THE CARTOON BOOK OF

ULTIMATE FRISBEE



AERIAL / JUDGED / ACTION

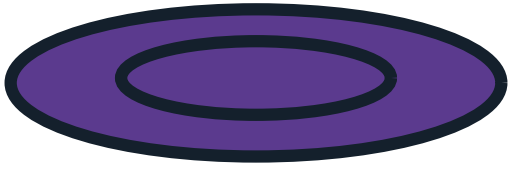
SPORT ON EARTH

Sport on Earth Books · The Extreme & urban Family

Original illustrations · No characters were copied in the making of this book

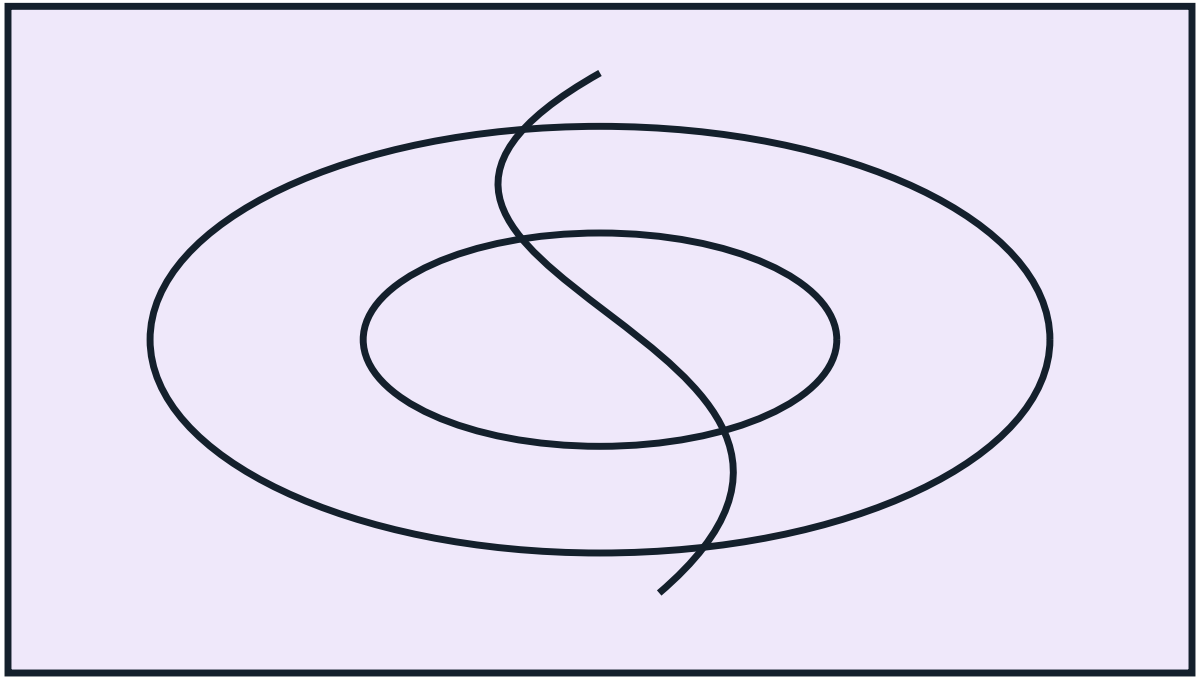
Meet Ultimate Frisbee!

Seven-a-side disc game, pro in North America.



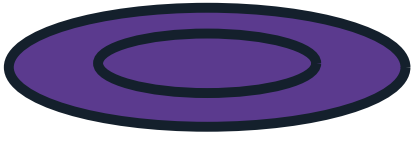
Where It Is Played

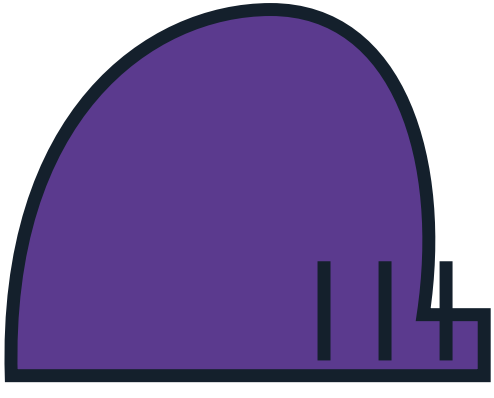
100 m x 37 m rectangle: 64 m central field plus 18 m end zones at each end.



The Gear

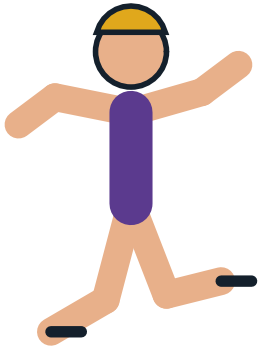
One 175 g flying disc; cones to mark the field; cleats or trainers.





How It Starts

Pick up a disc and learn backhand and forehand throws, join a local club or pickup game — seven-a-side with five per side as the minimum.



