



ULTIMATE



Name:

Block:

Squad #:



Ultimate Frisbee Study Guide

10 Simple Rules:

The Field — A rectangular shape with endzones at each end. A regulation field is 64m by 37m, with endzones 18m deep.

Initiate Play — Each point begins with both teams lining up on the front of their respective endzone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

- 1 Play starts at the beginning of each half and after each goal with a **pull**.
- 2 **After a goal, the teams switch their direction of attack and the scoring team pulls.**
- 3 **The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play. A team must have a minimum of two players and a maximum of seven players on the field in order to signal readiness. The pull occurs when the puller throws (II.T) the disc after signaling readiness**

Scoring — Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.

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.

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.

- 1 Change of possession occurs when a player with the disc travels
- 2. When contact/fouls occur
- 3. Disc hits the ground

Substitutions — Players not in the game may replace players in the game after a score and during an injury timeout.

Non-contact — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

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.

Self-Refereeing — Players are responsible for their own foul and line calls. Players resolve their own disputes.

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.

Catching:

Pancake Catch:

Dominant on Top

Non-Dominant hand on bottom

This is so you can slide into your grip right away

Arms are slightly extended and height is between head and waist

Focus on catching center of disc, keep hands firm but not slamming it

Do not run with hands out, this slows you down

Two Handed Rim Catch: Use both hands to 'lobster claw' the disc

Overhead -

Thumbs Down

Under waist -

Thumbs Up

Throwing:

Backhand Throw Basics:

Grip:

Thumb on ridges of disc

Pointer Finger on edge or rim of disc

Middle finger extended underneath disc towards the middle

Pinky and Ring Finger grip underneath rim of disc

Throw:

Start facing target

Curl Disc into wrist and snap upon release

Step throwing side foot across body, rotate hips to square forward during throw

Use shoulders to rotate through the release

Arm Follows through after release

Forehand Throw Basics:

Grip: Make a gun shape with your hand

Thumb on top on the ridges/ring

Middle finger and Index finger on the rim inside underneath disc

Pinky and Ring Finger are extended and hold the outside of the rim underneath the disc

Throw:

Start with grip vertical, elbow pointed at target, then drop disc horizontal and cock wrist back, this throw is all wrist snap

(like a wet towel snap - no arm motion)

Arm moves through fluidly and wrist snap makes the throw

Finish with inside of arm and wrist extended and turned upward

Step with throw



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Initiate Play — Each point begins with both teams lining up on the front of their respective endzone line. The defense throws _____ the disc to the offense.

- 1 Play starts at the beginning of each half and after each goal with a _____
- 2 After a goal, the teams _____ of attack and the scoring team pulls.
- 3 The pull may be made only after the puller and a player on the receiving team both _____ to signal their team's readiness to begin play. A team must have a minimum of two players and a maximum of seven players on the field in order to signal readiness.

Scoring — Each time the offense _____ in the defense's endzone, the offense scores a point. Play is initiated after each score.

Movement of the Disc — The disc may be advanced in any direction by completing a pass to a teammate. Players may _____ run with the disc. The person with the disc ("thrower") has _____ to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

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.

- 1 Change of possession occurs when a player with the disc _____
2. When contact/fouls occur
3. Disc hits the _____

Substitutions — Players not in the game may replace players in the game after a score and during _____.

Non-contact — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

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 _____.

Self-Refereeing — Players are responsible for their own foul and line calls. Players resolve their own disputes.

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 _____ of play.

Catching:

Pancake Catch:

_____ on Top

Non-Dominant hand on _____

This is so you can slide into your grip right away

Arms are slightly extended and height is between _____ and _____

Focus on catching center of disc, keep hands firm but not slamming

Do not run with hands out, this _____ you down

Two Handed Rim Catch: Use both hands to 'lobster claw' the disc

Overhead -

Thumbs _____

Under waist -

Thumbs _____

Throwing:

Backhand Throw Basics:

Grip -

_____ on ridges of disc

_____ on edge or rim of disc

Middle finger extended underneath disc towards the

_____ Pinky and Ring Finger grip _____ rim of disc

Throw:

Start facing _____

Curl Disc into wrist and _____ upon release

Step _____ side foot across body, rotate hips to square
forward during throw

Use shoulders to rotate through the _____

_____ follows through after release

Forehand Throw Basics:

Grip -

Make a gun shape with your hand

_____ on top on the ridges/ring

Middle finger and Index finger on the _____
underneath disc

Pinky and Ring Finger are _____ and hold the outside of
the rim underneath the disc

Throw:

Start with grip _____, elbow pointed at target, then drop
disc _____ and cock wrist back, this throw is all wrist
snap, elbow moves very little (*like a wet towel snap - no arm
motion*)

Arm moves through _____ and wrist snap makes the
throw

Finish with inside of arm and wrist extended and turned upward

_____ with throw

Team Strategy/Plays/Notes:

Offensive:

Stack:

<http://ultimatefrisbeehq.com/2013/11/vert-stack/>

1, 2, Kaboom :

Starts with a pull to your team from their handler, then on tight pass, one pass to take the disc to the outside lane, then a long pass forward to the end zone

Defensive:

Player on Player - call numbers in a stack
stick with your player

Play Positions:

Handler:

Speciality Throws:

Hammer

Grip: PRESSURE IS KEY

Make a gun shape with your hand
_____ on top on the ridges/ring

Middle finger and Index finger on the _____
underneath disc

Pinky and Ring Finger are _____ and hold the outside of
the rim underneath the disc

Throw: Baseball or football throw up, except allow your arm to finish
up and out

As you go to throw, your wrist cocks back just as your arm passes
your head, wrist unlocks to release and snap the disc as you
throw

Disc Start Vertical, it will turn over while is flys
Angle the disc is in your hand will determine if it stays vertical or turns
over

Release early it'll float high
Release late and it will dig and go shallow

