**Frisbee Study Guide**

**Frisbee Baseball**

Frisbee baseball is much like traditional baseball, but uses a Frisbee and no bats. The pitcher will throw the Frisbee to the “batter” who will catch it and then throw it somewhere in play. As soon as they throw it, they begin to run the bases. If the Frisbee lands in foul territory, they get another try, but after two foul throws they are out.

An out for the “batter” can be made in three ways:

1. The batter is out after two throws into foul territory
2. When a defensive player catches the Frisbee in fair or foul territory
3. If the defense touches the “batter” with the Frisbee or touches the base with their foot before the “batter” does (if it is a force play). **You Can Not throw the Frisbee at the runner to get them out!**

How to play:

1. Approimately 7-10 students per team. One batting team and the other team in the field.
2. Batting team will need to number themselves off for the batting order. Fielding team will need to field all the positions. 1st, 2nd, 3rd, short stop, pitcher, catcher and outfield positions.
3. Batting team will line up behind the cone, in numerical order. Whoever makes the third out in the inning the next person (number) will bat first the next inning.
4. Once the batting team gets three outs the fielding team will bat.

**Ultimate Frisbee**

1. **The Field**: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards 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.
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. **Non-contact**: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
7. **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.
8. **Self-Officiating**: Players are responsible for their own foul and line calls. Players resolve their own disputes.
9. **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.

**Frisbee Golf**

\*We have seven “holes” comprising our disc golf course here at MacArthur.

\*Each player tees off from the tee box (cone) by throwing the disc towards the flag, or “hole”.

\*Your disc must land in the hula hoop beneath the flag.

\*Par for each hole is three, so par for the course is 21 throws.

\*Do not throw the disc at anyone.

\*Watch for people walking in the park, do not throw if they may be hit!

Scoring:

1 throw = eagle

2 throws = birdie

3 throws = par

4 throws = bogey

5 throws = double bogey

6 throws = triple bogey

7 throws = quadruple bogey

8 throws = really ugly