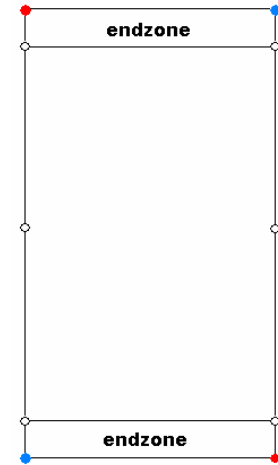


## LED Ultimate (Flying disc soccer)

In the international sporting arena you can find references to “Ultimate” which is sometimes also referred to as “Flying Disc soccer” or “Frisbee® soccer” but actually combines elements from Soccer, Basketball, American Football and Netball.

### Rules for “Ultimate”:

1. The Field -- A rectangular shape with endzones (goals) at each end. A regulation “Ultimate” field is 64m by 37m, with endzones 18m deep.
2. Initiate Play -- Each point begins with the two teams standing on opposite endzone lines. The team with the disc throws it as far down the field as they can, and the other team then takes possession where it lands. 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. The disc must be caught in the endzone by a player on the offense to score. After a team has scored a point, they keep hold of the disc and wait while the other team walks back to the other end of the field. In this way the teams change ends after every point to avoid any wind direction advantage. The team that scored then throws off to start the next 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. If the player committing the foul disagrees with the foul call, the play is redone.
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.



### LED Flying Disc extra's

1. Team members are identified by wearing [headbands](#) and/or [armbands](#) of the same LED light colour.
2. The teams scoring endzone (goal) can be identified by marking with [LED glow cones](#) of matching colour to the head/arm bands.
3. The other parts of the field are marked by [white LED glow cones](#) as per the picture above – each small circle represents an LED glow cone.
4. The flying disc is [LED lighted](#).

What Is Ultimate <http://www.whatisultimate.com/>

World Flying Disk Federation <http://www.wfdf.org/>

NB the term “Frisbee®” is trademarked by Wham-O Inc and cannot be used without permission.

Your supplier of LED Ultimate equipment:

