players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than ten seconds.

Aerial passing skills and scoring in endzones.

Ultimate combines aspects from a few common sports.

Non-stop movement and athletic endurance.

— 20yds —

70yds

— 20yds —

HOW to play the game

Each point begins with both teams lining up on the front of their respective end zone. The defense throws ("pulls") the disc to the offense. A regulation game has seven players on the field per team.



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 it. The defender guarding the thrower ("marker") initiates a stall count.

When a pass is not completed (for example, out of bounds, interception, drop, or block), the defense immediately takes possession of the disc and becomes the offense.

Each time the offense completes a pass in the defense's end zone, a point is scored. Play is initiated after each score.

40yds

WHO

Players of all ages and levels enjoy the unique challenges this sport offers. It's relatively new in the world of sports (since 1968) and has been gaining rapidly in popularity ever since.

The Organization

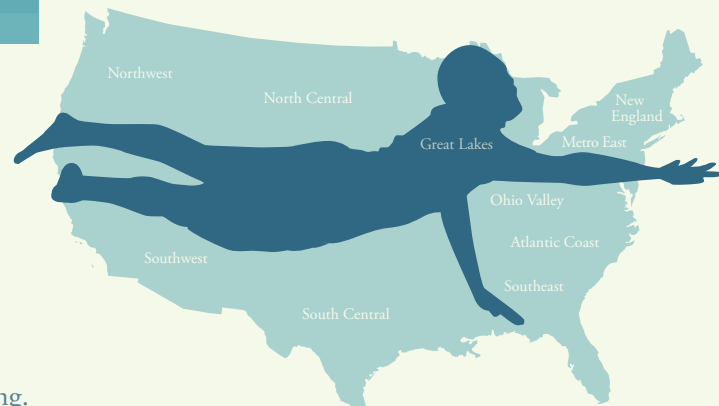
Founded as the Ultimate Players Association (UPA) in 1979, USAU serves as the National Governing Body for the sport in the United States. It was one of the first flying disc sport organizations in the world and is also the largest, with more than 30,000 members and an extensive national volunteer network.



	Club	Youth	College	Masters	Grand Masters
Men's					
Women's					
Co-ed					

WHERE & WHEN

Anywhere with open space! Competitively, North America is divided into ten regions, which are then divided into smaller sections. There are also many local leagues who operate independently, and pick-up games occur in many public venues. There's always someplace to play, whether it's on the beach or indoors to hide from bad weather.



World domination?

Ultimate has expanded globally, with World Championships between **42 countries** now held annually! In 2010, the U.S. teams won more championships all together in Prague than any other country.

True Athletes.

According to a recent poll, the average player participated in two sports before joining an ultimate team.



39%



35%



28%

WHY

Or really, why not? Ultimate is genuinely fun and exciting. The unique flying options of the disc mean that no two throws look alike and the options are limitless.

We've got Spirit!

Spirit of the Game sets Ultimate apart from other competitive team sports. For over 30 years, the sport has flourished, reaching a highly competitive level, without the use of referees. One of the many beauties of Ultimate is how, even amid the most difficult of situations, utmost graciousness is allowed to meet that challenge head on. Through this balance, Ultimate players are free to demonstrate the most honorable and the most joyous sides of human nature in sport. Recently, Observers have been used in higher level events, making sure the game moves along properly, and to be there to solve disputes when absolutely needed.

It's a great workout.

Many people don't realize how much running you do during a game. For a 150lb person, playing ultimate will burn about

544 Calories/hr

It's easy to pick up.

Ultimate is a great sport for school districts or anyone who is interested in trying something new and different with minimal costs. The equipment needed to play are incredibly few and relatively inexpensive.