How to Play

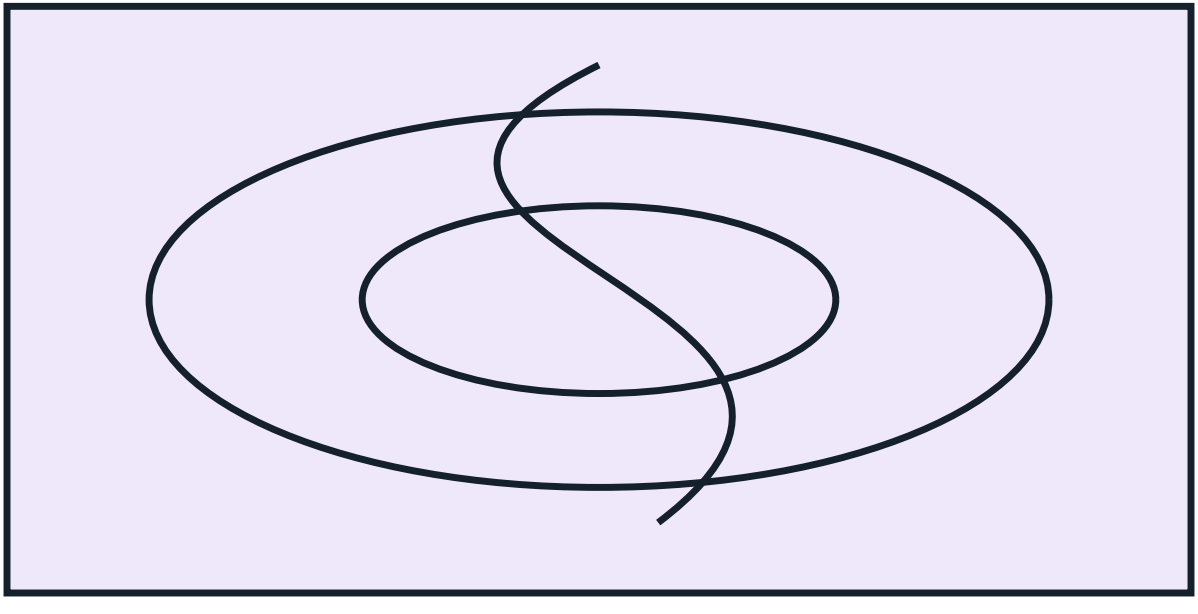
- Format: Ultimate is a seven-a-side, non-contact team sport played with a flying disc; games are self-officiated by the players under Spirit of the Game.
- The field is 100 m long by 37 m wide, comprising a 64 m playing field proper and an 18 m end zone at each end.
- Scoring: a goal is scored when a player catches the disc in the end zone the team is attacking; the team with the most goals when the game target / time cap is reached wins.
- Each point starts with a pull: the teams line up on their end-zone lines and the defence throws the disc to the offence.

More of the Game

- A player in possession (the thrower) may not run with the disc; they establish a pivot foot and must throw within a 10-second stall count counted aloud by the marker.
- A turnover occurs on an incomplete pass, interception, drop, out-of-bounds disc, or a completed stall-out at ten; defence immediately becomes offence.
- Ultimate is non-contact: fouls are called by the players themselves, and contested calls are resolved under the continuation and self-officiation rules.
- Game Advisors may be used at WFDF events to give advice only; unlike USA Ultimate, WFDF play does not use Observers to resolve calls.

The Shape of a Match

Two teams of seven pass a disc up a 100 m field and score by catching it in the opponents' 18 m end zone; most goals at the target score or time cap wins.

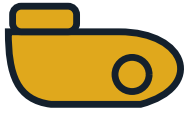


More of the Extreme & urban Family

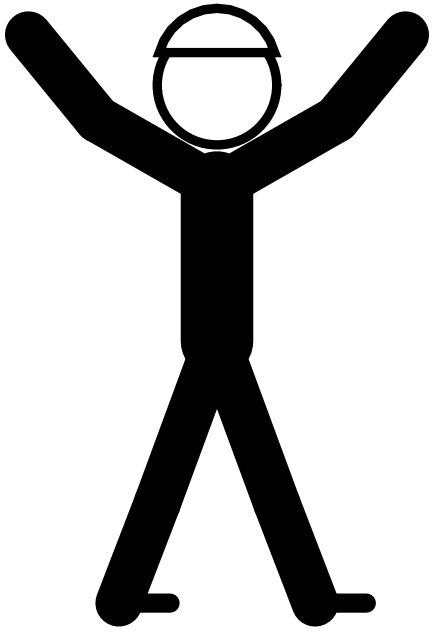
- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- BMX — Racing and freestyle on small bikes.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Parkour and Freerunning — Move through obstacles with vaults and jumps.
- Chase Tag — Pro format of the playground game.
- Tricking — Martial-arts kicks combined with flips.

A Note on the Rules

Ultimate is governed by WFDF under the only major self-officiated code in world sport: no referees, fouls called by players, disputes resolved by the players involved, 'Spirit of the Game' as a formal scoring and conduct category. The principal modern adaptation is the observer system in elite USA Ultimate play (line calls and timekeeping assistance without full refereeing) — an accommodation layered onto self-officiation rather than a change to the laws themselves. No major documented rule change is carried for ultimate.

