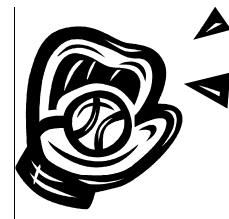




Ultimate Frisbee

Rules:

1. The class is divided into two teams using the soccer field for the game.
2. The game is started by one team throwing the Frisbee to the opponents.
3. A score is made by throwing the Frisbee into the soccer goal if goals are used.
4. A score is made by catching the ball over the end zone if goals are not used.
5. Each team has one goalie who is the only player allowed in front of the goal when goals are used.
6. If the Frisbee is not caught, which ever player touches the Frisbee before it hits the ground, the opposing team gets the Frisbee at the spot where it lands on the ground. The exception to this is if a defender touches the Frisbee to make an interception and knocks it away, the defender's team gets the Frisbee.
7. If the goalie drops the Frisbee, his/her team retains possession.
8. After a goal, the game is restarted with the team that scored throwing to their opponents.
9. A five foot space around the thrower must be maintained.



Hydrocatch

Rules:

Hydrocatch is played the same way as ultimate Frisbee with the following exceptions:

1. A tennis ball and Velcro mitts are used.
2. Players may not score from inside the arc marked on the playing field.
3. After a goal, the goalie starts the play.
4. The mitt is placed on the player's non-dominant hand.