

What is Ultimate

Fast paced, spectacular and athletic!

Ultimate is an exciting, team sport, played by tens of thousands the world over. It mixes the best features of sports such as Soccer, Basketball, and Football into an elegantly simple, yet fascinating and physically demanding game. To compete at the top level, Ultimate players require a supreme degree of speed, stamina and agility. Ultimate is played with two teams of seven players on a rectangular field with an end zone at each end. A point is scored when the thrower passes the disc to a teammate, and it is successfully caught within the end zone that his or her team is attacking.

The disc is advanced solely by passing the disc from one player to another, a player may not run while in possession of the disc, but must establish a pivot foot and throw to a team-mate. Meanwhile, the opposing team seeks to thwart advancement and obtain possession by forcing a turnover.



The low, extended release of a forehand throw

The sport is unique in that it is always played on a self-officiated basis, with no referees. All line violations and foul calls are made by the players on the field. Additionally, the sport is most often played in a mixed gender format.

Ultimate is played at every level, from city leagues, up to World Championships; which are held every four years in various cities around the globe. Canadian teams continually represent Canada at international competitions, demonstrating the skill and talent of Canadian Ultimate players.

Ultimate in 10 Simple Rules

The Official full 10 edition rules are available at: www.upa.org/ultimate/rules

1. The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
2. 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 players per team.
3. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc -- 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 the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. 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.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls -- When a player initiates contact on another player a foul occurs. When a 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.
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. 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.

Edmonton Junior

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**Teaching
The Sport**

The Coaches and Contacts

The Edmonton Junior coaching group consists of a number of dedicated Individuals. They all have both extensive coaching experience and are members of Edmonton's competitive touring Ultimate teams.

The Juniors Program Coordinators will arrange for coaches to run Ultimate clinics in elementary, junior high and high schools in Edmonton and the surrounding areas. Please use these e-mail addresses if you are interested in arranging a clinic (for teachers or students!) or if you require any further information about our programs.

Juniors Program Coordinators

juniors@eupa.ca
president@eupa.ca



The Junior Teams

If students are interested in playing more Ultimate, The Edmonton Ultimate Player's Association offers junior aged players the following resources in Edmonton:

- High School teaching programs.
- Equipment and coaching manuals.
- Junior league teams (summer and winter)
- The Edmonton Junior Team-which represents the city at Canadian Championships.

Contact juniors@eupa.ca for more information.



Resources

Edmonton Ultimate Player's Association:
www.eupa.ca

Canadian Ultimate Player's Association:
www.canadianultimate.com

Ultimate Player's Association (North America):
www.upa.org

Coaching material:
www.bcdss.bc.ca/ultimate/indexj.html

Drills:
www.menalto.com/ultimate/play_list.php

Lingo:
www.whatisultimate.com

Teaching Ultimate



Ultimate emphasizes conflict resolution, teamwork and self-control. It allows the players to regulate themselves with positive peer pressure to do the right thing. It is also a great way to get or stay in good physical condition as well as boost skills and confidence. The students will be on equal footing with regard to their skills.

The sport is inexpensive to teach, requiring only frisbees (175 gram discraft-ultrastars, one disc per 2 students), cleats, cones, light and dark shirts- and one knowledgeable instructor. As a teacher, it is important to know and demonstrate:

- a) The 'real' rules. (10 edition UPA rules), <http://www1.upa.org/ultimate/rules>
- b) The throws, the proper technique of the forehand and backhand.
- c) The 'stack', a basic principle of Ultimate.
- d) The 'force', and defense in general.
- e) A few skill building drills.