



**NEW PLAYERS**

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**FIELD GUIDE**

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**2017**

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# CATCH US

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[www.pultimate.ca](http://www.pultimate.ca)



Peterborough Ultimate League



@PULtimate.ca

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## NOTE ABOUT PUL EMAILS

If there is any information that we need to communicate, we tend to send it out to captains who will, in turn, share it with their teams. While we try to keep the mass emailings to a minimum from the league, we do send them out on occasion. These emails tend to come directly from the [pul.board@pultimate.ca](mailto:pul.board@pultimate.ca) account - so add us to your contacts!

Otherwise, please rely on the web site and above noted social media channels to learn more about what's going on in PUL.

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# Welcome TO THE PETERBOROUGH ULTIMATE LEAGUE

On behalf of the Peterborough Ultimate League (PUL), welcome to the league and the sport of Ultimate. This guide will help familiarize you with more than just the ins and outs of the sport of ultimate, but also how this sport plays out in Peterborough.

As you may already know, ultimate is a co-ed, team-based sport that is athletic, fun and that places a strong emphasis on mutual respect. You'll hear the term Spirit of the Game (SOTG) being used (or just 'good spirit') and this is the magical sauce that sets ultimate apart from those 'other' sports. Ultimate relies on the spirit or belief that all players regardless of skill, gender or size deserve respect and fair opportunities for play and success on the field. As a self-refereed sport, the game places responsibility on each player to be govern how the game is playes and how the rules are applied in competition. You will learn what it's like to make your own calls instead of relying on a referee and how to resolve issues in a way that you don't necessarily encounter in other sports. It's a different experience for newcomers and takes a bit of getting used to, but you'll get the hang of it. Best to experience the game rather than try to explain it too much here.

As for the league, this PUL's 14th official year. We've grown tremendously over the past decade and we are topping the 550 mark with our adult league this year. Add juniors into the mix and PUL is over 700 registered members. This ranks PUL as one of the largest leagues per capita in the country, but we're trying not to count such things.

Still, we're very proud of what PUL has achieved to date and we think we're a popular alternative to more conventional sports because ultimate blends the athletic outlet people want, healthy social interaction, and a community-minded spirit that finds strength both on the field and off. Know this: PUL is big on community and our volunteer support is solid. If you want to get involved, opportunities often arise to help with tournaments, coaching, juniors, clinics, committees, and so on.

So again, welcome. Have a read of the guide and get to know us a bit better. Thanks for choosing to try Ultimate with PUL. We hope you enjoy your season and we are really pleased that you're part of our community. See you on the field.

Andrea Maxie  
PUL President

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# ULTIMATE IN 10 SIMPLE RULES

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1. **The Field:** A rectangular shape 110 yards (100m) long, 40 yards wide (37m) with end zones 20 yards (18m) 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 (saying, “Stalling one...two...three”).
5. **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.
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.

## CHECK IT:

[www.pultimate.ca/rules/11th-edition-rules/](http://www.pultimate.ca/rules/11th-edition-rules/)

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## CHALLENGES OF BEING A NEW PLAYER

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Starting a new sport can be intimidating, understandably. We'd just like to emphasize this: Don't be intimidated. There are some things to get used to. Allow us to spell out a few of them here.

Ultimate is a mixed gender sport. Yeah, that's probably something that you're not accustomed to. Probably a good time to remind you that it's a non-contact sport and that the onus is on you to make a concerted effort to not fling your body around willy-nilly without a concern for the health and safety of others. Make no mistake, this game can be competitive like anything else, but this is our recreation. Broken bones and concussions are no fun for anyone. Please play considerately.

There is no referee. Yes, we've covered this one in some other sections, but there is no official lording over the field. On the contrary, everyone in this game is a referee. You let the people on the field make the calls (people on sidelines, zip it, unless asked for your perspective).

People speak this strange dialect. It takes a little getting used to, but to make things easier we'd suggest feeling free to ask veteran players what certain things mean. Other terms will fall into place over time. You should probably take in clinics when offered so you can start conversing or at least comprehending the terminology sooner than later. We've included a glossary in the back to get you started.

The best thing you can do to improve your game is to get out and toss with a friend or teammate as much as possible. Get a veteran to give you some pointers on technique and then commit to throwing throughout the week. This will make game night way more enjoyable. If Pick-Up is happening (casual drop-by and play sort of evening), take advantage of this low stress environment to work on things.

All in all, we think you might enjoy the process of getting to know this game. And then you might enjoy introducing other friends to it, too.

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# PUL LEAGUES

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PUL has steadily developed over the years, building from its original Wednesday evening beachhead, expanding into Thursdays and subsequently to Tuesdays. PUL Juniors has followed in the past five years and has carved out its own path on Monday evenings. Last year Junior Competitive teams were added to the mix with great success.

The league aspires to provide a wide range of play to satisfy the various skill levels that participants bring to the game. As the years stretch on, however, the overall calibre of PUL continues to improve. That said, we always want to make room for new players to join and start from square one.

As the league has adopted a ladder system, the standard classifications that once accompanied certain evenings are now being muddled a bit. The preference would be that each Tuesday, Wednesday and Thursday would offer both a highly competitive upper end, a solid middle of talented play, and a number of teams with more raw talent who are determined to improve over the long haul.

## **LEAGUE NIGHTS:**

**TUESDAYS** - With a few years under its belt, Tuesday has a growing number of more established, higher skilled teams - and each year welcomes a few new, learning teams to round out a night of play that is suitable for all skill levels. If you're starting this game, this is a good night slot yourself in. During the first two weeks of play, the Tuesday league runs learning clinics as part of league nights to help players learn the basics of the game. With a full slate of 16 teams this year, this night is only going to get better.

**WEDNESDAY** - The original PUL night. Still home to the most veteran players in the league, but no longer considered our competitive night. This year our first summer junior team will compete here, alongside veteran players as their coaches. There's room for Wednesday to expand as it will run with 8 teams this year.

**THURSDAY** - An evening that only gets stronger and more competitive over time. But also downright fun, as it should be. A busy evening of 16 teams playing and a great time of week to exercise the postgame social.

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# SPIRIT OF THE GAME

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At its core, the game of Ultimate Frisbee relies on a guiding principle referred to as Spirit of the Game (SOTG), a notion that upholds the ideals of fair play, respect for the rules and, most important, respect for all the players on the field, opponents and teammates alike. It's a bit of a departure from some sports, but it is absolutely essential to why people find this sport different from most others. The description that follows somewhat encapsulates what it is, though to informally ask most ultimate players what it means, responses would commonly emphasize the positive mood on the field, the supportive atmosphere and the pleasure of playing really hard and having fun at the same time.

Anyhow, for the sake of formality, some level of officialdom has defined Spirit of the Game as follows:

*“Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.”*

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## WHAT'S WITH SELF-REFEREEING?

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Picking up on that Spirit of the Game principle, we should point out that the self-refereeing element of Ultimate Frisbee is perhaps its most distinguishing quality. 'No referee?' you exclaim, 'what gives?' Well, on the contrary, in a game of Ultimate there are 14 referees on the field at one time. The onus is on every player to eventually understand the game well enough to make their own rules calls and manage any prospective disagreements by discussing them and arriving at a mutually acceptable conclusion.

Again, here is the formal gospel just so you can get a hang of it:

*"All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play."*

The key, again, is that all players are responsible for getting to know the rules. This can be a bit overwhelming for new players but don't be psyched out by it. It's important to learn what an infraction looks like and how people are meant to both call them and respond when a violation happens on the field. Keep in mind, at any one time there are 14 referees on the field. That doesn't mean you fob off the responsibility of making calls to someone else, but it does acknowledge that there are different perspectives that occur with plays. What's important is that any calls are treated respectfully and that they are resolved in a way that doesn't interrupt the flow of the game, because hey, we're here to play.

