

Ultimate, is a fast-paced game played with a 175g disc. It combines elements of soccer, football and basketball. Everyone is a quarterback and everyone is a receiver. It is a high-energy, non-contact sport that requires a combination of agility, speed and throwing skill to play. Teams consist of seven players on the field at a time playing on a field similar to a football field.

The object of the game is for a team to pass the disc from player to player, catch the disc in their end zone thereby scoring a point. To move the disc up the field, players may not run with the disc, but must plant a pivot foot (as in basketball) and throw the disc to a teammate. When holding the disc, a player is allowed ten seconds to throw it to a teammate. A defender guarding (marking) the disc counts the "stall count". If the disc is blocked, thrown incomplete, or held too long, an immediate change of possession occurs. Often a fast break opportunity arises for the opposing team.

Ultimate began in 1968 in Maplewood, New Jersey when a group of Columbia High School students first played on an asphalt parking lot at their high school. As those students graduated from high school, the game spread to the college level. The first intercollegiate Ultimate game occurred on Nov. 6, 1972, between Princeton and Rutgers, in New Brunswick, NJ. The game was played on the anniversary of the first intercollegiate football game, which was played between the same two schools.

- 1940 Students at Yale regularly tossed tin pie pans around campus from the Frisbee pie Company shouting "Fris...bie!"
- 1947 Invention of the plastic disc by Walter "Fred" Morrison.
- 1957 Wham-o Flying discs are engraved with the words "Flat Flip Flies Straight, Tilted Flip Curves. Play catch, Invent Games."
- 1959 The trade name "Frisbee" first appears.
- 1967-68 Ultimate is invented by students at Columbia High School in Maplewood New Jersey.
- 1968 The first large sized sport disc "The Master" is invented.
- 1970 The first formal edition of the rules of Ultimate is printed and distributed.
- 1972 The first Intercollegiate game is played between Princeton and Rutgers.
- 1974 The first intercollegiate Championships are played, featuring eight teams.
- 1977 Club Teams organize a National Championship.
- 1979 The Ultimate Players Association (UPA) is formed, organizing it's first National Championship.
- 1981 The UPA Establishes a women's division.
- 1986 The World Flying Disc Federation (WFDF) is established.
- 1989 WFDF organizes the first WORLD CLUB Ultimate Championships.

- 1991            The UPA establishes a MASTERS division for players over 30.
- 1992            For the first time, teams from outside the USA win the WORLD Championships in Tokyo, Japan.
- 1992            UPA Championships, held in California, are broadcast on Cable TV and made available to a National Audience.
- 1993            The UPA writes specifications for an officially approved disc, based on the popular DISCRAFT 175g UltraStar.
- 1995            The UPA establishes a Youth Division (Juniors).
- 1997            The UPA hosts a JUNIOR National Championship.
- 2000            United States Juniors are represented in World Competition.
- 2002            The UPA hires a Director for YOUTH Outreach.
- 2002            The UPA takes a team of Girls to the WFDF tournament held in Germany.
- 2003            The UPA hosts High School State Championships. The National Tournament divides into an Eastern and Western Championship.
- 2003            UPA Youth Outreach initiated a PE Outreach program with Partner Wham-o.
- 2004            UPA Coaching Corps is developed, training coaches and volunteers to work with Youth all over the United States.
- 2004            Youth Teams (Boys and Girls) from the USA attend the WFDF tournament in Finland.
- 2005            The first UPA YOUTH Club Championship is held in Blaine Minnesota.
- 2006            The World Tournament is hosted in MA. In Seattle and Atlanta, Youth try-out to represent the USA

The future of Ultimate is in the hands of our Youth. Youth membership contributes the most growth to the membership of the UPA. The UPA's youth membership will exceed 3400 by the end of 2005. This is a tenfold increase from 2001.

Ultimate, in many ways, is an ideal youth sport. It is easy to learn and play. It can be played with varying numbers on a side and in a variety of spaces from fields to gyms to blacktops. Being self-officiated Ultimate does not require the presence of a trained referee and contributes to young athletes' character development and conflict resolution skills. Game play lends itself to cooperation and teamwork as no player can score by him or herself. The sport can be played single gender or co-recreationally. Most importantly, Ultimate is inexpensive – all you need to play is a disc. All of these factors will contribute to the future growth of Ultimate at the youth level.

Women's Ultimate is popular on many college campuses. At the club level, Open and Mixed teams allow participation of women. Many women are playing Ultimate into the fourth and fifth decades of their lives.

