

The Basics of Ultimate Disc

Field Size: 64m long x 37m wide.

Equipment: 1 x Ultimate Disc.

1. The object of the game is to score by passing the frisbee down the field to others in their team and complete a pass into the end zone.
2. The thrower has 10 seconds to make their pass.
3. The defensive team can gain possession by intercepting or knocking down the attacking team's pass or when a pass goes out of bounds.
4. Like netball, there is no contact and players cannot run with the disc.
5. Score is worth 1 point and first team to 15 wins.