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**PETERBOROUGH ULTIMATE LEAGUE**  
**20TH ANNIVERSARY**  
**2004-2024**

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**JUNIORS**

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FIELD GUIDE

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**2024**

## COACH'S CONTACT INFO

To help coaches with game and practice planning, it is helpful to know how many players to expect on any given Monday and Wednesday night.

We would appreciate it if you contact your child's coach or the PUL Juniors Administration directly in the event that you are unable to attend the session.

As we will be assigning children to different coaches after registration, please take a moment and fill in the necessary contact information provided on the first official week of the program. Your first point of contact should be the coach assigned to your child.

COACH: .....

EMAIL: .....

PHONE: .....

### 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 operations@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

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Juniors was born in 2012 by a group of PUL players eager to share their love of this sport with the younger generation. We are grateful there continues to be a large number of folks who are just as eager to share their knowledge now, 10 years later.

Our coaching staff is made up mostly of parents, who happen to be PUL players themselves, but we also have a handful of kids who have themselves come through the Junior Program and graduated out.

So why ultimate? What's the attraction, or shall I say pull? Could it be our affordability? In this day in age, when most everything seems to have an exorbitant price tag it's nice to find something that doesn't. Or, maybe it's the ease and simplicity it takes to create.

A disc, some friends, a field and viola, you've got yourself a game. Maybe it's the mix of athleticism and social interaction Ultimate creates. Truth be told, it's a blend of everything mentioned, but above all else, what I believe makes Ultimate so remarkable is the focus on Spirit of the Game (SOTG) philosophy. It's a philosophy that cultivates respect and garners friendship.

All good lessons to take with you outside of Ultimate and into the game of life. Besides, what other sport is out there where players are responsible for governing their own game?

At PUL we are dedicated to building a program that lasts, which is why we focus so heavily on skill development based upon the Long Term Athletic Development (LTAD) principles set out by Ultimate Canada. Thought and time is used when pairing coaches with groups of kids, and teams are made to be balanced and competitive, at least that is the goal. Above all, we want to create a positive and fun environment, fostering the love of the game and look forward to seeing juniors return year after year.

We'd like to thank you for coming and joining our community. We hope you and your players enjoy what we have to offer, as much as we enjoy offering it.

Carly Hulse  
PUL Director of Operations

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## GOALS OF JUNIOR PROGRAM

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Our league is continuously improving and growing but number one goal remains unchanged. It is to share our love for the game to the younger generation in a fun-filled way, focusing on skill development.

This will be the first year where we divide our program into two nights. The goal of doing this is to keep as many kids playing ultimate as possible. Ideally we want to hook these kids for life, but for now we'll settle for the season.

For the younger 8-12 year olds our main goal will still be to teach the basic concepts and fundamentals of the game. While the older, 12-17 year olds will focus more on game play. That said, we're still going to throw in some warm up drills so they can continue to improve their individual skills.

We have invested in **Elevate**, a robust resource/app for our coaches which provides a better program for our Junior players. We hope your junior players enjoy themselves.

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## LONG-TERM ATHLETIC DEVELOPMENT (LTAD) & PUL

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Our approach continues to provide a learning environment in which we utilize the Long-Term Athlete Development (LTAD) model to ensure that the scope of our sessions are both age and developmentally appropriate. We've staffed the Juniors Program with coaches trained through the National Coaching Certification Program, ensuring a solid foundation and sound framework moving forward. That said, the overarching goal is to provide a fast-paced, active and most importantly fun learning environment for youth.

Our eight-week program this year divides the youth based on skill level more than age which allows us to address the needs of each group and encourage different styles of game play.

The more experienced players will be focused on the LTAD principles of learn to compete and train to compete. Our team games approach will continue this year for these upper two groups, but we will still be emphasizing the importance of building skills, strengthening fundamentals and developing technique. The less experienced players will spend a few weeks building their comfort both throwing, catching and movement with the disc, and will eventually start to dip into more game-style situations. The overarching LTAD principle as it applies to this skill level is Learn Through Play.

