

Ultimate Ball or Ultimate Scoops or Ultimate Objects

The basic game of Ultimate Frisbee is very popular with the general student population at KSU. Our students are motivated by the challenge, competition, and physical activity provided by participating in ultimate games. We have found changing the tossed frisbee to a variety of objects challenges the skill set and often times helps level the athletic ability gap. For example, substituting scoops often changes ability levels. One of our goals is to keep everyone moving all the time and have found interesting ways, using Ultimate variations to achieve this goal.

For Share the Wealth we (Susan Whitlock and Ginny Rendini) would like to introduce you to the variations of ultimate we have played with our classes and share the basic rules.

Simplified Ultimate Rules

- 1. You may NOT run with the Ball in your hand.**
- 2. To score you have to catch a pass in the endzone. (1 pt.)**
- 3. There is NO PHYSICAL CONTACT.**
- 4. The player with the ball has 10 seconds to throw it.**
- 5. When a pass is not completed the defense immediately takes possession of the ball and becomes the offense. (I.E. when ball is thrown out of bounds, blocked, dropped, intercepted, knocked down....)**
- 6. Play begins with teams in front of their endzone and a throw from the other team.**
- 7. The game is self-refereed. Call your own fouls and resolve your own disputes.**
- 8. A defender must give a player with the ball pivot room.**
- 9. When scored upon, a team walks and endzones change.**
- 10. Ultimate stresses sportsmanship and fair play.**
- 11. Three passes to three different team mates must be completed before a pass over the endline to score.**