

UK Ultimate

We are UK Ultimate, the National Governing Body for Ultimate (Frisbee) in the UK

Meet the team

These are some of the people you might meet at UKU events and workshops or who might answer your emails.



Si Hill - CEO



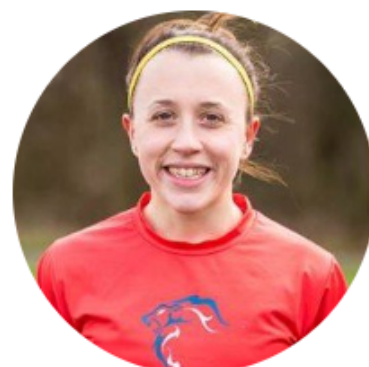
Matt Shore - Events Coordinator



Ruth Flight - GB Juniors



Chris Bamford - Administrator



Francesca Weddell - Development

If you would like to get in touch, please email admin@ukultimate.com

Welcome to Ultimate!

As an SGO, we will send you 10 free discs when you register your School Games event with us [here](#).

Discs



When schools affiliate with us we can offer 5 FREE discs with a purchase of 5 or more discs! Buy discs [here](#) and then contact admin@ukultimate.com to claim 5 FREE discs.



Teacher Training and Young Leader Workshops

Develop the skills and confidence to teach Ultimate by booking a Teacher Training course or Young Leader session. Learn more [here](#), or email coaching@ukultimate.com

School Games

Ultimate is in the School Games! Schools, SGOs and Active Partnerships can run Ultimate Frisbee events. Don't forget about Spirit of the Game!

Further resources: [UKU Teacher Guide](#)



Why Ultimate?

Ultimate is a team sport, combining the passing and moving from games such as netball or basketball with the skill of throwing a disc (a Frisbee).

Ultimate is an inclusive sport built on 'Spirit of the Game'. It stresses sportsmanship and fair play. Competitive play is encouraged but not at the expense of respect between players and respect the game, adherence to the rules, and the basic joy of play.

The disc lets players develop new throwing skills which is great fun and can also offer something for children who are disengaged by traditional offers or other ball sports. As a non-contact sport, it is safe for pupils of a range of ages to play alongside each other. This makes it ideal for use both in curriculum time and as an extra-curricular club, providing opportunities for older players to take on leadership and mentoring roles as their experience grows. Take a look at the UKU Young Leader Award to learn more about how to support your older pupils to become young leaders in Ultimate.

Our School Games format is played mixed-gender, 4v4, but you can play with any number from 3v3 to 7v7 depending on the space you have available. This is a great opportunity to promote gender equity, support girls in sport and to and develop pupils' social skills.

The game is self-refereed at all levels. Self-refereeing helps develop communication, empathy and resilience. When one player feels that another has broken the rules (intentionally or accidentally), they stop play and discuss the situation with the other players involved. Together they quickly come to a decision on how best (i.e. most fairly) to re-start play. Players are encouraged to provide their point of view, listen to the views of others and calmly come to an agreement on what happened. As many incidents involve a degree of subjectivity, it is ok for players to disagree, and the rules accommodate this. Children can follow the [BE CALM strategy](#). (Breathe, Explain, Consider, Ask, Listen, Make a call)

1. Set up a pitch

A rectangular field with scoring areas (endzones) the width of the field at each end.

2. Start play

The game starts with both teams lined up along the front of their endzone. The team starting on defence throws the disc to the other team (this first pass is called 'the pull'. This happens at the start of every point.

3. Scoring

When the team in possession of the disc completes a pass into the other team's endzone, a point is scored. The team that scored stays in the endzone with the disc and becomes the defending team for the start of the next point. When a point is scored play 'stops' and the teams 'start play' again with a new point.

4. Moving the disc

The disc can be passed in any direction to any teammate. You cannot run with the disc. The person holding the disc has 10 seconds to throw - the defending team, usually the person marking the thrower, counts. This is known as the 'stall count'. (There is no stall count in the School Games format.)

5. Change of possession

When a pass is not completed (e.g. the disc lands on the floor, lands out of bounds, is dropped, is knocked to the floor by a defender, is caught or intercepted by a defender) the defending team immediately takes up possession and becomes the attacking team aiming to score in the opposite endzone.

6. Substitutions

Players can substitute after a point is scored or whenever someone is injured (in the School Games format players sub on the fly by high-fiving a teammate on the sideline).

7. Avoid contact

Players must avoid making contact with others. No physical contact between players is allowed and a foul may occur if contact is made.

8. Fouls

When a foul disrupts possession, play resumes as if possession were kept. If the player disagrees with foul call there is a 'replay' - the disc goes to the player who had the disc before the foul happened.