Whatever approach you as a spectator see, please recognize that the emphasis really is on finding that balance between learning the game and ensuring that it is fun.

**[www.canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages](http://www.canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages)**



- NOTES -

**Tactical Skills**

**Offence:**

- Introduce vertical stack
- Introduce horizontal stack
- Introduce resetting the disc
- Introduce swinging the disc
- Introduce basic set plays (identifies where initiating cuts should come from)
  - Back of stack
  - Front of stack
  - In endzone

**Defence:**

- Introduce person to person defence
- Introduce help defence

**General:**

- Introduce on-field communication
- Introduce space and field sense
- Introduce disc position
- Introduce sideline support
- Introduce offence and defence transitions

**Spirit of the Game:**

- Introduce BE CALM strategy
- Understands the basics of Spirit of the Game
- Emphasizes a love for the game
- Helps teammates develop by sharing the duties and roles within the game (everyone gets a chance to catch, throw, pull or pick up the disc after stoppage of game)
- Understands spirit games can be played between teams after games.

**Objective:** Focus on training the whole athlete based on their physical, technical, tactical, mental, cognitive and emotional development.

**Overview:**

- Focuses on preparing the athlete for the demands of the sport both physically and mentally.
- Through physical training the athlete builds an anaerobic and aerobic base and develops speed and strength
- Through mental training supports the athlete learns how to concentrate during training periods
- Increases their understanding of tactics and strategies used in Ultimate.
- Have fully internalized Spirit of the Game and practices it on the field.
- Participation in sports is narrowed to 2 sports that are complimentary.
- From here will transition into Train to Compete or into Ultimate for Life (more recreational participation in ultimate)

**Field Activities:**

- Modified field size and game length for early stage athletes
- Transitions into full sized fields and length later in stage.
- Zone is introduced later in stage.
- Small sided games (4x4, 5x5, 6x6) and skills challenges early in the season and transitions to full field/games later in stage/season.
- Small sided games can be used as training later in season/stage to increase contact with disc
- Vary field size for lessons - smaller fields make person-to-person coverage easier while larger fields make offensive movement easier.
- Skills games included in games/practices
- Play multiple positions and teach basics of each position early in the stage
- Start focusing on 2-3 positions at high end of stage (ie. handler vs. cutter; deep/mid/under cutter; handler vs. cutter mark.)

**Skills**

**Throwing:**

- Introduce varied release points - backhand
- Introduce varied release points - forehand
- Introduce inside-out backhand
- Introduce inside-out forehand
- Introduce outside-in backhand
- Introduce outside-in forehand
- Basic hammer throw - short distance
- Introduce basic hammer throw - medium distance
- Introduce basic hammer throw - long distance
- Introduce basic scoober throw
- Introduce off-hand throws
- Introduce. push pass

- Introduce blade
- Good hang time and consistency on pulls
- Advanced fakes (includes balance and extension)
- Throws against a mark
- Makes break-mark throws
- Improved down, up and cross-wind throws
- Improved spin and flight dynamics of the disc - throwing with spin and touch

**Catching:**

- Refine reading the disc
- Refine jump catch
- Refine using body too shield incoming disc
- Refine run-through catch
- Refine layout catch
- Refine one hand catch above head
- Introduce one hand catch below knee
- Refine two hand catch above head
- Refine two hand catch below knee
- Refine attacking the disc
- Refine catching with coverage

**Cutting:**

- Refine reset
- Refine boulder cut
- Refine deep cut
- Refine under cut
- Refine angles of a cut
- Refine timing of a cut
- Refine clearing after a cut
- Refine making space for other cuts
- Refine faking
- Introduce laying out
- Introduce defensive set up and adaptation
- Introduce mirror cuts
- Introduce boxing out

**Marking:**

- Basic mark body positioning (no force)
- Calls “up” when opponent releases the disc
- Introduce marking a handler
- Introduce marking a cutter



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## THE DISC

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'Frisbee', 'disc', 'flat ball' – 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 many years ago, and while they may lay claim to creating the first Frisbee, the standard issue disc is now made by many other companies.