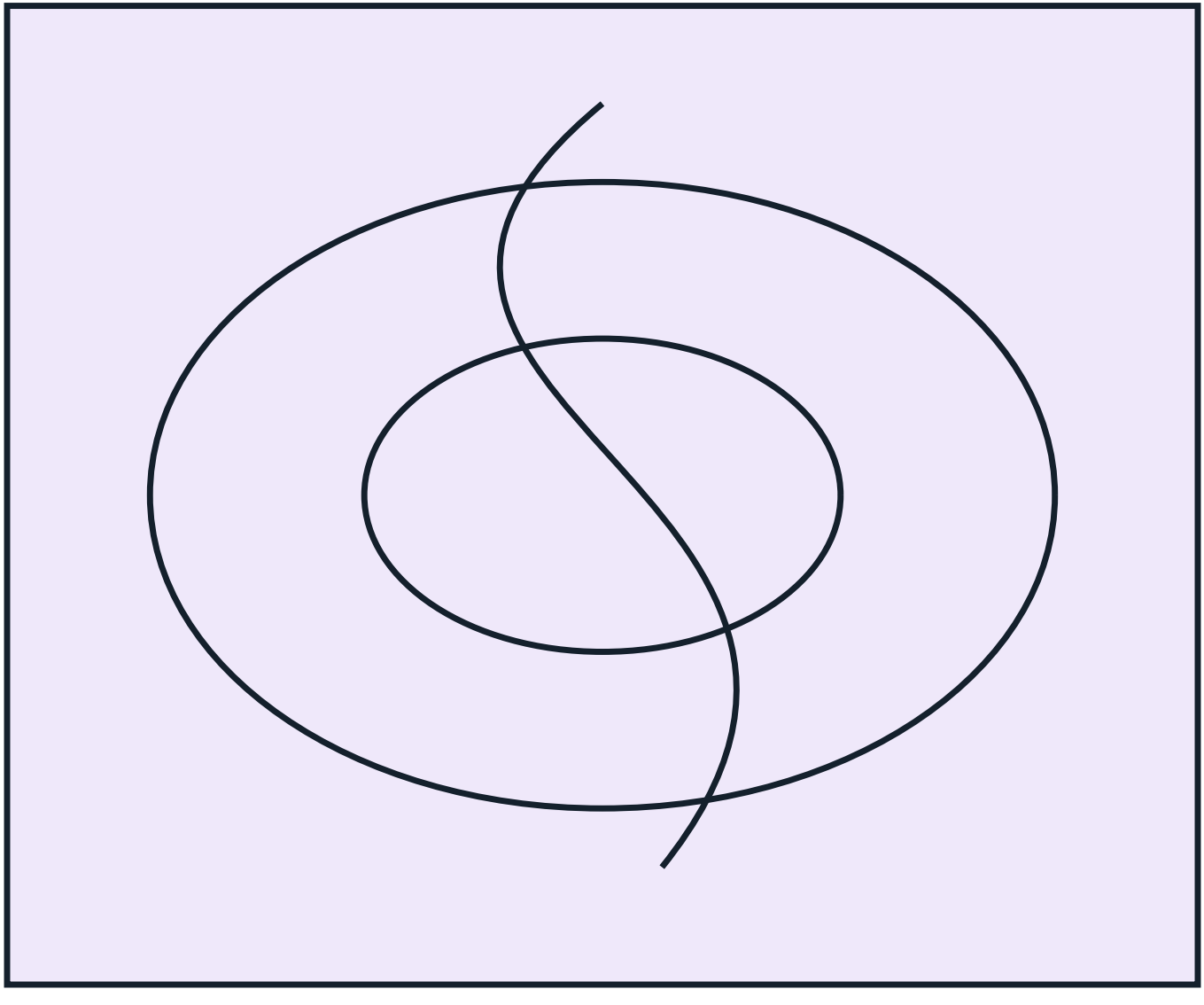


Colour the Action

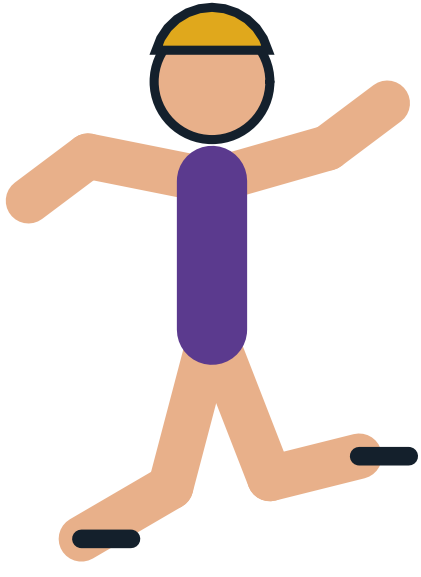


Psst — this page is a colouring page!

