



YOUTH ULTIMATE STARTER GUIDE



SPIRIT OF THE GAME

SPIRIT OF THE GAME IS THE VALUES OF RESPECT AND SPORTSMANSHIP THAT ARE CENTRAL TO ULTIMATE'S PHILOSOPHY. IN ULTIMATE, THERE ARE NO REFEREES. PLAYERS ARE RESPONSIBLE FOR MAKING THEIR OWN CALLS.

WHAT IS ULTIMATE?

Ultimate is a fun, fast-paced team sport which combines the best elements of soccer, football and basketball as teams try to move the disc down field and score in their opponent's end zone. This non-contact sport is self-refereed and has sportsmanship built into the rules via Spirit of the Game.

USA Ultimate values the contributions and perspectives that a truly diverse community provides our sport and its culture. Equity, diversity and inclusion (EDI) are critical to the integrity of our sport, and USA Ultimate is committed to increasing access to and participation in the sport, particularly amongst youth in underrepresented communities.

BASICS

Time needed: **30-60 minutes**

Suggested Equipment: **Cleats and a Disc (\$12-\$15)**

Injury Risk: **Low**

Endurance Required: **Aerobic/Anaerobic**

Type – Individual/Team: **Team**

Location: **Field, Gym, Grass or Sand**

Equipment: **1 disc, 8 cones**

SOCIAL AND EMOTIONAL SKILLS TAUGHT

Communication	Leadership
Conflict Resolution	Managing Emotions
Patience	Goal Setting
Teamwork	Mental Toughness

PHYSICAL SKILLS TAUGHT

Running Form	Change of Direction
Jumping	Throwing
Speed and Agility	Catching
Body Control	Spatial Awareness

YOUTH RULES ADAPTATIONS

THE GOALS FOR YOUTH RULES ADAPTATIONS ARE TO MODIFY THE GAME TO MAKE IT BOTH SAFER AND MORE DEVELOPMENTALLY APPROPRIATE FOR VARIOUS AGE GROUPS.

FOR MORE INFORMATION ON RULES, VISIT [USAULTIMATE.ORG/RULES](https://usaultimate.org/rules)

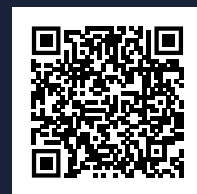


RULES	UNDER 12	UNDER 15	UNDER 20
FOOT BLOCKS	Not allowed. If a marker blocks a throw with a non-planted foot or leg, it is considered a marking foul.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making, especially for new players.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making, especially for new players.
LAYOUT ON DEFENSE	Not allowed. Diving for a block on defense is considered a receiving foul.	Allowed without contact. Any contact with another player before, during, or after the play is considered a receiving foul. This includes incidental contact that did not affect the play. Emphasis must be placed by coaches on proper technique and decision-making.	Standard rules. Emphasis must be placed by coaches on proper technique and decision-making to avoid contact.
# OF PLAYERS	4v4 or 3v3	6v6 or 5v5	7v7
DURATION OF GAME	Game Total (range 9-11) Hard Time Cap (45-60 min.)	Game Total (range 11-13) Hard Time Cap (60-75 min.)	Game Total (range 13-15) Hard Time Cap (60-90 min.)
TRAVEL CALLS	Standard rules. Coaches encouraged to teach pivoting and not calling insignificant traveling violations.	Standard rules. Coaches encouraged to teach pivoting and not calling insignificant traveling violations.	Standard rules
DISC SIZE	USA Ultimate-approved "Youth Level U-12" disc, ex: 145 g Jstar	USA Ultimate-approved 175g disc	USA Ultimate-approved 175g disc

RULES	UNDER 12	UNDER 15	UNDER 20
PRE-STALL	None	None	Standard rules
FIELD SIZE LENGTH: GOAL LINE TO GOAL LINE	3v3 Length: 25-35 yards Width: 15-20 yards End Zone: 5-10 yards Brick: 7-10 yards 4v4 Length: 35-45 yards Width: 20-25 yards End Zone: 10-15 yards Brick: 10-13 yards	5v5 Length: 45-55 yards Width: 25-35 yards End Zone: 12-18 yards Brick: 13-16 yards 6v6 Length: 55-65 yards Wide 30-35 yards End Zone 15-20 yards Brick: 16-18 yards	Standard rules
DROPPED PULL	Not a turnover. Play from where disc was dropped. No stoppage. Intended to teach catching the pull, not to be used simply to knock the pull out of the air.	Not a turnover. Play restarts with a defensive check after players on both teams have set up. Intended to teach catching the pull, not to be used simply to knock the pull out of the air.	Standard rules
DISC SPACE	Marking distance extended from disc width to arms-length.	Marking distance extended from disc width to arms-length.	Standard rules
SPIKING	Not allowed by default. Only allowed if spirit captains/coaches agree ahead of time.		
ZONE DEFENSE	Not allowed. Must play match-up or person-to-person. Switching and poaching to provide help are allowed, but no defense designed to cover spaces rather than players.	Standard rules	Standard rules
DANGEROUS PLAY/ RECEIVING FOULS	ULTIMATE IS A NON-CONTACT SPORT. Incidental contact can occur, but unlike some sports, blatant bumping and physicality are not acceptable. Please play safely and avoid contact whenever possible.		



