

# ULTIMATE

## Study Guide

1. Ultimate was first played as a Frisbee game.
2. The game of ultimate combines the elements of soccer, football, and basketball.
3. The goal is for the team with the ball to pass it up field without dropping it and catch it in the end zone.
4. The kick-off to start the game is thrown, not kicked.
5. When playing defense you are not allowed to hit/slap/knock the ball out of the offensive players hands.
6. Touchdowns are worth one point each, unless everyone on your team touches the ball then the touchdown is worth two points.
7. After a team scores a touchdown everyone on the field should call out the score.
8. If you drop the ball that is thrown to you, leave the ball where it dropped and it becomes the other teams ball.
9. You are not allowed to pick up the ball you dropped and continue to play. It becomes the other teams ball.
10. When scoring a touchdown you must catch the ball on the other side of the end zone line, you cannot run the ball across the line to score.
11. When your team throws the ball and the other team catches it, it's called an interception.
12. When you are playing defense on the person with the ball you must stand an arms length away from that person.
13. You are only allowed to take 2 to 2 ½ steps before throwing the ball to a teammate.
14. One or more girls must touch the ball in a series in order to score a touchdown.
15. We encourage using sportsmanship, fair play, and including everyone on your team.
16. No physical contact is allowed between players.