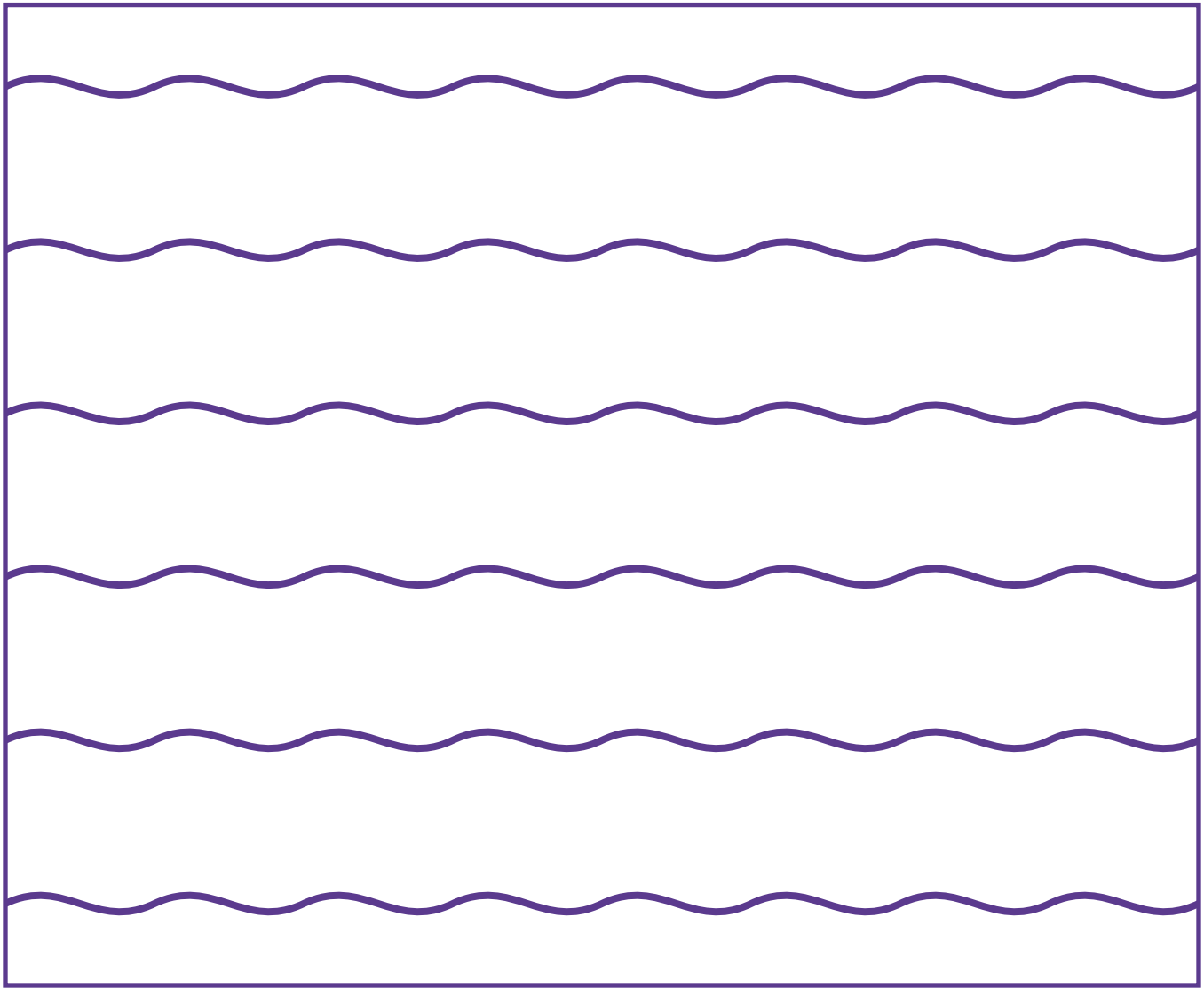
The Sport Today



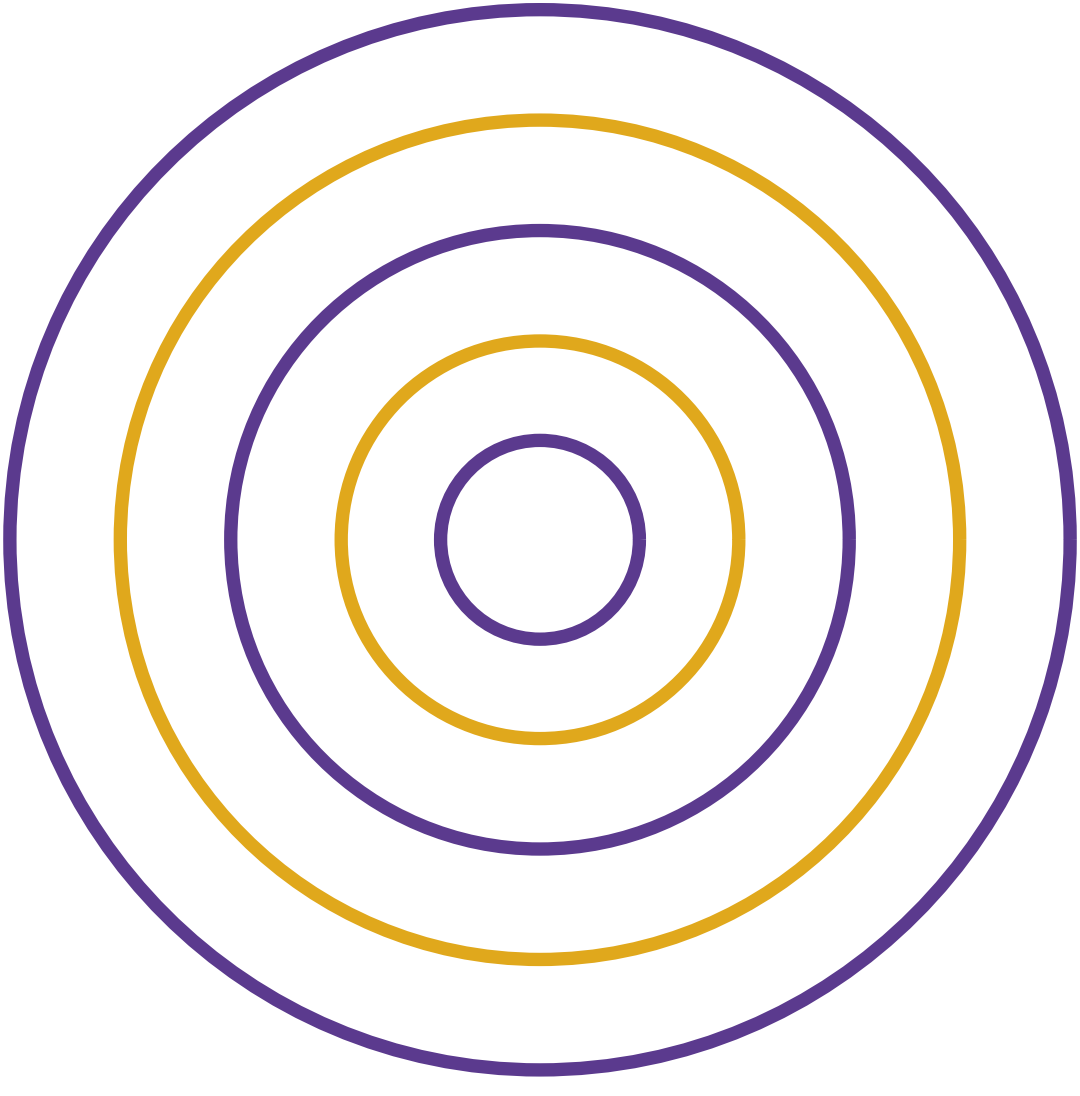
At School and College



Play It Near You



Through the Year

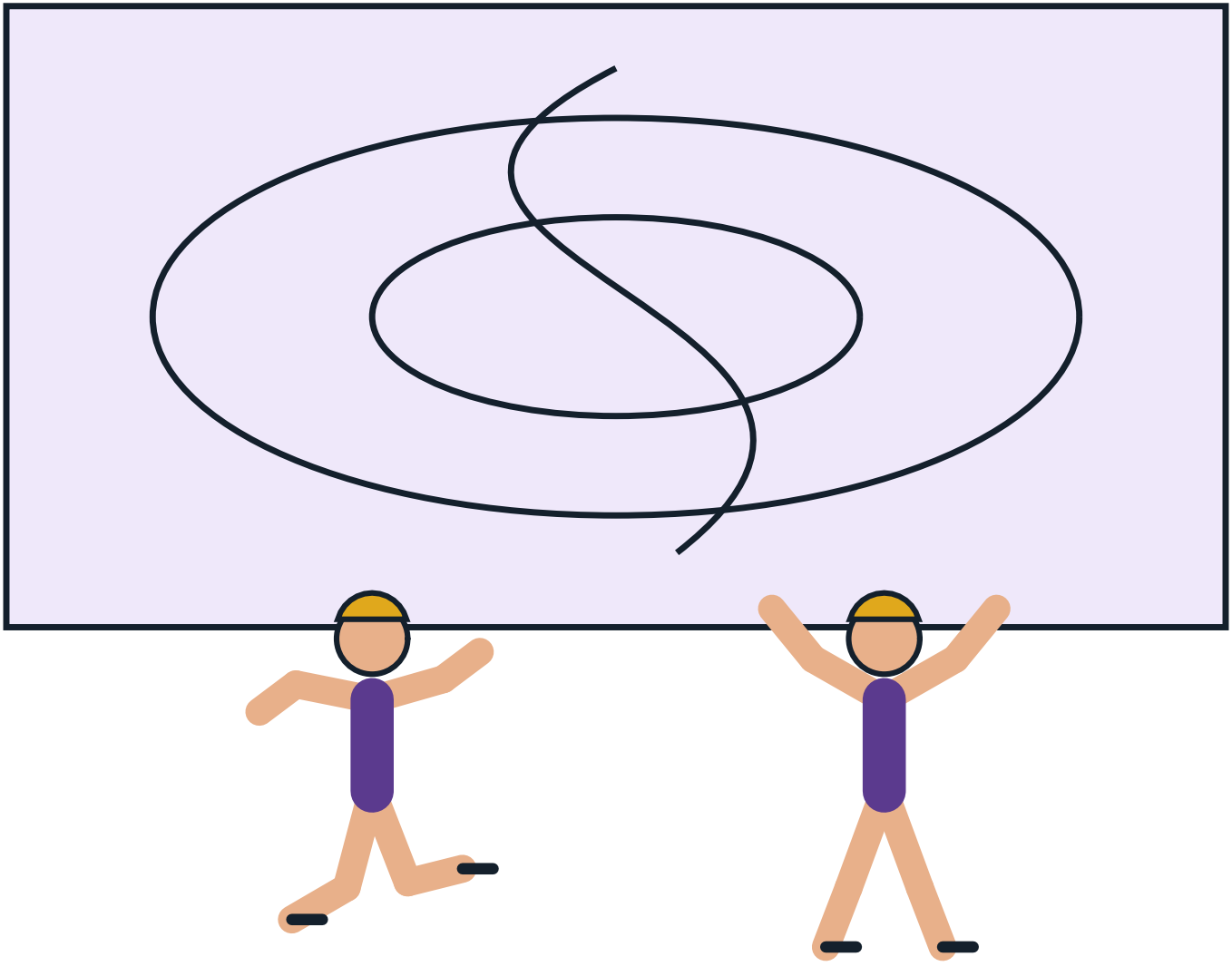


The Extreme & urban Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- BMX — Racing and freestyle on small bikes.