# SPIRIT OF THE GAME: *A How-to Guide*

Big thanks goes out to John Harris of the Toronto Ultimate Club (TUC) for scribbling this handy reference piece. Many people come to this game and are rightfully flummoxed not necessarily by the ideals around Spirit of the Game (SOTG) but how to show it, exercise it, respond to it and so on. While this is the condensed version, it manages to capture the essence of SOTG in a very practical and persuasive manner.

Please share with your players.

Some players say that it is easy to play with Spirit – all you have to do is follow the rules. But SOTG (Spirit Of The Game) is way more than this, and is quite difficult to do all the time. Here is a list of 5 steps needed to fully play with Spirit. Each step is challenging, but Step 4 is by far the hardest.

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## STEP 1.

### **I will try not to break the rules**

- I will try not to drag my pivot foot when I pivot (travel)
- I will try not to cross the goal line before the pull (offside)
- I will try not to cause significant impact when going for the disc (foul)
- I will try not to count faster than 1 second intervals (fast count)

*Step 1 is absolutely necessary before you can go to Step 2.*

## STEP 2.

### **I will not allow myself to get away with breaking the rules**

- If I realize that I've dragged my foot to pivot around a marker, I will not throw since I would have gained an advantage. Instead I will pivot back to my original position and ensure that both the marker and myself are in legal positions before continuing the play
- If I cross the goal line before the pull, I will take a few slow steps before going into a sprint to nullify the advantage I might have gotten
- If I start the count too fast, I will stop counting for a few seconds to nullify the advantage

### **STEP 3.**

**I will encourage my teammates to follow steps 1 & 2. I will tell them when I think they are not.**

- A teammate always travels when they throw a hammer. Tell them, and follow through by helping them practice throwing legally
- My teammates often cross the line before the pull is released. Ask them to “hold the line” when your team is pulling
- Your teammate fouls an opponent hard and decides to contest. Talk to this teammate; say something like: “Wow, that was a hard hit, maybe you shouldn’t contest”
- Call fast count if your teammate is counting to quickly. It might surprise your opponents, but they will probably appreciate it

### **STEP 4.**

**I will believe that ALL players (myself, my teammates, and my opponents) are doing their best to follow steps 1, 2, and 3**

- I never travel, but the person marking me indicates that I traveled on my pivot. I get the disc back and make smaller pivots to avoid whatever it was that my opponent saw. After the game, I ask him or her to show me what it was that I was doing that they believe constitutes a travel.
- My opponents occasionally get 10 or 15 yards across the line before they pull. I kindly ask their captain to check this and to mention it to his/her teammates. He/she does and their team is much better about offsides for the rest of the game.
- The person marking me slaps my arm every time I pivot. I ask him to be more careful and/or I call a foul. We both try to be more careful – he doesn’t mark so close, and I don’t reach out so far on my throws

### **STEP 5.**

**I will accept that different perspectives will see different outcomes**

Step 5 doesn’t work unless you believe Step 4. Even when you believe step 4 there will still be disagreements. Line calls are a perfect example of differing opinions on the field. A player catches a disc close the side line – in or out? Sometimes these calls can be very close. Even with linesmen and professional referees (e.g. pro football), line calls are sometimes unclear.

- I catch a disc on the sideline and I’m 100% sure I was in, my opponent with equal perspective is 100% sure I was out. Since I accept Step 4, I have to believe that the opponent really saw that I was out he saw something different than I did. Since I know I was in and he knows I was out (and neither of us is breaking the rules) it must be too close to call. The Rules of Ultimate include a solution for this situation: disc back to the thrower Play On!!!

# 10 THINGS YOU SHOULD KNOW ABOUT *Spirit of the Game*

## **1. THE GOLDEN RULE: TREAT OTHERS AS YOU WOULD WANT TO BE TREATED**

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”

## **2. CONTROL: SOTG TAKES REAL EFFORT**

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following point 1, the game heals itself.

## **3. HECKLING AND TAUNTING ARE DIFFERENT**

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from nonplaying spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent’s foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

## **4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY**

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

## **5. DON’T “GIVE AS YOU GOT”**

There is no “eye for an eye.” If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you.

We recall point 1: treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

## **6. BREATHE**

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

## **7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE**

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

## **8. BE GENEROUS WITH PRAISE**

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself out-of-bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

## **9. IMPRESSIONS LINGER**

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long-term positive impact.

## **10. HAVE FUN**

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

**\* content from USA ULTIMATE [www.usultimate.org](http://www.usultimate.org)**

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# SPIRIT SCORING

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In 2017, PUL is launching a Spirit of the Game initiative, where teams will submit spirit scores along with their game scores each week. Teams are being asked to rate their opponents on:

- Rules Knowledge and Use
- Fouls and Body Contact
- Fair-Mindedness
- Positive Attitude and Self Control
- Communication

Talk to your captain and your team, no matter how experienced you are about how your team can demonstrated Spirit of the Game.

There will be prizes for:

### **Best Spirited Team**

The top accumulated spirit score for the 2017 summer season.

### **Best Spirited Players - Both Male and Female**

Teams will be given the opportunity to nominate and vote for the player who demonstrated the most consistent, positive SOTG throughout the season.

Day \_\_\_\_\_

Your Team Name (division) \_\_\_\_\_

## SPIRIT OF THE GAME SCORE SHEET

Your whole team should be involved in rating the other team! Circle one box in each of the five lines and sum up the points to determine the SOTG score for the other team.

### 1. Rules Knowledge and Use

Examples: They did not purposefully misinterpret the rules. They kept to time limits .When they didn't know the rules they showed a real willingness to learn

Opponent

| Poor | Not Good | Good | Very Good | Excellent |
|------|----------|------|-----------|-----------|
| 0*   | 1        | 2    | 3         | 4*        |

### 2. Fouls and Body Contact

Examples: They avoided fouling, contact, and dangerous plays.

|    |   |   |   |    |
|----|---|---|---|----|
| 0* | 1 | 2 | 3 | 4* |
|----|---|---|---|----|

### 3. Fair-Mindedness

Examples: They apologized in situations where it was appropriate, informed teammates about wrong/unnecessary calls. Only called significant breaches

|    |   |   |   |    |
|----|---|---|---|----|
| 0* | 1 | 2 | 3 | 4* |
|----|---|---|---|----|

### 4. Positive Attitude and Self-Control

Examples: They were polite. They played with appropriate intensity irrespective of the score. They left an overall positive impression during and after the game.

|    |   |   |   |    |
|----|---|---|---|----|
| 0* | 1 | 2 | 3 | 4* |
|----|---|---|---|----|

### 5. Communication

Examples: They communicated respectfully. They listened. They kept to discussion time limits.

|    |   |   |   |    |
|----|---|---|---|----|
| 0* | 1 | 2 | 3 | 4* |
|----|---|---|---|----|

### Summing the results

Sum the results of every category to a final number and write it into these boxes (the end result should be between 0 and 20).

|    |
|----|
| 11 |
|----|

Spirit Score Total

### \*Comment Box

If you have selected 0\* or 4\* in any category, please explain in few words what happened. Compliments as well as negative feedback will be passed to the teams in the appropriate manner.

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## THE DISC

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'Frisbee', 'disc', 'plastic' – that most essential part of this game goes by a few names, but we should let you know that most people will refer to it as a 'disc'. You see, 'Frisbee' is actually a trademarked name that was originated by Wham-O so many years ago, and while they may lay claim to creating the first Frisbee, the standard issue disc is made by another company. Still, let the hypocritical comments fly since the sport has stuck with the name 'ultimate Frisbee'. It's not a fight we're willing to defend, so just run with it.

