

Name: _____

Class Period: _____

Ultimate Frisbee Exam

Directions: Answer each question below to the best of your ability.

1. How many yards are measured in an Ultimate Frisbee game?



Fill in the blanks.

2. True or False: A team consists of 6 players per team. _____
3. True or False: Each team receives 2 points upon reaching the goal. _____
4. True or False: You have 15 seconds to pass the disc to your team. _____
5. True or false: When a pass is not completed, the defense immediately takes possession of the disc and becomes the offense. _____
6. How many feet are you to keep between you and another? _____
7. What is the number one reason a foul is constituted? _____

Exam Answer Key:

1. (Left to right) 70ft, 25ft, 40ft
2. False
3. False
4. False
5. True
6. 5 feet Space/5 feet rule
7. Body Contact

Ultimate Frisbee Rules Handout

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.

Play: Each point begins with both teams lining up on the front of their respective end zone line. A regulation game has seven players per team. Server shouts, "Ultimate Frisbee!" and then throws the Frisbee to other team. The opponent team's job is now to bring the Frisbee to the ends zone in front of them.

Scoring: Each time a team completes a pass in the defense's end zone, the team scores a point. Scoring team stays on the end zone and losing team walks to the other end to receive the disc.

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.

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.

Substitutions: Players not in the game may replace players in the game after a score and during a timeout.

Non-contact: No physical contact is allowed between players. A foul occurs when contact is made.

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.

Spirit of the Game: Stay positive and give each other positive feedback throughout the game. High fives are always acceptable!