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Parkour and Freerunning — Move through obstacles with vaults and jumps.
- Chase Tag — Pro format of the playground game.

Game Day!

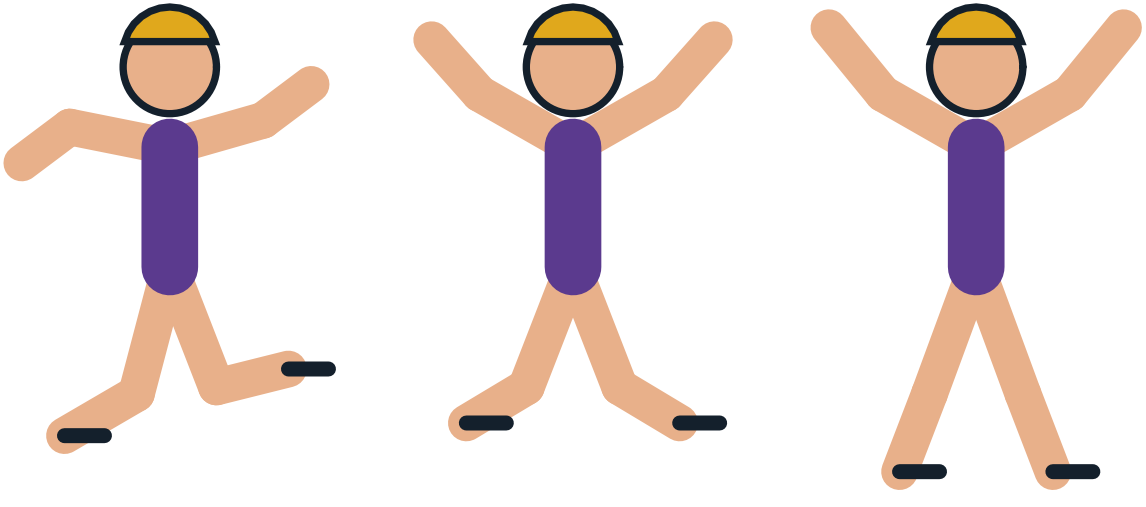


The Sport on Earth Mark

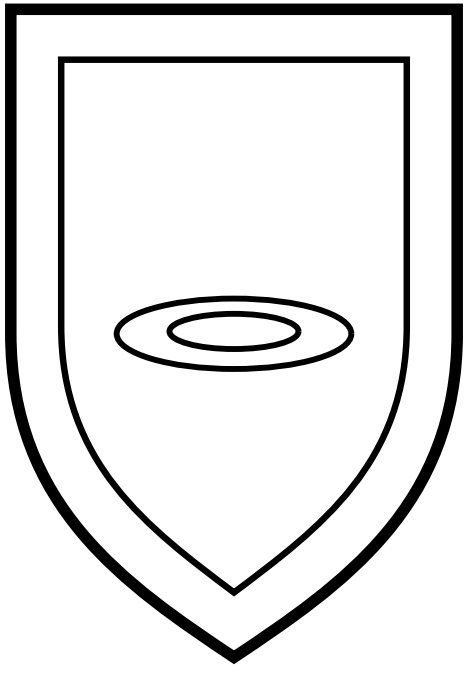
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game