The common Ultimate disc is made by Discraft. It weighs in at 175 grams and is known as the Ultra-Star. Is this getting nauseating yet? It's okay, consider it a backgrounder. And yes, you're liable to come across someone who gets a bit snotty about which disc is used, as other companies have tried to break into the market, but we assume that they've mostly given up on trying to compete. Anyhow, the point is, those crappy pieces of plastic that someone buys from Canadian Tire or that are winging around at the beach are way too lightweight and just can't cut through the wind like a properly thrown Discraft.

For our younger players we now carry the J-Star from Discraft which is a 145g model that flies just as true as the original design.

So, there you have it. Consider yourself somewhat better informed on the importance of the disc. Only \$15 if you want to get ahold of one or some (great gift for kids and cottages) then check in with your league coordinator and they can let you know where to get them.

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## EQUIPMENT REQUIRED

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The beauty of ultimate Frisbee is that all it really requires is a disc and an open stretch of grass. It's recommended that you wear soccer-style cleats (note, no baseball cleats or metal cleats, please) for better maneuverability, but they're not essential. Comfortable court-style shoes are best if not wearing cleats. But as there is much cutting back and forth in this game, you don't want to leave yourself prone to twisted ankles.

When setting up a field, eight pylons are required: four for each end zone. Again, pylons can be fashioned out of shoes or knapsacks, and the size of the field for playing with friends can be whatever you really want.

Regular water breaks are strongly recommended, so please always pack a water bottle.



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## SOME KEY RULES

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First things first - by the very nature of this self-refereed game you are responsible for calling your own fouls. This is a challenging notion for new players and continues to be if you don't take it upon yourself to learn the rules of the game. And yes, that can be a little overwhelming, but the best way to get to know how to call the rules is to see them or experience them in action.

The fact is, most of the calls in the game just fall to a handful of rules. Most of them are covered here, but if unsure, always feel free to ask another player and be prepared to look it up if uncertain. And while we cover it in the next section, do not take offence to having a foul called against you. Think diplomacy and discussion - always.

### **THROWING FOULS**

Fouls called against the thrower (meaning that the thrower committed the foul) are rare. If the marker (the defending player) is not set up in a legal position, any resulting contact is usually a foul on the marker. Contact between the thrower and the arms or legs of the marker is usually a foul on the marker. Contact resulting from the thrower and the marker both vying for the same position is a foul on the marker. Although it should be avoided, incidental contact occurring during the follow-through (after the disc is released) is not a foul. So when is the thrower at fault for a foul? When body contact (not arms/legs) is initiated by the thrower with a marker who is set up correctly, it is a foul on the thrower.

### **RECEIVING FOULS**

If a defender contacts a player on offense and it affects that player's ability to catch the disc, the player prevented from making the catch should call a foul. If the defender agrees with the foul call, the player gets the disc where the foul occurred. If the defender does not think there was contact affecting the catch, the defender says "CONTEST" and the disc goes back to the thrower.

### **COUNTING STALLS**

The thrower has 10 seconds to throw the disc. The marker starts the count by saying "STALLING" and then counts to 10 out loud, in no faster than one second intervals. This is called the "stall count". If the

marker gets to 10 before the thrower releases the disc, the marker announces “STALL” (some people yell “DOWN” instead). This would be a turnover and the other teams takes possession of the disc at that spot, unless the thrower contests the “stall” call. The thrower should contest the “stall” if the marker counted too fast or if the thrower believes the disc was released before the marker said “TEN”.

### **PICK CALLS**

Generally, a pick occurs when a defender collides with another player (or needs to slow down to avoid a collision) while guarding an offensive player. The defender needs to be within 3 meters of the offensive player at the time of the pick in order to make this call. Only the defender who was picked can make this call, and must do so as soon as it happens.

When a pick is called, play usually stops, but not until the thrower recognizes that a pick has been called. If the thrower does not stop play and throws the disc, all players should keep playing until the disc is caught or is turned over. If the team that threw the disc does not catch the disc, it is a turnover and play continues. Players simply announce “PLAY ON” and keep playing. If the disc was caught by any offensive player, then play needs to stop.

If the defender believes the pick affected the play, the disc goes back to the thrower. All players return to where they were when the pick occurred. If the defender thinks the offensive player would have caught this disc anyway, even if there had been no pick, announce “DID NOT AFFECT PLAY”. The offensive player keeps the disc and that defender gets to recover the distance lost due to the pick. All other players remain where they were when play stopped.

### **DANGEROUS PLAY**

A player may call a “DANGEROUS PLAY” foul when reckless disregard of the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. The caller should briefly explain the grounds for the call. This rule is not superseded by any other rule and should be used in situations where the play present serious risk of injury.

***\* thanks to PUL player Richard Haight for this material***

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# HOW TO MAKE A CALL

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Ultimate is a self-officiated game. It relies on the spirit of sportsmanship that places the responsibility for fair play on each player. As part of this, players are expected to make 'calls' from time to time to maintain the integrity of the game. Making a 'call' is not a bad thing. Players are expected to make the appropriate call when a violation is observed. To make a call, a player simply announces "violation" or more typically names of the specific infraction (e.g. 'Foul', 'Travel', 'Pick', etc.).

Here are a some important points to remember when making a call:

## **BE LOUD AND CLEAR**

Remember that all players need to know that a 'call' has been made.

## **REPEATING THE CALL**

You may need to repeat your call – don't be offended by this, many players won't hear your call the first time. Don't hesitate to repeat the call until the person with the disc acknowledges it.

## **KNOW THE RULE**

You should know the specific rule that was violated and have observed the infraction with certainty. If in doubt, make sure to ask your captain about the rule so you know with certainty the next time it occurs.

## **PLAYER INTEGRITY**

You should assume that the player is not intentionally violating the rules, so don't treat them like a cheat when you make a call.

## **DISCUSSION**

You should be prepared to briefly discuss the call with your opponent if asked. Don't be offended by this – it's part of the game. Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

## **HUMBLE PIE**

Don't be embarrassed to retract a call if you realize that you've made a mistake after discussing it with your opponent. It's okay, it happens. Move along.

## **WHO CALLS**

Be aware that some calls can only be made by certain players (e.g. a foul can only be called by the fouled player, a pick can only be called by the obstructed player ), while other calls can be made by any player on the field (e.g. travel, in/out call on the sideline, delay of game)

### **Not Involved in a call? You still have a role to play...**

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made

If you hear a call on the field, **DO NOT STOP PLAYING** until the thrower acknowledges that a call has been made and stops play.

It is generally not helpful to involve yourself in someone else's call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling "just contest and put the disc back!" is not helpful in resolving a discussion between two players)

Only players on the field can make 'calls' – players on the side line should only be involved in a call if specifically asked

***\*kudos to PUL player Jamie Stewart for this material***

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# HOW TO RESPOND TO A CALL

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Someone makes a call and you don't agree – how do you respond? Do you fight that urge to yell “Come on!” or “No way!”? Do you immediately blurt out “Contest!” without thinking for a second? These reactions can be instinctive, but serve no real purpose and often deteriorate the spirit of sportsmanship and flow/pace of the game. If you catch yourself reacting to a call in this way, be quick to apologize and move on to resolving the call.

You simply have to decide if you agree or disagree with the call made on you. If you agree with the call, you simply state “No Contest”. The disc is then checked back into play at the appropriate location and stall count – the play carries on.

If you disagree with a call, you simply state “Contest”. In these cases, you should briefly discuss what happened on the play and why the ‘call’ and subsequent ‘contest’ were made. This should not be a confrontational discussion – you need to politely and respectfully listen to your opponent's point of view. The discussion should be as brief as possible with the preferred outcome being either a retracted call, or an uncontested call. If it becomes clear that no resolution will be reached, the disc should be returned to the last non-disputed thrower, and checked back into play with the appropriate stall count – the play carries on.

