

# YEAR 9/10 ULTIMATE FRISBEE

25<sup>TH</sup> JUNE 2020



## Values Pathway

To compete in this event schools must qualify through their level 2 competitions in their boroughs.

LEVEL 1

Intra-school

LEVEL 2

Inter-school

LEVEL 3

County level

## Teams

All players must be in year 9 and/or year 10  
Squads can have up to 8 players.  
4 players on the pitch at a time, with an equal gender split.  
Substitutions can be made by 'high fiving' a player at the side of the pitch/  
Teams should be made up of students who do not participate in sporting opportunities outside of school.

## Equipment

Frisbee  
1/4 astro - 20-30m long and 10-15m wide  
2 end zones 4-6m wide and a central zone of 12-18m  
Games will be 15 minutes

## Scoring

Points are scored by catching a throw in the endzone furthest from where the team starts. To score, all contact points must be in the endzone when the disc is caught (i.e. one foot in and one foot out is 'out').

## Starting

At the start of the game each team will flip a disc, with one player calling whether they think they will land the 'same' way up or 'different'. If correct, they choose to play offence first or choose an end to start at. The other team will choose the other.  
Every point will start with both teams lining up on the front of opposite endzones. The team with the disc (who have just scored the previous point) will 'pull' (throw) the disc to the other team to start play. This other team will pick up the disc and play from wherever it comes to rest, or wherever it left the 'central zone'.  
They keep possession even if they try to catch the 'pull' but drop it.



## Contact

The game is non-contact. Any contact which affects a player's ability to make a catch or throw is a 'foul'. Play resumes as if the foul had not occurred (e.g. a fouled catcher gets possession of the disc, a fouled thrower gets another throw).

Only one player from the opposing team is allowed to 'force' the thrower (stand close to them). All other opponents must stay 3m away unless actively marking another player in that space.

A marker must allow the thrower enough space to turn around on the spot.

## Spirit Scoring

After every game, both teams will form one circle with alternating players from each team. A representative from each team will then comment how the teams played, and the Spirit shown.

Each team will then privately rate their opponents on the School Games Values.

Each category is given a score from 0-4 with the 'Most Spirited' (highest scoring) team being announced at the end of the event.

Remember that a score of 2 is still considered to be a 'Good' score. A score of 4 means that they did something REALLY well!

Spirit Scorecards can be found on the GreaterSport website.

## Throwing

Possession changes to the other team whenever a throw is incomplete (i.e. hits the floor, is caught/knocked to the floor by an opponent, is caught out of the pitch).

## Violations

If the person committing the foul disagrees with the call, they can 'contest' it. If both players cannot agree, the disc goes back to the thrower and play restarts there.

Players cannot move when in possession of the disc, only 'pivot' on one leg. If a player is identified as moving ('travelling'), they must move back to where they started, but they retain possession.

## Main Differences to 'Full' Ultimate

There is no 'stall count' on throwers. However, players

are encouraged to keep the game flowing.

The 'pick' call won't be used. However, players are expected to move safely in a way that won't cause their markers to collide with other players. If collisions do occur, a 'foul' may be called.

'Pulls' cannot be 'bricked'. If the 'pull' lands out of bounds, play will begin from the point on the central zone closest to where the disc leaves the central zone.

## Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

## Health and Safety

Players must wear suitable footwear.

No jewellery to be worn.

All loose clothing must be tucked in and shoelaces tied.

No chewing gum or sweets.

All players are advised to warm up appropriately before each match.

When not competing, players must remain off the court and not get in the way or distract officials.

Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.

All team teachers must ensure their pupils are under adult supervision at all times, even when playing.



**MANCHESTER**  
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