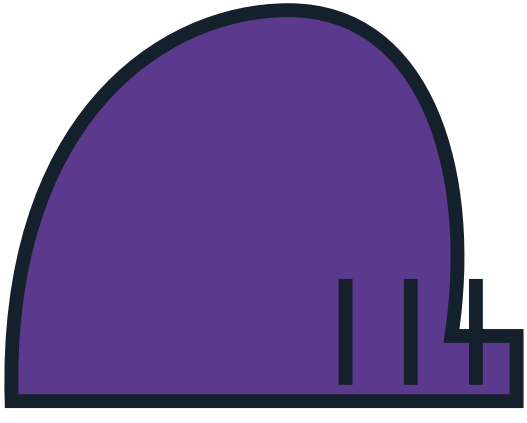
Design a Badge



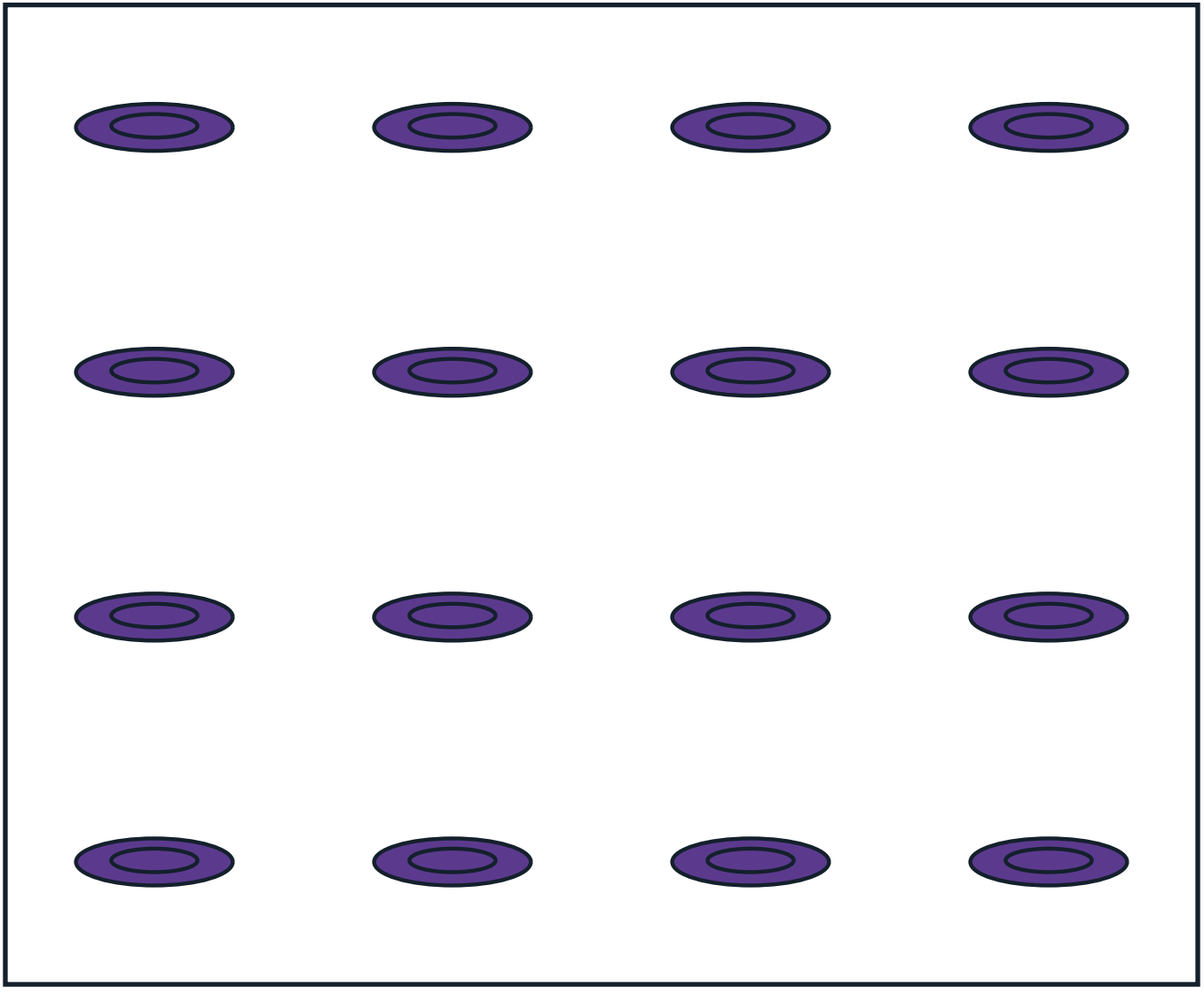
Draw and colour a badge for your own team.