Here are a few tips to consider when responding to a call you are involved with:

## **PAUSE FOR A MOMENT**

Take a second to think objectively about the play before responding – did I foul them? Did I affect their play on the disc? This brief pause will often avoid reactionary comments and can help with resolving the call.

## **LISTEN TO YOUR OPPONENT**

Not everyone sees the same situation in the same light. Two players with a very good view of a situation can still see different things happening. Be aware of this when trying to resolve calls.

## **CONTESTING A CALL**

All calls may be contested, but only the player called for an infraction may “Contest” a call.

## **TO STOP OR NOT TO STOP**

Be aware that not all calls involve a stoppage of play. Play may continue after some calls provided the infracting player(s) take immediate action to correct the violation (e.g. Fast Count, Disc Space, Double Team, etc).

**Not involved in a call? You still have a role to play.**

## **COMMUNICATE THE CALL**

If you hear a call on the field, repeat it loudly – this helps communicate across the field that a call has been made.

## **DO NOT STOP UNTIL...**

If you hear a call on the field, **DO NOT STOP PLAYING** until the thrower acknowledges that a call has been made and stops play.

## **ZIP IT**

It is generally not helpful to involve yourself in someone else's call or discussion about a call, unless you are asked or if a specific rule clarification is needed (e.g. yelling "just contest and put the disc back!") is not helpful in resolving a discussion between two players)

## **WHO CAN CALL (AND WHO CAN'T)**

Only players on the field can make 'calls' – players on the side line should only be involved in a call if specifically asked.

- 1. PAUSE**
- 2. LISTEN**
- 3. DISCUSS**
- 4. DECIDE**

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# LOCATIONS

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As relatively new league on the landscape of Peterborough sports, from early on PUL reached out to the wider community to secure field resources that could accommodate our needs for proper sized fields. Today, that willingness to go out to the community can be considered something of a strength as we've managed to connect with communities and institutions on a number of fronts. That also means that we're far more visible to a wider community than ever imagined. And it's certainly helping many people understand that we're anything but a bunch of dirty hippies playing this sport.

## **Adam Scott Secondary School**

175 Langton Street, Peterborough  
*\*the field entrance is off Hilliard*

## **Holy Cross Secondary School**

1355 Lansdowne Street West, Peterborough  
*\*the field is in behind the school*

## **Bridgenorth Field - Chemong Lake District Lions Club Park**

1000 Communication Road, Bridgenorth  
*\*No parking on Red Pine Road*

Trent University - Excalibur Fields  
2450 Pioneer Rd, Peterborough

## **Trent University – Justin Chiu Stadium**

1600 West Bank Drive, Peterborough  
*\*Must park bicycles outside of stadium*

## **Fleming College – Knights West Field**

Sutherland Campus  
599 Brealey Drive, Peterborough

King Edward Park  
455 George St S, Peterborough,

## **Lions Spiplex Sports Dome**

7939 Highway #7, Selwyn  
[www.spiplex.com](http://www.spiplex.com)

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# WEATHER POLICY

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Please note that Ultimate Frisbee is played in the rain unless the conditions are torrential. If water is pooling on the fields we will cancel the session as we believe in preserving our field resources.

Naturally, we take no chances with lightning. At the first sign of lightning players are ordered off the field.

In cases of extreme heat, we may start games a bit later than usual.

If in the event of a possible cancellation, it is important that the captains establish communication during the day. You should have access to captain emails and preferred phone numbers. We really leave it to the captains to make the call on whether to proceed.

One important note, however, PLEASE DO NOT pressure a team to play through lightning. It's unnecessary to take chances. Plus, guilt tripping people into playing is asinine.

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# DANGEROUS PLAY POLICY

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Thanks to the PUL Membership Committee for modifying the existing rule and proposing a Dangerous Play policy that is better designed for the mainly recreational character of this league. To read the full policy, please refer to the PUL site under the Rules section.

## **SUMMARY**

A player may call a Dangerous Play foul when reckless disregard for the safety of fellow players or other dangerously aggressive behaviour occurs or is imminent. Contact need not occur. This rule is not superseded by any other rule and should be used in situations where the play presented serious risk of injury. Like all rules, the Dangerous Play foul should not be used to gain unfair advantage and we expect this modified rule to be used with Spirit of the Game in mind.

To make a Dangerous Play call, the affected player must loudly say "Foul," "Violation," or "Dangerous Play." Play then stops immediately. The affected player must briefly explain the grounds for the call. The opposing player may contest this call. The outcome follows the standard procedure of any foul call and so depends on possession, time of occurrence, etc.

If an affected player or a captain feels that on-field (or sideline) resolution was not possible or was unsatisfactory and that the issue requires further attention from the league, he or she should file an incident report, which will be dealt with according to PUL's Safe Conduct Policy.

## **BACKGROUND**

Player safety is a tenet of the Peterborough Ultimate League. To better promote and ensure safety on the field, PUL has adopted a modification to the Official Rules of Ultimate 11th Edition. The 11th Edition rules state that "it is the responsibility of all players to avoid contact in every way possible" and that "reckless disregard for the safety of fellow players or other dangerously aggressive behaviour...is considered dangerous play."

PUL's modification allows for a Dangerous Play foul to be called without contact or before contact would occur, thereby alleviating the necessity to get to the disc and allowing players to avoid any dangerous contact.

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# PUL CODE OF CONDUCT & SAFE CONDUCT POLICY

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These are fundamental tenets of the Peterborough Ultimate League. It's important that all players know, respect and demonstrate them.

## **PUL CODE OF CONDUCT**

PUL members are expected to comply with the following principles during all league play:

### **Uphold the Spirit of the Game**

**Play safely, and respect the safety  
of your fellow players**

**Act respectfully towards  
teammates and opponents**

**Understand, adhere to and promote  
the USAU rules of the game**

**Comply with PUL policies,  
including PUL-specific rules**

## **SAFE CONDUCT POLICY**

PUL is committed to upholding the safety of all players, the Spirit of the Game and player behaviour in accordance with the PUL Code of Conduct in all Ultimate Frisbee games and other PUL sanctioned events. Serious incidents involving league members must be addressed and resolved in a consistent, fair and transparent manner.

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution. An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Implementation Guideline.

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# THE CARBON FLIP

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In 2007 PUL introduced the Carbon Flip (CF), a measure designed to replace the traditional pre-game flip to determine which team pulls and which receives in an effort to reduce the carbon-related impact of league play. Ostensibly, the Carbon Flip intended to encourage more car-pooling and cycling to games, but it is also a way to . keep environmental issues top of mind, and provide a tangible example to our community of how green priorities can easily complement regular activities.

The CF has gone through a number of iterations since it was introduced, but has now settled on calculating the percentage of passengers/cyclists/walkers divided by the number of rostered players to determine the winner. Standings are tracked throughout the season and the winner in the standings is rewarded handsomely for each night. As well, the Carbon Flip is used to determine any tiebreakers in the standings, so we've given it some heft as well.

The benefits of winning the flip may be modest within the game itself, but in addition to the possibility of winning the Carbon Flip standings at the end of the season, the social implications of increased car pooling and cycling convoys have only served to strengthen the camaraderie within the league.

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# INCIDENT REPORTS

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PUL is committed to providing a safe and healthy environment in which people can enjoy the sport of ultimate. Given that this is a self-refereed sport and that, on occasion, serious incidents occur, it is up to all players involved to submit an incident report. The league has provided an online form to ensure that submitting a report is effortless.