The standard, official Ultimate disc weighs in at 175 grams. This will be the disc most of our youth will play with. For our younger players we're going to use the smaller version of the original design. It weighs 145 grams, and is made with a slightly softer rubber. It is more manageable for smaller hands and still flies beautifully.

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## EQUIPMENT REQUIRED

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The beauty of Ultimate is that all it really requires is a disc and an open stretch of grass. That's all kids really need to play. It's recommended that kids 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.

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.

As needed, sunscreen should be applied well before playing so there are no slippery discs.

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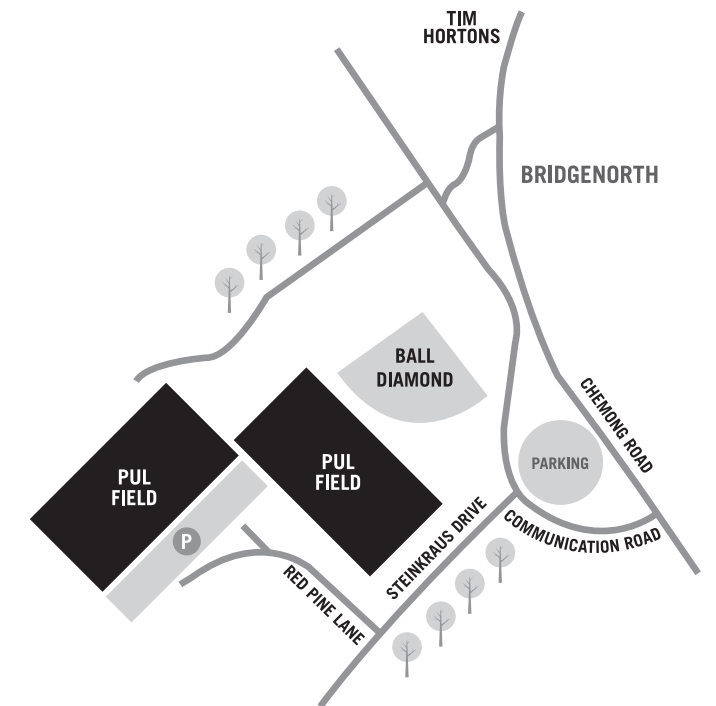
## LOCATION

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In order to ensure we get 8 weeks of our program in, and we don't wreck the grass fields we split our program between two locations; Bridgenorth and St. Pete's.

St Pete's is located at 730 Medical Dr, Peterborough, behind the school. Park in the back parking lot and make your way down the hill.

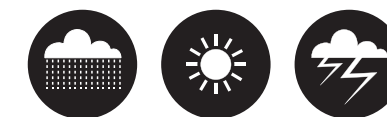
The Bridgenorth field is the soccer pitch beside the baseball diamond on the south approach to Bridgenorth (before the Timmy's). To get there, head north on Chemong Road out of Peterborough for 6.5km until you reach the southern outskirts of Bridgenorth. Just before the big corner leading into Bridgenorth turn left onto Communication Road take an immediate left onto Steinkraus Drive and then right onto Red Pine Lane. There is a parking lot in front of the set of Ultimate Fields. Should this lot be full park in the lot beside the baseball field and take the short walk to the fields. PLEASE DO NOT PARK ON THE ROAD, the neighbours do not appreciate this.



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## WEATHER POLICY

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Please note that Ultimate 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, or smoke, we may also cancel the session.

In the event of a possible cancellation, we hope to contact parents directly to alert them by email as this is our main form of communication, but please always check the [www.pultimate.ca](http://www.pultimate.ca) site if you are unsure. Any postings also go directly to our Facebook page, so you should go 'like' us if you want up to the minute info.







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## ROWAN'S LAW

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Rowan's Law legislation was passed by the Ontario Government in 2018. This legislation is named in memory of Rowan Stringer who tragically died in 2013 of Second Impact Syndrome, the result of suffering multiple concussion playing rugby three times in six days. The legislation is designed to create a safer environment for competitive amateur athletes, children and youth to play sport.

