



FSI ULTIMATE FRISBEE

2018



Coaches: Ethan Burns, Chris DeFiore, Gina Lappe, Jill Padfield

Who: Middle School & High School Teams

When:

- **MS & HS NEW PLAYER'S CLINIC:** Meet other new players and learn tips on how to throw and the official rules of Ultimate.
 - Monday March 5th at FSI. Meet at the gaga pit at 3:45
- **Middle School**
 - First Practice: Monday March 12th
 - Practice Schedule: Mondays 3:45-5:15 (At Reeve's Field)
 - Games: Every Wednesday at Memorial Stadium (3:45-5:00)
 - End-of-season Tournament Sunday May 27th @ Mountain Sports Festival (At Carrier Park)
- **High School**
 - First Practice: Monday March 12th
 - Practice Schedule: Mondays 3:45-5:15 (At Reeve's Field)
 - Games: SCHEDULE TBD
 - End-of-season Tournament Saturday May 26th @ Mountain Sports Festival (At Carrier Park)

What gear do I need?

- Water bottle
- Athletic shorts
- Snack (for between school and practices/games)
- Soccer or Football Cleats

Field Locations & Directions: (Parent pickup will be at these field locations)

Reeve's Field- Baseball Field located down the street from FSI [Reeve's Field](#)

Memorial Field(Games)- Behind Asheville Tourist's Stadium [Memorial Stadium](#)

Transportation: Parents will be responsible for picking up students from practice fields and for all transportation to games. (Unless otherwise communicated)

Last Year's Competing MS Ultimate Teams in Asheville: Rainbow Mountain, Evergreen, Asheville MS, French Broad Academy, Franklin School of Innovation, & North Buncombe County

Last Year's Competing HS Ultimate Teams in Asheville: Asheville High, Pisgah High, North Buncombe, Asheville Christian Academy, AC Reynolds, CD Owen and Homeschool Ultimate.

Contact: Email cdefiore@thefsi.us if you have any questions

Ultimate in 10 Simple Rules

1. **The Field:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
2. **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone 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 end zone, 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, stalled), 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-Officiating:** 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.