GAMES



FOR MORE FREE GAMES, VISIT
[TINYURL.COM/USAUSSMALLSIDEGAMES](https://tinyurl.com/usaussmall-sided-games)

GAME	LEVEL	EQUIPMENT	TIME ESTIMATE
Gotta Catch!	Beginner	1 disc per pair	10 minutes
Kids are in pairs tossing the disc. If their pass is completed, they take a step to the left (or right, depending on which way you're oriented). If not, they go to the end of the line. The first pair to make it all the way down the gym wins.			
Throwing Contest	Beginner	1 disc per pair, 4 cones marking boundaries	10 minutes
Two kids stand opposite each other. They pass the disc back and forth. Every time they complete a pass, they take a step back. If they drop a pass, they step closer together. The first pair to cross a defined boundary, or the pair furthest apart when time is up, wins.			
Disc Tag	Beginner	1 disc	10-15 minutes
Divide the class into two teams. The team that is not "it" passes the disc, keeping it away from the team who is "it." When the "it" team intercepts the disc, the teams switch.			
Hot Potato	Beginner	1 disc	10-15 minutes
Have the class form a wide circle, with several feet between each student. For Hot Potato, the disc is the "hot potato," and the students pass it, not wanting to be the last one to hold it when time is up.			
Pickle	Beginner	1 disc, two cones/bases	10-15 minutes
Set up two bases 20-30 feet apart. Have a thrower stand at each base and throw the disc back and forth. When the disc is thrown, students run between the bases. Throwers attempt to tag the runners while holding the disc. The runners are only safe, if they are on a base. You can also create a base by making a small box out of four cones; this will allow more kids to safely play.			
Stash It	Beginner	1 disc per pair	10-15 minutes
Place hula hoops around the room and have a disc in the middle of each one. Players run around the room taking discs from other hoops and tossing them to their partner to get them back to their hoop. The first group with four discs wins. To increase difficulty, allow players to tag players with a disc and take their disc.			
Developmental Relay	Beginner	4 cones per group, 1 disc per group	10-15 minutes
Design a relay race involving ultimate skills such as throwing, catching, running backwards, jumping and shuffling. One example, players start at cone and do a star jump (burpee) and say, "I'm a star", then run to the cone (15 yd from starting line), catch the disc the next person in line has thrown and then sideways shuffle back to line with the disc and high five the next player.			
Monkey in the Middle	Beginner	One disc per pair	10-15 minutes
Two kids stand across from each other, and the third is the mark (the monkey in the middle). The two kids have to pass the disc back and forth, around the mark. The mark runs to whichever side has the disc to mark them. Switch every 10 throws.			
Galaxy Wars	Beginner to Advanced	16 discs, 12 water bottles/other targets	20-30 minutes
There are four galaxies, each one has its own team, four discs, and three water bottles. Players from other galaxies are trying to knock over your water bottle with the disc, but nobody can get within a foot of the water bottle. You must be within five feet of the water bottle to throw the disc. You may only pick a disc up off the ground in your own galaxy. You cannot run with it, and you may throw to people in other galaxies. When all your water bottles are knocked down, you join with the galaxy that defeated you. The winning galaxy is the last galaxy to have all their water bottles knocked down.			