Knowing how to recognize the signs and symptoms of a concussion, and what to do if a concussion happens – whether you're an athlete, a student, a parent, a coach, a team trainer, an official or an educator– saves lives. The Ontario Government is committed to implementing Rowan's Law by putting concussion safety information in the hands of people who need it most.

Increasing awareness and changing conversations in sport, at school and in our homes, will result in transformative change to the way in which concussions are managed in amateur competitive sport and beyond.

### WHAT'S PUL DOING?

PUL has created our own Concussion Code of Conduct, Removal from Sport Protocol, and Return to Sport Strategies. We have decided to make Brain Health a priority across ALL members of our league, not just those aged 26 and under. In order to renew your membership with PUL, every player will need to sign an electronic version of the Concussion Code of Conduct. This will be done, from now on, on a yearly basis.

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## PUL'S CONCUSSION CODE OF CONDUCT

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### I will help prevent concussions by:

- Respecting the rules of Ultimate.
- Respecting my opponents and play safely.
- Wearing proper equipment and wearing it correctly.
- Developing my skills and strength so I can play the game to the best of my abilities.

### I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a serious brain injury that has both short and long term effects.
- I do not need to lose consciousness to have a concussion.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- If I think I might have a concussion I will self-report my possible concussion to a "designated person" (coach, parent, captain, or other responsible person), and immediately stop participating in further training, practice or competition.
- I will report to a designated person if I suspect another player has a concussion, or concussion-like symptoms.
- That continuing play with a suspected concussion increase my risk of more severe, longer lasting concussion symptoms, as well as increases my risk of other injury.

### I will not hide my concussion symptoms. I will speak up for myself and others:

- I will not hide my symptoms. I will tell a designated person if I am concerned I have had a concussion and/or experience any signs and symptoms of a concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, parent, official, captain, or another responsible adult I trust so they can help.
- If I have a suspected concussion, I understand I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner (preferably one with experience in concussion management) and have been medically cleared to return to training, practice or competition.

### I will take the time I need to recover, because it is important for my health:

- I understand I will have to follow the 6-step Return to Play guidelines when returning to activity.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner, preferably one with experience in concussion management, prior to returning to training, practice or competition.
- I will respect my coaches, parents, captains, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

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## REMOVAL FROM SPORT PROTOCOL

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Ensuring immediate and safe removal of players with a suspected concussion from activity.

### STEP 1: REMOVE FROM SPORT

A player suspected of a concussion must stop play immediately. Whether this happens during a Peterborough Ultimate League event; a game, scrimmage or practice the player\* must be immediately removed from participation.

**Who is responsible for removal-from-sport?** If a suspected concussion occurs, it is the responsibility of all team members to remove the player from participation in the sporting activity immediately. Team captains hold the final decision to remove players with a suspected concussion. If there is doubt whether a concussion has occurred, it is to be assumed that it has. If in doubt, sit them out.

**Monitoring the player:** No player with a suspected concussion should be left alone or drive a motor vehicle.

### RED FLAG SYMPTOMS

If there are any red flag symptoms or a neck injury is suspected, call 911 immediately. The player should not be moved and should only be removed by emergency healthcare professionals with appropriate spinal care training. More severe forms of brain injury may be mistaken for concussion. If any of the red flag symptoms are observed or reported within 48 hours of an injury, then the

RED FLAG SYMPTOMS	
Headaches that worsen	Can't recognize people or places
Seizures or convulsion	Increasing confusion or irritability
Repeated vomiting	Weakness/tingling/burning in arms or legs
Loss of consciousness	Persistent or increasing neck pain
Looks very drowsy/can't be awakened	Unusual behaviour change
Slurred speech	Focal Neurologic signs (paralysis/weakness etc.)

### STEP 2: REFERRING FOR MEDICAL ASSESSMENT

Captain's must recommend to the player (or parent/guardian if applicable) that they seek medical assessment as soon as possible. Medical assessment must be done by a Medical Doctor or Nurse Practitioner. Players with suspected concussions may

not return to any league activity until they've received medical assessment and submitted necessary documentation. player should be transported for urgent medical assessment at the nearest emergency department.