The Gear Parade

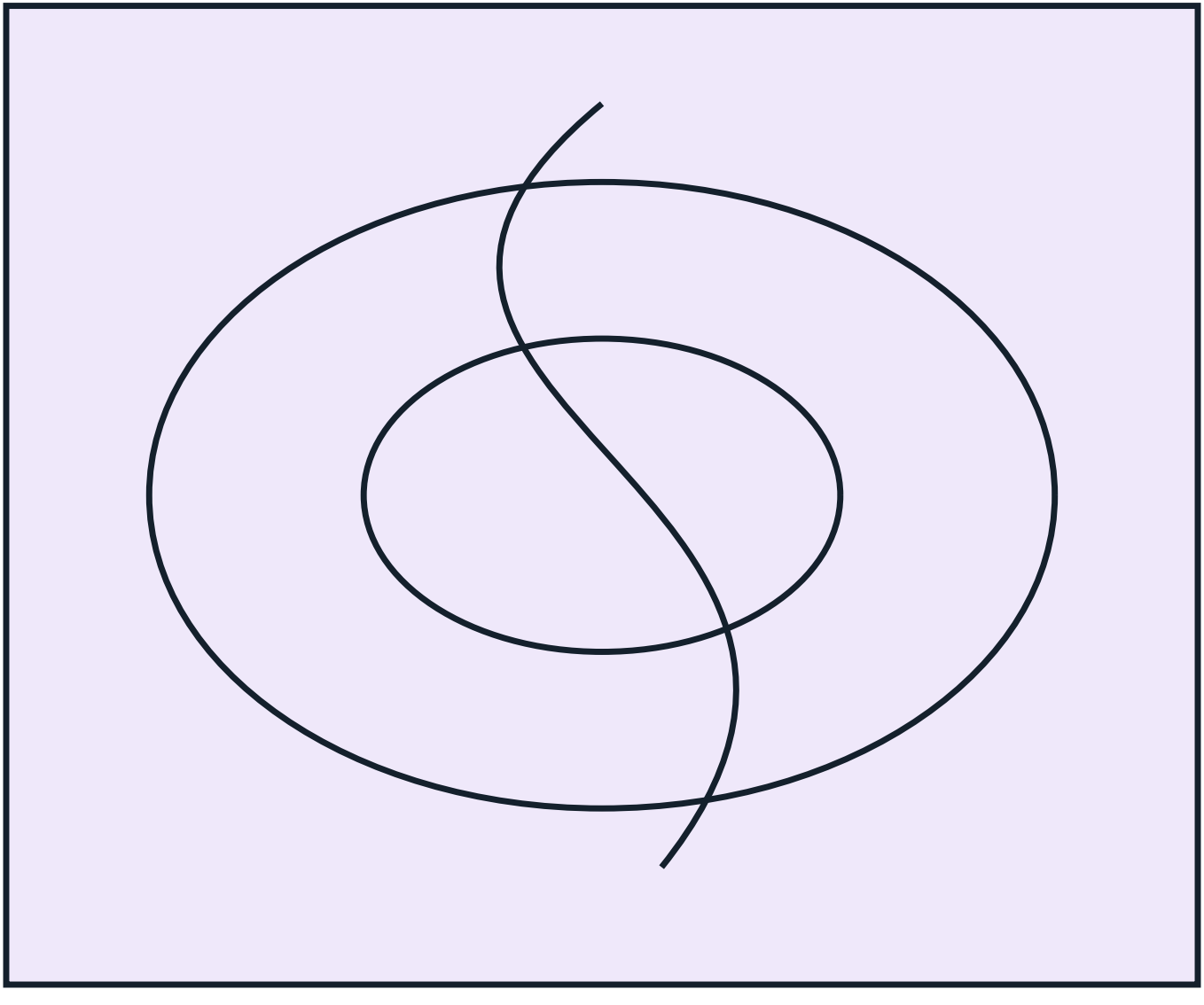




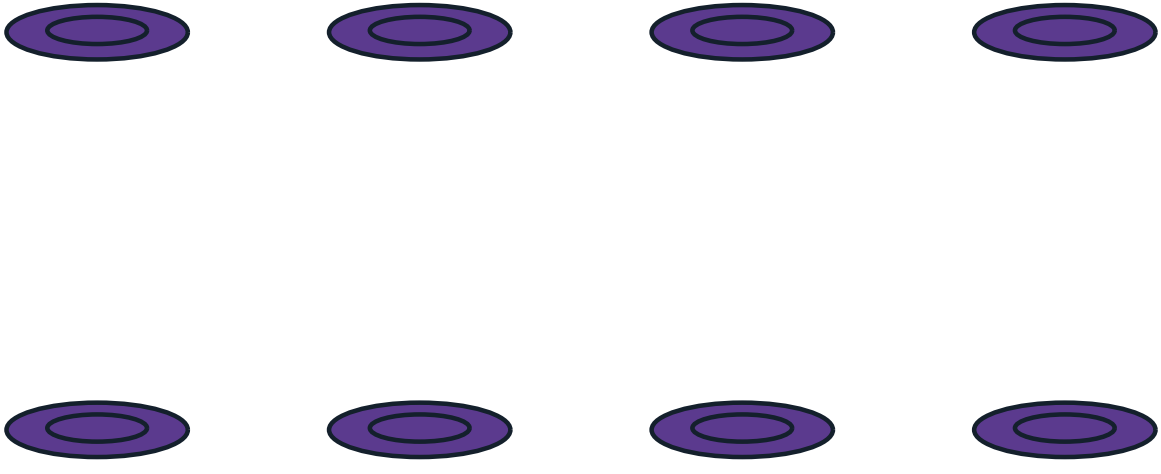
Pattern Play



The Arena From Above



Count the Balls!