That said, please note that **ANY PLAYER CAN  
SUBMIT AN INCIDENT REPORT.**

When serious incidents take place during games, they must be immediately dealt with in an attempt of on-field resolution. An incident report must be filed for each serious incident and will be forwarded to the League Coordinator. League Coordinators may forward incident reports to the Membership Committee, which will address issues within the framework provided in the Safe Conduct Policy.

Examples of serious incidents include:

- **Physical Violence**
- **Dangerous or Reckless Play**
- **Cheating or Overly Poor Spirit**
- **Unsafe Playing Conditions**
- **Injury\***

An incident report should provide as clear a portrayal of the circumstances as possible – the people involved, the key facts of the situation, as well as the resolution or lack thereof. Without an incident report issues of concern are considered hearsay and effectively non-issues – i.e. league coordinators and PUL administrators cannot take appropriate action if there is no record of such issues. Any questions, please do not hesitate to contact your specific league coordinator.

\* Please note it's important that the league know about injuries not just for the health of players, but also if field conditions were a contributing factor.

\*Also of note and new this year. Any insurance injury claims must be reported within 30 days of the injury and a copy of the incident report must be attached.

**[www.pultimate.ca/file-an-incident-report/](http://www.pultimate.ca/file-an-incident-report/)**

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# ZULURU

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As of 2015, PUL has introduced Zuluru, a league management system that intends to simplify the process of running the week-to-week scheduling and standings updates. Admittedly not the most bedazzling platform from a design standpoint, Zuluru does simplify a number of tasks for the league and we suspect players will recognize how much easier it can be to sign up for different leagues and tournaments as time goes on. Once you have registered with the system you no longer have to worry about continually signing up and submitting the same information ad nauseum from season to season.

Added this year to make life more simple (if more for us than for you) there is now the ability to pay through Zuluru for most things offered within our league. Your welcome.

As with any software, the best thing you can do to familiarize yourself with the ins and outs of Zuluru is to muck about with it and check out its features. Captains have a bit more capacity to do things, too.

It should be pointed out that all PUL players must be registered with Zuluru in order to be considered part of the league. Registration on this will constitute whether a player has insurance coverage.

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# LADDER SYSTEM

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In 2014 PUL introduced the ladder system to help improve the quality of games week-over-week by pairing more evenly matched teams. This is a departure from the common standings approach, but it does better reflect current team results. Calculating that rating is based on this:

1. A team's percentage chance to win is computed based on the pre-game ratings values. This will determine what percentage of the game's value the team must contribute. For example, if both teams are evenly matched, they will each contribute 50% of the total. If instead, Team A has a 60% chance of winning, they contribute 60% of the total value.
2. After the game is complete, the pot value is computed. The pot value is double the winning score plus 10. For a normal game to 15, this would make the pot worth 40 points. For a game that ends in a timecapped win at 12, the pot would be 34 points. A game ending 17-16 after an overtime universe point would be worth 44 points.
3. Each team's contribution is calculated by multiplying the pot value by the team's percentage chance to win. This represents the maximum number of ratings points that team could lose.
4. The losing team then gains back the number of ratings points equal to their score. In an evenly-matched game ending 15-10, the losing team would gain back 10 points for a total loss of 10.
5. The winning team then gains the remainder of the pot. So, for example, if their contribution was 20 points, and they won 15-10, they would get a pot of 30, for a net gain of 10. Consider this scenario:
  1. Team A (1500 pts) plays Team B (1300 pts). Based on their relative points, Team A has a 54% chance of winning, Team B has a 46% chance.
  2. They play and Team A wins 13 – 9.
  3. Pot value is the winning score  $(13) \times 2 + 10 = 36$  pts. Team A contributes 19 pts and Team B contributes 17 to the pot. Team A now has 1481 and Team B now has 1283 points.
  4. Team B gets back as many points as they score – in this case 9. Team A gets the rest - in this case 27.
  5. For the next week Team A has 1508 pts and Team B has 1292 pts.

*For a full description, please refer to the section on the PUL site.*

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## PUL - A SNAPSHOT

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2004. It was the year the European Union went through its most massive expansion. Lance Armstrong won his 6th consecutive Tour de France. The Boston Red Sox won the World Series, first time since 1918. Martha Stewart was convicted of a felony. But most importantly, in a place called Peterborough Ontario, Peterborough Ultimate League was born.

A total of eight teams ran in that first year. And those who have been there since the beginning can often sound like grandparents telling stories of when they were young. How they remember playing on the TASS island field and picking rocks off of the field before each game. Or, standing firm against lacrosse players and parents, who questioned the legitimacy of our sport, for Kinsmen Arena field space. Of, meeting back at the Belly for a few pints and free platters of nachos. Teams have come and gone, folded and reemerged, with a few constant staples. What remains the same is the love for this sport, and our continual growth as a league.

We have somewhere between 55-60 league teams, playing year round, engaging between 500 – 600 players. Our Junior Recreational League has upwards of 150 kids dialed into our Monday night program. Last year was our maiden voyage into U16 Competitive Juniors. We sent a male team, 'Rogue Squadron', as well as a female contingent, 'Soar' to Ontario Regionals last year. This year we plan to expand to the U19 division with a competitive and developmental teams.

Not completely under our domain, but very closely linked is the local high school league. This specialized Monday night league is run by a number of PUL players, who just happen to be high school teachers and sees teams from 6 different schools. In the elementary schools system, PUL teachers make sure younger athletes get part of the action. Tournaments run for each age division 9grades 7-8 and grades 4-6) and each year shows a larger, more talented bunch of kids throwing, cutting and chasing after discs at the Beavermead Fields in June.

PULs positive and progressive reputation is earned in great thanks to the strong foundation of volunteers. Our community of players is eager and willing to get involved, and take responsibility in moving this league to further heights. Sure, we may come from a low-key grassroots background, but we are known in the Ultimate world for pioneering

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- PUL: established in 2004 -

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forward-thinking initiatives, like the Carbon Flip. We also host the annual fall tournament, Harvest, which is now a sought after tournament destination with teams coming from Ontario and Quebec.

Ultimate is a sport distinguished from all others with its self-regulation of games. And whether in a fun game of pickup or the final championship, there always remains a mutual respect and admiration among players. It's no wonder we become so passionate about this game and want to share it with others. Fourteen years strong, PUL remains a vibrant, friendly, and talented community, both on and off the field. The next steps forward hope to be as exciting as our first. Where we go from here, one can only imagine, but please join us on the journey.



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## PUL JUNIOR-FIED

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As a relatively new sport compared to other long-established leagues in the region, we're very mindful in PUL that it's our responsibility as the first generation of players in the area to teach this game. That means properly teaching the fundamentals and encouraging school boards to recognize the inherent worth of Ultimate. It's easy to acknowledge the many benefits that this sport brings to the table and it's little surprise that school boards across the country are attracted to the sport. From our league's perspective, we welcome the opportunity to promote the game at the elementary and high school level.

Of course since 2013 we have run our PUL Juniors program in Bridgenorth during the months of May and June. It's an impressive sight, those Monday evenings with 150 kids (between the ages of 8 - 14) and 25 coaches running around enjoying themselves. Our juniors program rocks because so many PUL players are willing to contribute some time.

In 2016, we developed a more competitive side of the sport by launching a U16 competitive girls and guys club teams with great success. This year our Competitive teams will expand to U19 to include those kids missed at the high school level. To bridge the gap between uber competitive and recreational, we will also keep a U16 development team.

We've seen the dramatic growth of disc being played in local schools, thanks in part to our donating discs each year to area schools. The high school league is attracting big support from students and is playing on Mondays in the spring. Meanwhile, with so many teachers involved with PUL we're seeing the game get stronger at the elementary school level, which bodes well for the longer term sustainability of the league. There are two elementary school tournaments (grades 4-6; grades 7-8) each spring hosted by the Kawartha Pine Ridge Elementary Athletic Association. Last spring the Catholic school board hosted an elementary tournament as well.