### STEP 3: INITIAL MEDICAL ASSESSMENT

Assessment and diagnosis by a Medical Doctor (MD) or Nurse Practitioner (NP)

**Seeking medical assessment:** If a player has been deemed to have had a suspected concussion, it is the parent/guardian's responsibility to take the player to see a medical doctor or nurse practitioner as soon as possible.

**Required type of initial medical assessment:** In order to provide comprehensive evaluation of players with a suspected concussion, the medical assessment must rule out more serious forms of traumatic brain injury and spine injuries and must rule out medical and neurological conditions that can present with concussion-like symptoms and must make the diagnosis of concussion based on findings of the clinical history and physical examination and the evidence-based use of adjunctive tests as indicated. In addition to Nurse Practitioners, the types of Medical Doctors that are qualified to evaluate patients with a suspected concussion include:

**Family Physician, Pediatrician, Emergency Room Physician, Sports-Medicine Physician, Neurologist, or Internal Medicine and Rehabilitation (Physiatrists). Documentation from any other source will not be acceptable.**

**Obtaining appropriate diagnosis and documentation:** Written medical documentation must be obtained if a concussion has occurred or not.

### STEP 4: MEDICAL DIAGNOSIS

#### *Submission of medical documentation of concussion diagnosis*

**If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion did not have a concussion diagnosis:**

- Player (or parent/guardian) must take the written documentation from the medical assessment (highlighting that the player did not have a concussion), and give this document to the team Captain.
- It is the responsibility of the team captain to submit medical documentation to the Operations Coordinator before the player is permitted to return to a PUL activity.
- The player should continue to be monitored for at least 24-48 hours after the event, as signs and symptoms may take hours or days to appear.

· Team captains have the right to refuse a player to return to any PUL activity if they deem the player unfit to do so.

· It is the responsibility of the team captain to submit medical documentation to the Operations Coordinator.

**If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion does have a concussion diagnosis:**

· An initial period of 24-48 hours of rest is recommended before starting the Return to Sport Protocol.

· The player, or parent guardian (if applicable) must take the written documentation\* from the medical assessment (highlighting that the player has been diagnosed with a concussion), and give this document to the team captain.

***\*Written documentation by a Medical Doctor or Nurse Practitioner may be provided in any format from the medical assessment.***

## RETURN TO SPORT

Stage	Rehabilitation Stage	Activity	Duration	Objective
<b>0 Rest</b>	Initial rest (physical and cognitive)	Rest. Minimise screen time. Consider time off or adaptation of work or study.	< 1-2 days	Recovery
<b>1 Symptoms persist at 24 hours</b>	Symptom limited activities	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Until concussion symptoms clear	Return to normal activities (as symptoms permit)
<b>2 Symptom free at 24 hours</b>	Light aerobic exercise	Walking, light jogging, swimming, stationary cycling at slow to medium pace NO ultimate NO resistance training, weight lifting, jumping, or hard running. Symptom free during full 24-hour period	< 15 min	Increase heart rate
<b>3 Ultimate Specific Exercise</b>	Sport-specific exercise	Simple movement activities (i.e. running drills) Limit body and head movement NO head impact activities	< 45 min	Add movement
<b>4 Non-Impact Training</b>	Non-impact training	Progression to more complex training activities with increased intensity, coordination and attention. (throwing, passing, change of direction, small-sided game. May start progressive resistance training. NO impact activities, including no laying out.	< 60	Exercise, coordination and cognitive load. A return to learning much be achieved before returning to sport.
		Youth (<18 years) & adult-students - athletes have returned to full-time studies at this time.		
		Repeat Medical assessment (medical clearance).		
<b>5 Full Intensity</b>	Full Intensity Practice	Normal training activities. Although a non-contact sport, some non-intentional contact may happen.		Restore confidence and assess functional skills by coaching staff.
<b>6 Game Play</b>	Return to sport	Normal game play.		Player rehabilitated.

