

## Resources

You can obtain information on local ultimate resources from your local parks and recreation department, community library, or university or college athletic department.

### Ultimate Players Association

3595 E. Fountain Blvd., Suite J2  
 Colorado Springs, CO, 80910  
 Phone: 800-872-4384; Fax: 719-591-2461  
 Web site: <http://www.upa.org>

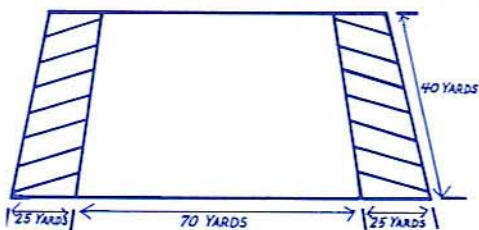
This nonprofit organization serves as the governing body for ultimate in the United States. A teaching package is available for purchase. Besides other merchandise and teaching aids for sale, you can get two free pamphlets from them: "How to Start an Ultimate Team" (also available at <ftp://ftp.upa.org/pub/ultimate/articles/start.html>) and "How to Start a Summer League."

### Disc Golf Association, Inc.

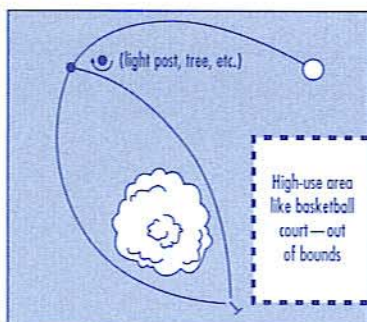
16 Maher Road  
 Watsonville, CA 95076  
 Phone: 831-722-6037  
 Fax: 831-722-8176  
 Web site: <http://www.discgolfassoc.com>

### PDGA (Professional Disc Golf Association)

5 Dacotah Ave.  
 Toronto, ON, CANADA M5J2E4  
 Phone: 416-203-9628  
 Web site: <http://www.pdga.com/index.php>



**Ultimate playing field**



**Disc Golf Sample Layout**

## Ultimate Rules

- Play with two seven-person teams.
- Start play with teams lining up on their end zone lines. One player throws the disc to the opponents. If it goes out of bounds, the receiving team can start where it went out or ask for another throw.
- Play proceeds downfield to the end zone at the opposite end of the field. Players can go anywhere on the field at any time and can throw in any direction. Players may not run with the disc. The person who has the disc (the "thrower") has 10 seconds to throw it.
- Whenever a pass is incomplete, intercepted, knocked down, or flies out of bounds, possession of the disc changes.
- Physical contact is not allowed between players. Any physical contact is a foul. A fouled player gets the disc where the call was made. Players are responsible for their own foul calls and resolve their own disputes.
- When the offense completes a pass in the defense's end zone, it gets a point.
- Follow this final rule from the Ultimate Players Association: "**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."

## Disc Golf

The rules for disc golf are similar to the rules used in the game of golf but, of course, you are using a flying disc instead of a ball and clubs.

Dens and packs can be creative in determining what to use for pole holes and they can make up different types of courses and games.

### Clapping



### Sandwich