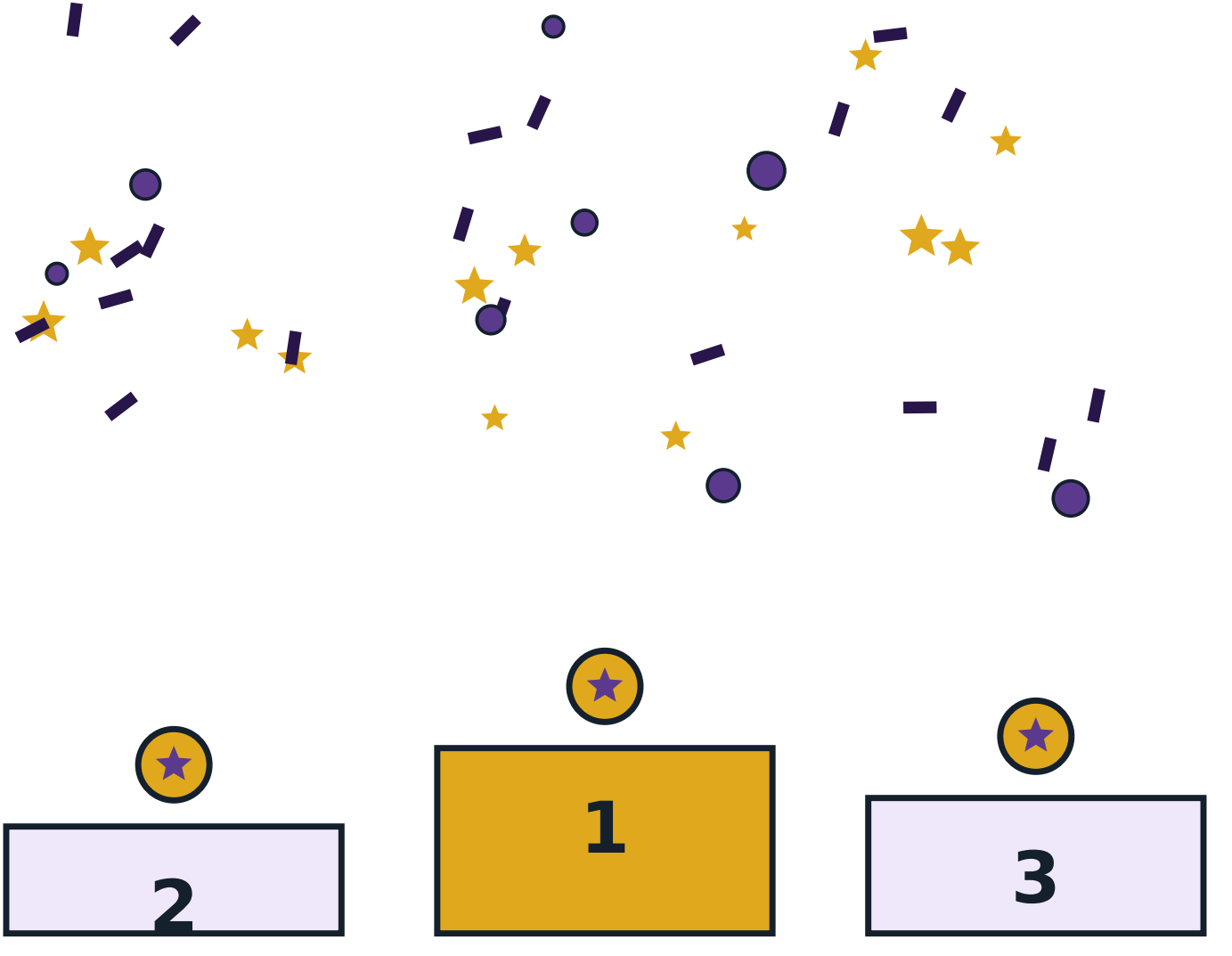
How many can you count? Write the number here: _____

My Favourite Part of Ultimate Frisbee

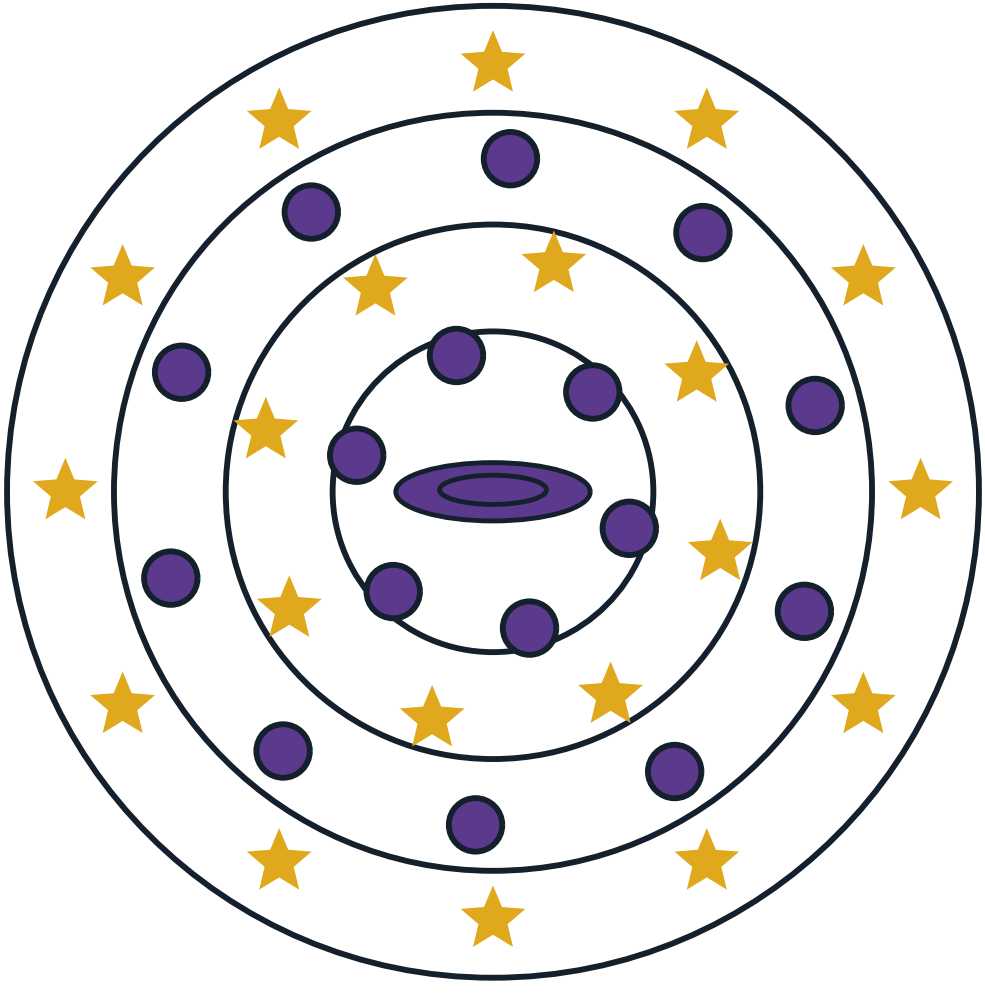
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: World Flying Disc Federation (WFDF). Laws edition the site's rules file follows: WFDF Rules of Ultimate 2025-2028. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Skateboarding
- The Cartoon Book of BMX
- The Cartoon Book of Sport Climbing
- The Cartoon Book of Parkour and Freerunning
- The Cartoon Book of Chase Tag
- The Cartoon Book of Tricking
- The Skateboarding Colouring Book
- The BMX Colouring Book

My Notes

Ultimate Frisbee

The Cartoon Book of Ultimate Frisbee — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