So, that said, shape up adults. The kids are coming and they're hungry for more.

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# KEY PUL SUMMER CONTACTS

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The thought may drift through your mind on occasion that someone must be running the show here. Well, in fact many people do. The ones you should likely know about are the following:

**Liz Maxwell**

*Tuesday Night League Coordinator*

**lizincanada@gmail.com | 705-749-5094**

**Gabe Huebsch**

*Wednesday Night League Coordinator*

**gabrielhuebsch@gmail.com | 705-313-3163 (c)**

**Ryan Lowe**

*Thursday Night League Coordinator*

**rykelo@gmail.com | 647-770-2020 (c)**

**Jocelyne Stone**

*Operations Coordinator*

**operations@pultimate.ca | 705-868-1552 (c)**

**Andrea Maxie**

*PUL President*

**pul.board@pultimate.ca**

**Kerri Kightley**

*PUL Vice President*

**kerrikightley@gmail.com**

**George Kovacs**

*Membership Committee Chair*

**membership@pultimate.ca**

**Jocelyn Blazey**

*Juniors Committee Chair*

**juniors@pultimate.ca**

**Stephanie Wood**

*Player's Development Chair*

**stephanie.ann.wood@gmail.com**

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# ONTARIO ULTIMATE INSURANCE

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Now into its third full-fledged year as our sport's Provincial Sports Organization (PSO), Ontario Ultimate (OU) is foremost the body responsible for handling our insurance. As OU continues to establish its mandate and build its resources, it will become an ever more important hub of teaching resources and the organization responsible for developing ultimate at both grassroots and competitive levels.

For now, OU is going to be most essential if a player needs to file an insurance claim due to an injury. If this is the case, please be sure to:

1. Fill out an Incident Report. If there's a claim being filed this is obviously an injury worthy of reporting. The insurance company will want to know the details. Make this easier for the league and yourself.
2. Download the claim form from the PUL site under the Resources tab.
3. Fill it out pronto and get a league representative to sign off on it.
4. Submit the claim form in the allotted time (30 days). This may necessitate a physician's recommendation as well, so please have all documentation on hand to ease the process.

To learn more about the greater details involved with claims please visit Ontario Ultimate (OU):

[www.ontarioultimate.ca](http://www.ontarioultimate.ca)



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## ULTIMATE GLOSSARY

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Every sport has its own jargon and ultimate Frisbee certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time, though, and it will all start to make sense. In the meantime, here's a brief primer on some of the lingo you may hear being used in the game.

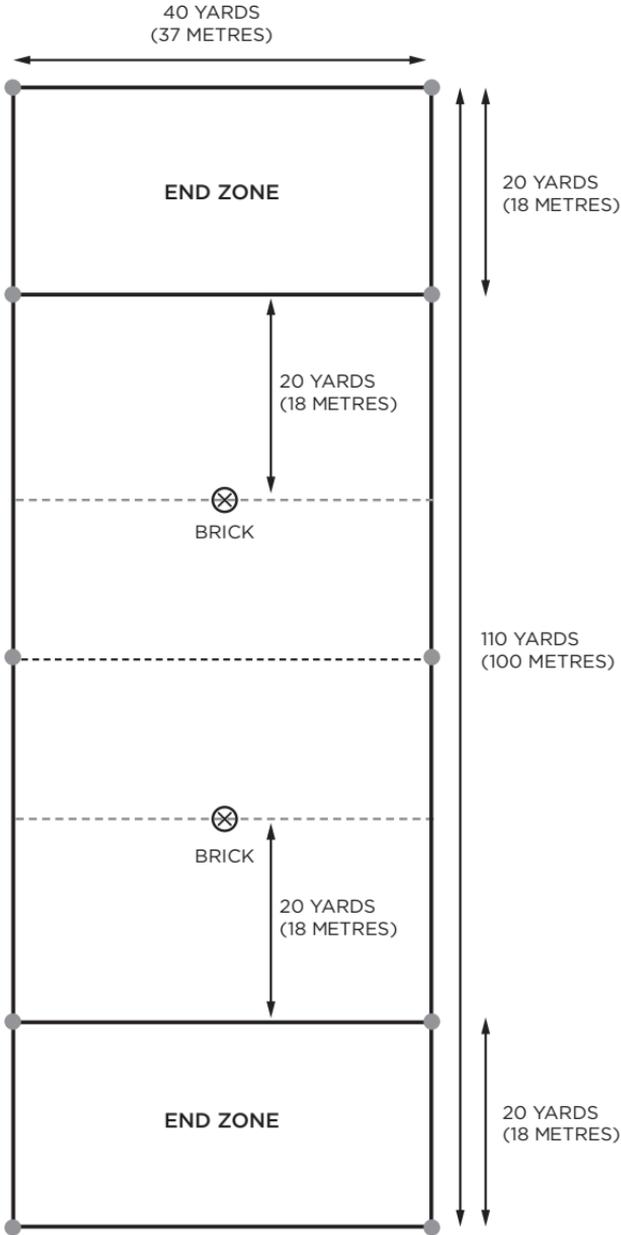
|                          |  |
|--------------------------|--|
| <b>BACKHAND</b>          | Usually the standard throw for ultimate players. This throw has the players fingers curled under the disc with the thumb on top. The arm is extended and brought across the left side of the body. |
| <b>BID</b>               | A failed attempt to catch or block the disc.   |
| <b>BLADE</b>             | A forehand throw that is thrown high in the air and falls hard and fast to the left side.  |
| <b>CALLAHAN POINT</b>    | When an opposing team has their pass intercepted in their own endzone. This results in a point for the intercepting team.  |
| <b>CHILLY</b>            | Term used to remind a player to stay calm and patient with the disc, in hopes that they do not rush a throw.   |
| <b>D</b>                 | Defense or Defend  |
| <b>CONTEST</b>           | (accent on the second syllable) – the call made by a player when disagreeing with a ruling made by an opposing player. Typically, this results in the disc being returned to the original thrower. |
| <b>CUT</b>               | Integral part of a route by a receiver   |
| <b>DISC IN</b>           | Signals the opposing the team that the disc is coming into play.   |
| <b>DUMP</b>              | A throw to a person who is usually used as a safety valve. Normally someone that is standing close or even behind the thrower for an easy outlet.  |
| <b>FOOT BLOCK</b>        | When the foot is used to block a pass immediately after it releases the players hand   |
| <b>FORCE</b>             | A tactic used by the defending team to force the thrower into a specific type of throw, or force them to throw to a specific area of the field.  |
| <b>FOREHAND OR FLICK</b> | Companion throw to the backhand. Great passing throw. Two fingers are placed on the underside of the rim and thumb on top. Lots of wrist snap used for spin.                                       |
| <b>FOUL</b>              | This being a self-refereed sport, if there is an infraction against a player, this is the term used to stop the play.  |
| <b>HAMMER</b>            | A forehand grip that is thrown over the head. This throw results in the disc flying upside down before tailing off at the end of its flight.   |

