

Ultimate Frisbee

Fort Bend Fitness with a Twist

Written by Kyle Britt Select Photography by Suzi Issa

Combining the elements of football, basketball, and soccer, Ultimate Frisbee has taken a popular childhood staple to a new level, offering an exciting, competitive game and great camaraderie. If you ever watch someone dive at full speed to catch a Frisbee, you'll see what makes the game one of the world's fastest-growing sports.

Asif Mohammed enjoys playing and coaching Ultimate Frisbee

Frisbee Fans and Fun

Anyone can become an Ultimate Frisbee fanatic, and no experience is needed to join a game. Asif Mohammed, a Fort Bend Ultimate Frisbee coach, has enjoyed playing the game over the years and watching the sport grow and evolve. "Players are supposed to treat everyone with the highest respect," he says. The game can be played in practically any open space, from soccer and softball fields to city parks, recreation

centers, and country clubs. Various tournaments are hosted throughout the year across the country and internationally, with some even offering cash prizes for winners.



Games can be played in any open space



Players are free to move around the field during games



Ultimate Frisbee games are hosted throughout the year



Each team generally has seven players

Generally, seven players are on a team, with each team playing until one earns 13 points. It is surprising how many different sports are blended into the game. "I think it's a combination of football, soccer, and basketball," Mohammed says. It's similar to football, because the object of the game is to move the Frisbee and catch it in the end zone to score points. Just like soccer, players are free to move all around the field, both in front of and behind the Frisbee. The game draws parallels to basketball in that the player throwing the Frisbee must establish a pivot foot and not run with the disk or a traveling violation occurs, Mohammed explains.

disc with special rings graces the field, Mohammed says. No other equipment is needed, although knee and elbow pads might be a wise choice if you plan on diving to catch the Frisbee.

The Ultimate Athletes

Many players enjoy the sport because of the competitive nature of the game and the athleticism it requires. "I've seen some incredible athletic plays that you would not normally see in other sports," explains Mohammed. "People will throw their body around just to catch the Frisbee." There can be a fair amount of incidental contact that occurs, depending on the game.



Ultimate Frisbee combines elements of football, soccer, and basketball

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- Asif Mohammed

Photo by Adam Ginsburg

Melvin Wang, Greg Lopp, and Asif Mohammed enjoy an afternoon of Ultimate Frisbee



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Fouls can be called for contact made on the field by two players, and since there are no game officials on hand, players help officiate and make calls for rule violations. If two players can't come to a resolution over a call, the call must be made by an observer of the game. As with any sport, there is always the risk of injury. In a game where players run loose all over the field, some collisions can occur.

Spreading Good Sportsmanship

Later this year, Mohammed will take his love for the game to the children of Israel with the organization, Ultimate Peace. "Their mission is to bridge and build relationships between the youth of the Middle East through fun and education," he says. Along with teaching children how to play Ultimate Frisbee, he will share with them how the game has changed his life by helping him stay in shape and build friendships with many other players. "[We are] trying to show these kids that we're all human, we all bleed, we all sweat, we all like to have fun," Mohammed says. "We're all basically the same people inside."

Discover Fort Bend's local Ultimate Frisbee teams and ongoing games at houstonultimate.org. For details on Ultimate Peace, visit ultimatepeace.org. SLM

KYLE BRITT is a native Houstonian, who enjoys life in Fort Bend County. He recently earned a bachelor's degree from the University of Houston.



Mohammed will share his love of Ultimate Frisbee with the children of Israel during a trip to the Middle East with the organization, Ultimate Peace

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