Cutting Patterns	Beginner	4 cones per set-up	10-15 minutes
<p>1) Z cut- The players line up behind the cone and run a Z-pattern, high fiving a teacher or student at each cone. They can line up behind the last cone, and run the drill in reverse when everyone is through. Repeat twice. To mix things up, you can add a disc to the drill the second time through.</p> <p>2) 7 cut- Players line up behind the first cone and run a 7-pattern, high fiving a teacher or student at the second cone. Then they change direction, cutting to space, and the teacher is there to throw them an easy pass.</p> <p>3) In cut- Players line up at a cone. They then run toward a second cone placed diagonally about 10 yd away, and high five a teacher or student at the second cone. They change direction at the cone toward a teacher or student that is about 10-15 yd away, ready to throw the cutter an easy pass.</p>			
Disc Golf	Beginner to Advanced	1 disc per person or as many as possible	10-15 minutes
Set up a series of targets and have the students count how many throws it take them to reach their mark. Alternately, have points based off of how near the target the students get with one throw. Set up obstacles to make the throws harder.			
Keep Away	Intermediate	8 cones, 1 disc per game	15-20 minutes
Two teams of four or five play within a mini-field. The first team to complete a certain number of passes in a row wins. This game requires understanding of ultimate-style defense and marking.			
Ultimate Baseball	Intermediate	Baseball field, 1 disc	15 minutes
Standard baseball, except there is not pitcher or catcher. The batter throws the disc into the playing field instead of hitting a ball. If the throw is immediately caught, then the thrower is out. Outfield players pass the disc to each other and attempt to tag the runners or the base with the disc in hand. Students may not run with the disc, nor are they allowed to throw the disc at runners.			
Ultimate Basketball	Intermediate	4 cones, 2 hoops, 1 disc per game	15-20 minutes
Much like ultimate, except there are basketball hoops or other large bins where teams attempt to score baskets with the disc. Additionally, players can “dribble” by tossing the disc and catching it themselves. However, when the disc is in the air the defense can take it or knock it down. Depending on how large your basket is, create a “no-shooting” area around it to increase difficulty.			
Hot Box	Intermediate	8 cones, 1 disc per game	15-20 minutes
Teams of four or five try to pass the disc and catch inside a small square within a larger square field marked out by cones. Adjust the size of the box by the level of the players (more advanced players get a smaller box). This game requires understanding of ultimate-style defense and marking. For extra challenge, require three completed passes in the larger box before a team can score.			
Boot	Intermediate	8 cones, 1 disc, 4 water bottles per game	15-20 minutes
Two teams of four or five pass the disc up the field to knock out one of the “boots” (cone or water bottle) on either end of the field. Must take the disc across the half-court line before scoring. This game requires understanding of ultimate-style defense and marking.			
Freezebee	Intermediate	5 pinnies, 1 disc	10-15 minutes
Create a small box for the game to keep kids active and involved in the game. 5 people are “it” wearing pinnies, and they are trying to tag players while holding the disc and freeze them. Taggers can’t move with the disc in their hand, but they can throw the disc gently to the other taggers to get close to tagging a player. Players get untagged by crawling under a frozen person’s legs. You can’t tag someone as they are crawling under someone’s legs. Switch who is “it” every two minutes.			
Dog	Intermediate to Advanced	1 disc	15 minutes
Two players, one on offense and one on defense, will run after a disc that a player has thrown down field as far as they can to the offensive player for a catch, similar to a starting pull in an ultimate game. After five long throws, switch the thrower. Have the down field cutters change offensive and defensive positions every throw. For a challenge, add a point system with a point for every offensive catch and a point for every defensive block. The person with the most points at the end wins.			
Speed Ball	Beginner to Advanced	8 cones, 1 ball per game	15-20 minutes
Following rules of ultimate, but with throwing a ball instead of a disc. Chance for students to practice flow of the game without the pressure of throwing a disc.			
Mini	Beginner to Advanced	8 cones, 1 disc per game	30 minutes
A miniature game of ultimate, following all the rules, but played on a smaller field, with fewer than seven players. This helps include all players and encourage participation.			

ULTIMATE IN 10 SIMPLE RULES

FIND OUT THE BASICS AT [USAULTIMATE.ORG/RULES/10-SIMPLE-RULES/](https://usaultimate.org/rules/10-simple-rules/)

1 THE FIELD

A rectangular shape with end zones at each end. A regulation field is 70 yards long by 40 yards wide, with end zones 20 yards deep.

2 STARTING PLAY

Each point begins with both teams lining up on the front of opposite end zone lines. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

3 SCORING

Each time the offense catches a pass in the defense's end zone, the offense scores a point. The teams switch direction after every goal, and the next point begins with a new pull by the team that just scored.

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.

5 CHANGE OF POSSESSION

When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), 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

Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.

8 FOULS

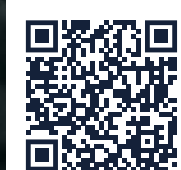
When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained. If the player that the foul was called against disagrees with the foul call, the play is redone.

9 SELF-OFFICIATING

Players are responsible for their own foul and line calls. Players resolve their own disputes.

10 SPIRIT OF THE GAME

The foundation of the rules in ultimate is Spirit of the Game, which places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.





FOR MORE INFORMATION, INCLUDING A FREE FULL CURRICULUM,
VISIT [USAULTIMATE.ORG/YOUTHEducation](https://usaultimate.org/youtheducation) OR CONTACT
[YOUTH@USAULTIMATE.ORG](mailto:youth@usaultimate.org)

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