|                       |  |
|-----------------------|--|
| <b>HANDLER</b>        | The person with the disc.  |
| <b>HOSPITAL THROW</b> | A throw that stays in the air for a long time, allowing multiple players to be going for the disc at the same time, thus increasing the chances for injury.                                |
| <b>HUCK</b>           | A long throw that extends at least half the distance of the field in an attempt to reach a downfield receiver.   |
| <b>LAYOUT</b>         | A diving catch or diving to defend the disc.   |
| <b>MARK</b>           | Similar to a force, but the defender is attempting to block all possible throws by moving arms and legs to get in the way of the throw. Contact is not allowed.                            |
| <b>NO CONTEST</b>     | (accent on second syllable of 'contest') – when a foul is called and the player does not dispute the call. The disc is played from the point of the infraction.                            |
| <b>O</b>              | Offense  |
| <b>PULL</b>           | A long throw that starts play and initiates the opposing teams possession. This is used in a similar way to the kickoff in football.   |
| <b>SKY</b>            | When a player grabs or defends the disc at a much higher point than the other players on the field.  |
| <b>STACK</b>          | Offensive strategy that lines up offensive players one behind the other as they each break a separate way in an attempt to get open.   |
| <b>SWING</b>          | Throwing the disc across field usually to reset the stall count or open up a different side of the field, this throw is not necessarily intended to move the disc closer to the goal line. |
| <b>STALL COUNT</b>    | The defensive player counts up to ten, if the disc is not released before the count reaches ten, it results in a turnover.   |
| <b>SWILL</b>          | A bad throw, usually one that does not have a lot of spin, and not likely to be caught without great effort from the receiver.   |
| <b>TACO</b>           | A disc that is warped, if it happens during game play, the disc is either straightened or replaced.  |
| <b>TURN</b>           | Short for turnover. It alerts players that the disc possession has changed teams.  |
| <b>UP</b>             | Shouted once the disc has been released to alert the other defenders.  |

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# FIELD DIAGRAM

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# DRILLS

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# FORCE

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## THREE PERSON DRILL

**NUMBER OF PLAYERS:** 3

**EQUIPMENT:** 1 disc

**METHOD:** There are three players, one thrower(A) , one marker(B) and one catcher(C). Two players (A & C ) on offence are about 10-15m apart, the third player B acts as defence and marks the person with the disc. Player with the disc(A) tries to throw to player(C) 10-15m away. Once player A throws the disc they follow the disc and become the defence mark for player C who just recieved the disc. This drill is all about the thrower trying to fake out the marker and the marker is trying to prevent the thrower from getting off a clean throw.

This is often a good warm up drill. The drill forces the thrower to use believable fakes and practice stepping out and around the mark to throw the disc.

### POINTS TO EMPHASIZE:

When teaching beginners, remind them plant their pivot foot, use fakes and lunge around the mark. As the mark, make sure you keep your stall count steady and move your feet and body to stop the throw from happening.

### VARIATIONS:

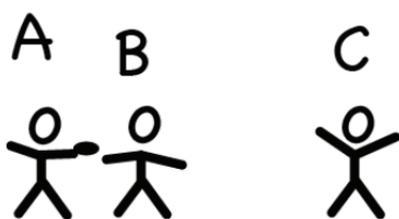
- Assign the player on defense (the mark) to force backhand
- Assign the player on defense (the mark) to force forehand - or flick.
- Assign the player on defense (the mark) to force straight up.
- Add a stall count to simulate game play.
- Start the stall count at 5 for extra pressure on the thrower.

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## THREE PERSON DRILL

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### Three Person Drill



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# DUMP & RESET

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## FLOW (THREE LINE DRILL)

**NUMBER OF PLAYERS:** Minimum 7, but 10 or more is ideal

**EQUIPMENT:** As many discs as players, plus 4 cones

**METHOD:** Set up 3 lines roughly 5 yards apart for beginners. Place cones at the beginning of each line so the players know where to line up. The coach or handler will have all discs in order to initiate the drill. Player from line 1 will make a cut across the field, plant their foot to make a 90 degree directional change and cut toward the handler, receive a pass and then turn and put it to the first player from line 2 who has just mirrored the first cut. This player will then receive the disc, turn and put the disc downfield to the player from line 3 who has just made a 45 degree cut (a 'strike') and receives the disc down field. Each player will then move to the next line and players from line 3 will return to line 1.

### POINTS TO EMPHASIZE:

- This drill is designed around the most basic and fundamental offense in Ultimate (stack and flow)
- Focus on completions and timing of cuts
- Cutters from line 2 lead cutters from line 3 with a throw to space (put the disc where the cutters are going, not where they are)
- When 3 completions are made celebrate the flow; this is a key play in Ultimate!

### VARIATIONS:

- Switch up backhand or forehand sides
- Change the cutting angle from a 90 degree cut to a 45 degree cut - where the cutters will cut away from the corner, plant their foot, change direction and come back toward the handler.
- For more advanced players: introduce concept of force-side cuts v. break-side cuts (knowing direction of force allows you to make the appropriate cut)

### WHAT IS A HANDLER?

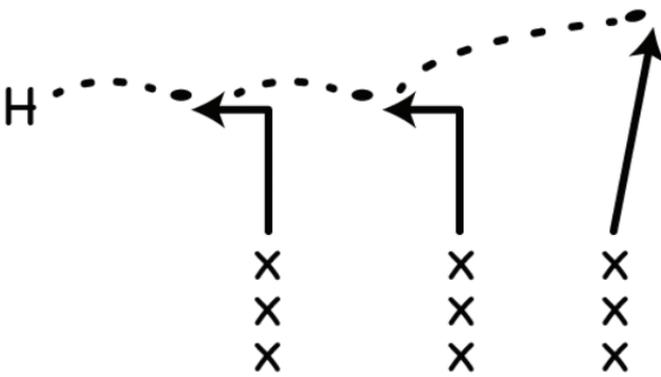
Easy answer, they are the person with the disc. Generally they play a throwing-heavy position (think point guard in basketball). They operate in smaller spaces, smaller stall counts, and yet have a larger amount of pressure to get open. They move the disc through dump, swing or upline movement. Either way they need to be dynamic, quick on their feet and with their decision making. Hesitation can cost as much as a bad cut.

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# FLOW

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## Three Line or Flow Drill



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# VERTICAL STACK

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## SEATTLE

**NUMBER OF PLAYERS:** Minimum 7, but 10 or more is ideal

**EQUIPMENT:** 1 disc

**METHOD:** Set up 2 vertical lines of players in a row (Line A and Line B) in the middle of the end zone. All players in Line A and Line B are simulating a vertical stack in the centre of the end zone, starting at the front and stretching to the back line. Players in Line A will cut from the front of the Line (top of the stack), players in Line B will cut from the back of the line (back of the stack).

Drill starts with the disc in someone's hands approx. 5m from the front of Line A. The player at the back of the stack (line B) will make a 45 degree cut towards the front cone on the right side of the end zone(1). The thrower will throw the disc towards the cone, meeting the cutter in motion. The thrower is then responsible to make a cut towards the sideline(2) where they just threw to receive the disc back from the Line B cutter. Now the first person in Line A (front of the stack) will make a cut straight forward to receive the disc from the right sideline(3). The drill now repeats itself with the cutter at the back of the stack (Line B), cutting 45 degrees to the left cone at the front of the end zone.....etc. etc. Players continue to make the same cuts, switching from side to side of the field.

### POINTS TO EMPHASIZE:

- Always make good hard cuts.
- Players throwing lead the cutters by throwing to the open space where the cutter is moving into.
- Never throw directly to the cutter.

### VARIATIONS:

Fake a cut one way before making your real cut. This gives you practice of stopping, starting and changing direction.

### WHAT IS A CUTTER?

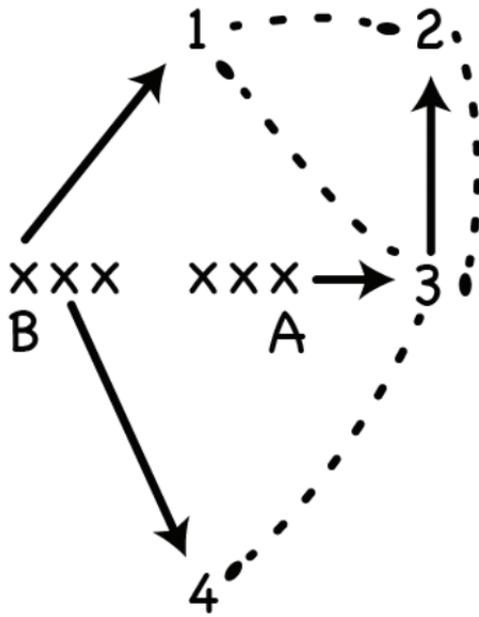
A cutter is an offensive player trying to get open to receive the disc. A good cut is about timing, change of direction and/or speed. Cutters rarely get open on a straight cut or run to the disc. Successful cuts often include fakes, use of proper timing and are coordinated with their teammates.

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# SEATTLE

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## Seattle Drill



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# CUTTING TO OPEN SPACE

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## **BOX DRILL**

**NUMBER OF PLAYERS:** Minimum 6, but 10 or more is ideal

**EQUIPMENT:** Multiple discs and 4 cones

**METHOD:** Set up the four cones into the shape of a box. Form two vertical lines roughly 15-20m away from the box (Line A, Line B). Place cones at the beginning of each line so the players know where to line up. All players in line will have a disc except for the first player in line A. The player in line A without the disc will make a 45 degree upfield, plant their foot and change direction to cut into the box, where they will receive the disc from the player in front of line B. The drill continues with the player in front of line B, who has just thrown the disc now making a 45 degree cut upfield, planting their foot and cutting into the box to receive the disc from line A. After completing a catch, the player will return to the back of the opposite line.

## **POINTS TO EMPHASIZE:**

- Focus on timing the throw to meet the cutter in the box.
- Cutters focus on running through the disc and not stopping to catch.
- Cutters work on quick, explosive directional changes. (Placing a small cone at the spot on the field where you would like the players to make their directional change is often helpful for beginners)

## **VARIATIONS:**

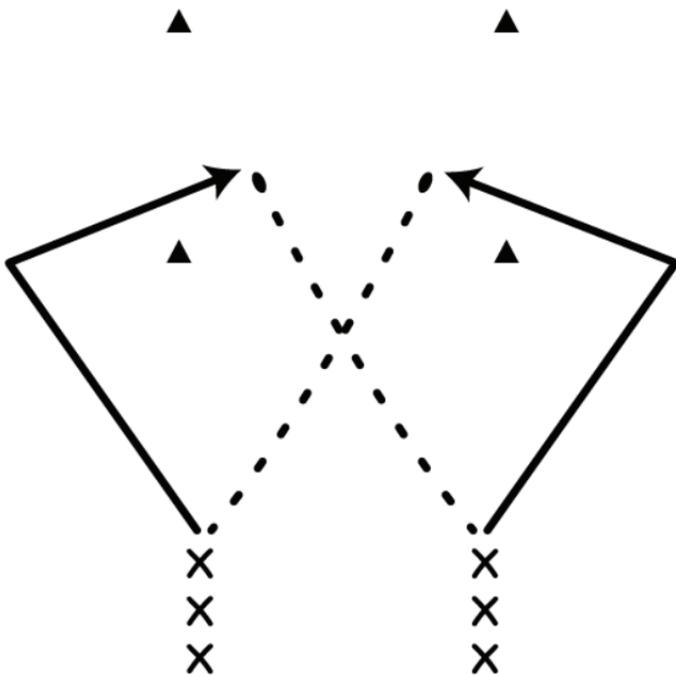
- Switch up backhand or forehand throws
- Add a Defensive player to the thrower with either a force toward the middle of the field or force toward the outside.

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# BOX DRILL

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## Box Drill



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# PIVOTING AND FAKING

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## **BREAD & BUTTER**

**NUMBER OF PLAYERS:** Unlimited, though 10-15 works best

**EQUIPMENT:** 4 cones, several discs

**METHOD:** Set 2 stacks facing each other approximately 5-10 yards apart. Each player starts the drill with a disc to ensure there are enough; extra discs are put at the front of each stack. The first player in stack A will start without a disc; they will be the first cutter.

Start with the first player in stack B ready to throw. The cutter from the front of stack A will turn and cut at a 45 degree angle towards the back of their line (for a few steps) on the flick side, plant their foot and turn and cut toward the open space on the same side to receive a backhand throw from the first player in stack B. After receiving the disc the cutter then goes to the back of stack B and the thrower from stack B becomes the next cutter - by turning and making a short 45 degree cut towards the back of their line on the flick side, planting their foot and turning to cut toward the open space on the same side to receive a backhand throw from the first player in stack A.

\*\*Placing a small cone at the spots on the field where you would like the players to cut to is often helpful for beginners)

## **POINTS TO EMPHASIZE:**

- When teaching beginners, keep the tempo of the drill slow
- Keep the stacks close together (allow all players to build confidence)
- Encourage as many consecutive completions as possible (have players count)
- Focus on sound throwing (with a good pivot) and strong catching fundamentals (2 hand pancake or claw when possible)

## **VARIATIONS:**

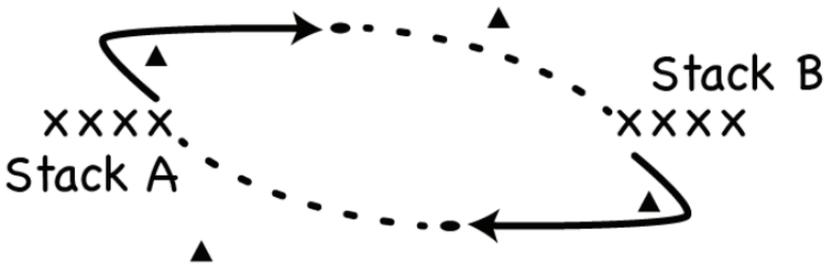
- Cut 50 times to backhand then switch to forehand
- Add a mark; start with coach as mark then progress to players
- Cutting with break force throws (advanced); objective is to encourage continuation and get drill flowing using just one disc

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# BREAD & BUTTER

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## Bread & Butter



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## TOSS THIS AROUND

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We want to make the game of ultimate as pleasing as possible for all participants. The effort to make sure the game on the field is both fun and competitive, while the postgame culture is social and easily approachable is a clear reflection of you, the players. And sometimes that takes some effort to make it happen, but just realize what you invest in this game and this community can be very rewarding.

As PUL has developed over the years and brought more people to the field of play, this beautiful beast is a direct reflection of the contributions that many, many people make. That said, there are opportunities to volunteer, chip in, make a difference and build an even stronger, more sustainable league. We are a non-profit organization, so there is no board, there are committees that require assistance on occasion, and there are league coordinator positions and tournament volunteer roles that all demand a hand.

Also keep in mind that to promote those ideals of community and interaction, we actively encourage players to move to other teams as well as play on other or additional nights. Sign up for winter league (if there's space) or spring league. Learn from others. Mix it up. If you're not happy with your current situation, don't always feel that this is the only team that you ever have to play with. The best way to encounter this is to enjoy a tournament (EcoDisc, 4-on-4, Harvest) during the year, or even simpler, go to Pick-Up when it's happening. You will soon get a taste for what's possible.

PUL wants to provide a high level of competitive ultimate for those players that seek out that level, just as we want to accommodate those who are simply wanting a more recreational outlet. Please keep that in perspective when you're out on the field. It's fine to take the sport seriously, but don't take yourself too seriously. Have fun, play fair, play hard. Make friends. Demonstrate that behaviour and you just may find others will emulate it, too. The hope is that as your game improves, so too will your sense of connection to this community.

Welcome to PUL. Enjoy yourself. Now get outside and work on your throws. Maybe invite a friend along, too. We'll see you on the field!





*Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.*