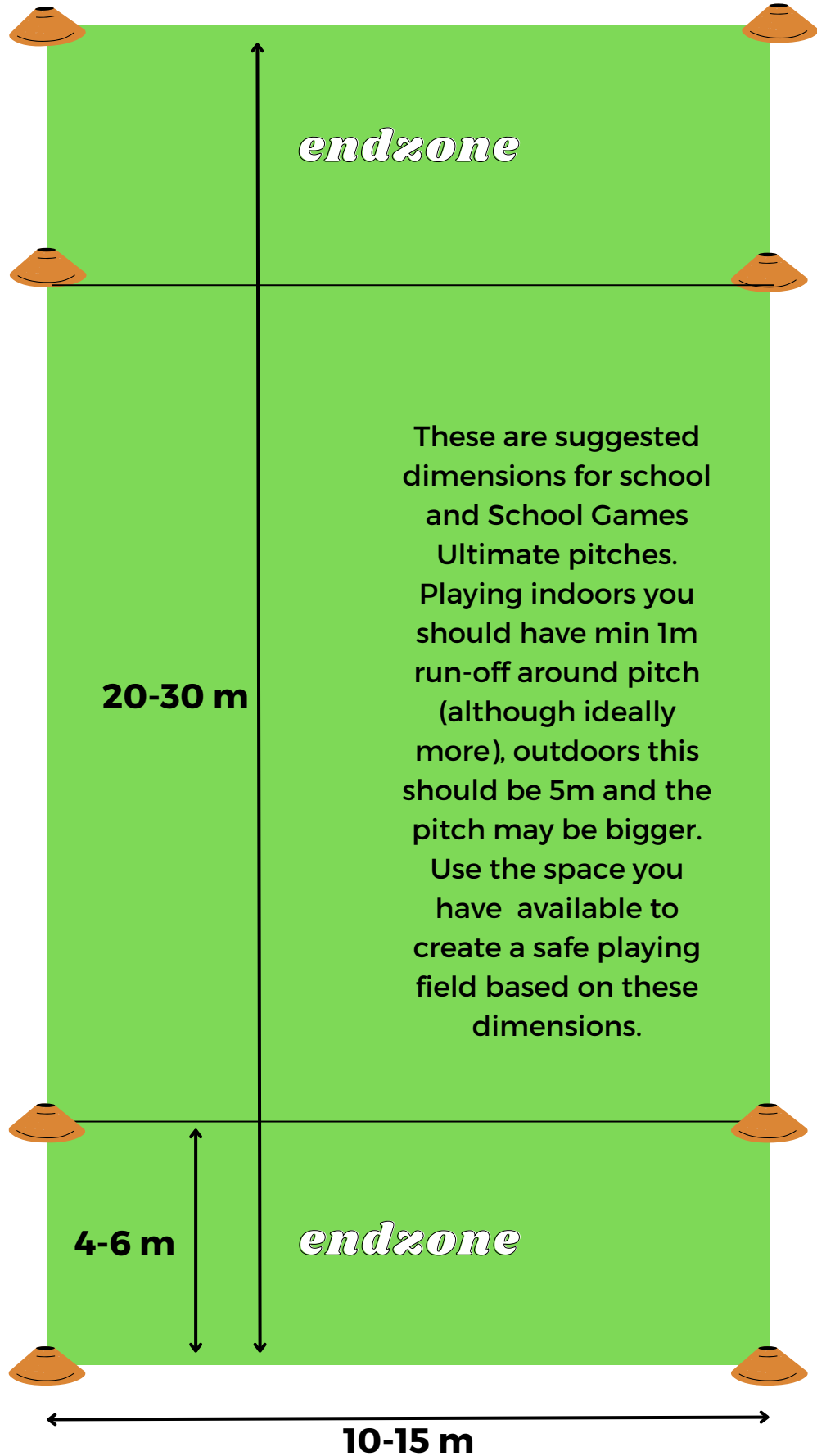
9. Self-refereeing

Players are responsible for making their own calls such as fouls, out-of-bounds and possession calls. Players resolve their own disputes and find a fair outcome using the rules and Spirit of the Game.

10. Spirit of the Game

Ultimate stresses the responsibility for fair-play and fairmindedness on the players. Competitive play is encouraged but never at the expense of respect for all players and teams, safety, adherence to the rules and the joy of playing.

ULTIMATE: THE PLAYING FIELD



These are suggested dimensions for school and School Games Ultimate pitches. Playing indoors you should have min 1m run-off around pitch (although ideally more), outdoors this should be 5m and the pitch may be bigger. Use the space you have available to create a safe playing field based on these dimensions.