**Yackle Ball**

Object of Game: To work as a team to cross the goal line designated by instructor.

Rules:

1. Each team determines what color of the Yackle ball they are before play

2. Determine who has play first by rock paper scissors

3. Opponents throw the ball across their field to their goal line to score

4. In order to advance ball down field players need to either air bounce the ball above the head or pass it off to team members

5. Players have a 3 step allowance before he/she must begin air bouncing or pass to another team mate (unlimited side to side throws and forward). Backward throws are not allowed.

6. Air Bouncing- throw and spin the ball into the air and catch it on its return. It must be thrown above the head

7. If the ball gets dropped, turnover for other team. The team picks up the yackle ball and plays from where it was dropped.
8. Players get 5 seconds to hold on the yackle ball. If a player holds on to the yackle ball for longer than 5 seconds, a turn over happens and the other team now gains possession.

9. The defensive team CANNOT take the ball from offensive team, however they can block and deflect the tosses by the offensive player. Players on defense must stay arms distance away.

10. If foul occurs, the team gaining possession must have one player stand at the violation spot and throw the Yackle ball to one of their team members to put ball back into play.
11. If the yackle ball goes out of play, it is a turnover and the team on defense will now gain possession and throw the yackle ball into play.

12. If fouls occur, turnover for other team

Foul 1- Player takes more than 3 steps (3 steps allowed to stop self)

Foul 2- Player drops ball

Foul 3- Player throws the ball outside boundaries

Foul 4- Player after 3 steps takes steps without air bouncing

13. SCORING: Team gets one point for catching the Yackle ball past their goal. Once players understand the game, Teams can also gain three points for catching their color on Yackle ball past their goal line

14. When a team scores, the scoring team lines up on the goal line they scored and the team that did not score will line up on the opposite goal line. The scoring team will throw off to the opposite team and play will resume.

15. Teams will not have the same goal lines throughout the entire game. When teams score, the goal lines change.

ULTIMATE IN 10 SIMPLE RULES

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), 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-Officiating**: 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.

**History**:
In 1968 Joel Silver introduced his idea of **Ultimate Frisbee** to the Columbia High School student council in Maplewood New Jersey, USA. The next year, the first game was played between two groups of students.

In 1969 a team had been formed at the school and they played in a parking lot. The only lines that existed were the goal lines, usually marked by the telephone poles or piles of the players' coats.