## KEY PUL CONTACTS

You may have questions about the PUL Juniors program, our outreach efforts with local schools or simply about our league in general.

To better direct your inquiries, best to contact these folks.

**Carly Hulse**  
PUL Director of Operations  
operations@pultimate.ca

**Ben Woolf**  
Junior Coordinator  
juniors@pultimate.ca

You can also find links to our numerous league coordinators, tournament directors and committee semi-bureaucrats on our [www.pultimate.ca](http://www.pultimate.ca) site, where all good things reside.

## THANKS

PUL Juniors is a remarkably collaborative effort that draws on the skills, enthusiasm and high standards that define the people who have generously given their time and energy to helping this program grow.

As we've said before, you can never spend enough time saying thanks to those who have put this program on the map. But we'll give it a try.

Our **PUL Junior coaches** - the list grows ever longer and more involved. You are the definition of a team player and your contributions today are going to make a difference to the way our kids engage in sport, share in community and navigate the road ahead. You're also going to spoil PUL Juniors athletes for showing what fun a coach can be. Thanks all. Keep doing what you do. And keep encouraging others to join in on the fun.

**Adrienne Boyer** is the goddess of design. This handsome little volume is but one example. Those juniors logos? Yup. Discs and shirts. Oh, there's more...

To the **PUL Board of Directors** who have provided the guidance and good sense to support our initial foray promoting ultimate Frisbee to local schools. That endorsement and significant financial commitment has set the stage for this most exciting point in our evolution as a league.

To **Ultimate Canada** and Ontario Ultimate, for their guidance as we continue to grow this sport with young athletes. It's great to have both of their support.

To our **municipal and institutional partners** who provide us with the field space to play and the encouragement to develop recreational opportunities for youth and adults in an age when health seems to be more essential than ever. We reserve a special note for the generosity of the Township of Selwyn who have updated their field space, creating a designated ultimate field. Bridgenorth has become the centre of PUL Juniors, and that's great for everyone.

A shout-out to those spouses, partners, friends and others who must endure the endless chatter about Ultimate Frisbee that occasionally consumes their beloved. Thanks for tolerating us. Honest, we do mean well.

We reserve our final accolade to the larger PUL Community. Collectively, you have set the stage for a program of this calibre to happen. It's your passion for this game and your companionship both on and off the field that ensures this game thrives in our community. It's directly thanks to your involvement that this league has grown and given us the means to now grow a younger audience for PUL. You may not be involved in juniors yet, but please recognize that each one of us is a teacher by default when it comes to throwing a disc with a kid. You can make a difference and you do. So, you should probably go practice your flick now.

the

## ULTIMATE GLOSSARY

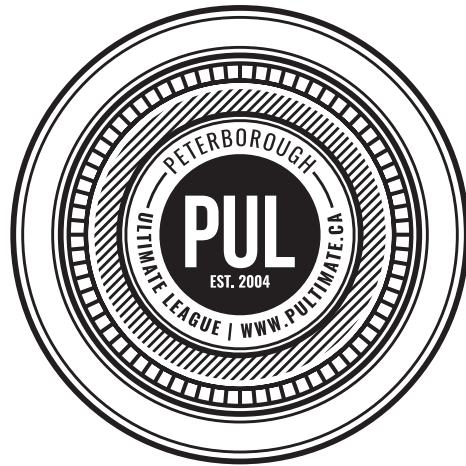
Every sport has its own jargon and ultimate certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time, though, and it will all start to make sense. In the 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.

## ULTIMATE IN TEN SIMPLE RULES

<b>1</b>	The Field: A rectangular shape 110 yards (100m) long, 40 yards wide (37m) with end zones 20 yards (18m) deep.
<b>2</b>	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.
<b>3</b>	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.
<b>4</b>	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.
<b>5</b>	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.
<b>6</b>	Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.
<b>7</b>	Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
<b>8</b>	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.
<b>9</b>	Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.
<b>10</b>	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.



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