

## Frisbee: The Ultimate Sport

but also to high school, club, and junior teams. Over 12,000 student athletes playing on over 700 colleges Ultimate teams in North America, and there are more every year. They have an annual tournament, and teams take it extremely serious, as they would any sport.

Behrend has joined the Ultimate craze, and has its own club team on campus. It is open to everyone on campus, and is competitive within the college bracket. They play teams such Pitt, Ediboro, and other Penn State campuses.

"[It] combines a lot of different things from other sports," said Junior Josh Konopka president and captain of Behrend's Ultimate team. "Kind of like soccer, in that it has guidelines in positions, but everyone handles and receives the ball."

Combining the non-stop movement and athletic endurance of soccer with the passing much like football, Ultimate is played by two seven-player squads with a plastic disc, a Frisbee for those not as familiar with Ultimate, on a field similar to football or soccer. To score one must catch a

pass in the opponent's end zone, much like football. A player must stop running while in possession of the disc, but may pivot and pass to any of the other receivers on the field.

This is much like handball the goal is to constantly move the disc from player to player. Ultimate is a transition game in which players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than ten seconds. The games are typically half an hour long but can vary due to the fact that the game usually

ends when one team reaches 15 points.

"Ultimate is all about the spirit of the game, everyone is there to have fun and it is self officiated, which is really a unique aspect," said junior Kyle Rieger, secretary for the Ultimate team at Behrend.

Ultimate is a sport that branches out of the mainstream, and gives people a chance to enjoy a childhood toy in a new way. Ultimate is continuing to grow and if those commissioning for it get their way, will someday become a recognized NCAA sport. Until then the sport has the potential to increase greatly.



Kyle Rieger contributed photo  
Behrend's Ultimate Team shows that it takes much athleticism to win.

## Get to Know the Game: Ultimate Frisbee

- 1. The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
- 2. Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. A regulation game has seven players per team.
- 3. Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point.
- 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), 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** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8. 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.
- 9. Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10. 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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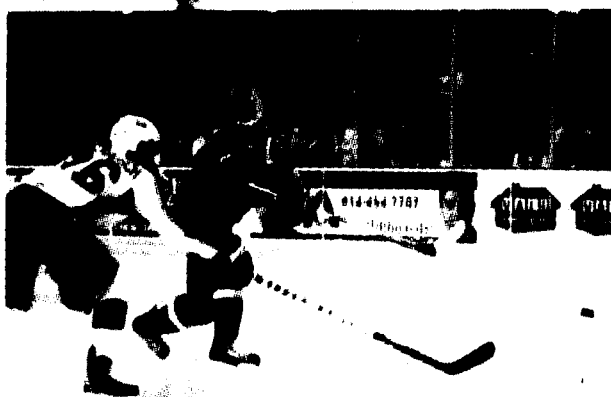
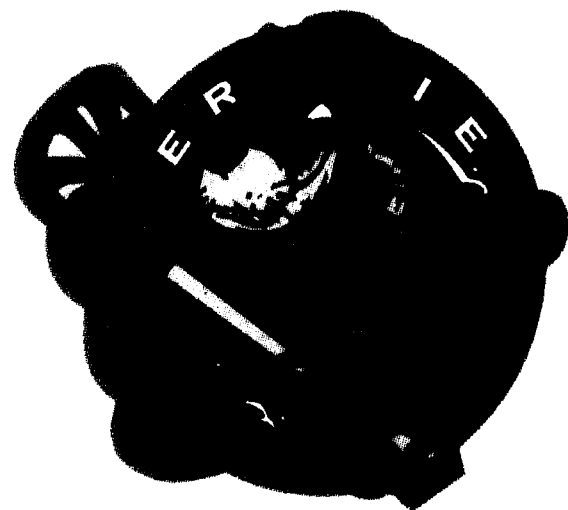
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