

Ultimate Football

Ultimate Football is played with a football and incorporates features from Basketball, Football, and Hockey. The game is usually played outdoors on a football field. The game is made up of two teams that try to move the ball into position to score by passing the ball in any direction. The game is one of sudden starts and stops with fluid transition from offense to defense. We will play with up to seven players on a team. It utilizes both man to man, and also zone defensive principles. There are not very many rules, here they are....

1. There Is No Contact Allowed.
2. Any Loss of Possession results in an immediate turnover
3. Players are not allowed to move towards the goal they are attacking with the ball in their hands, the exception being trying to stop after a catch. The player will get 2 steps to stop.
4. Players May run laterally or even backwards with the ball.
5. Players cannot hold the ball for more than 5 seconds whether they are guarded or not. The referee will begin the count.
6. Passes can be made over-handed or under-handed, as well as sidearm. Players are not allowed to kick the ball.
7. Any foul called results in fouled team getting the ball. Play will resume immediately after.
8. After a goal is scored, the offensive team starts immediately back the other way

Scoring

1 Point – Touchdown