Ultimate Frisbee Study Guide

**Description and History**

Ultimate Frisbee is a fast, free flowing game of “organized Frisbee” which combines the elements of many team sports. One very important aspect of the game is that there are no referees, even at the international level, and the players are entrusted to make their own calls and solve their own disputes. **“Spirit of the Game”** means that ultimate Frisbee players stress sportsmanship, fair play, respect between players, and adherence to the rules. Ultimate requires good hand-eye coordination, balance, strength, agility, throwing and catching skills, teamwork, and creative thinking.

Ultimate Frisbee was created by High School students in Maplewood, New Jersey, in 1967.

**Objective**

• The object of the game is for the team with the disc (offense) to pass and catch the disc up the field into the end zone. The team without the disc (defense) tried to gain possession of the disc by intercepting it or knocking it down.

**Field and Disc**

• The field is rectangular with end zones at each end. A regulation field is 70 yards by 40 yards with end zones 25 yards deep. The game is played using a 175–gram disc.

**Rules**

• Regulation ultimate is played between two teams of seven players. In informal "pick-up" games and physical education class, the number of players may vary. Substitutions are allowed between points or during injury timeout or as specified by the teacher.

• To start play the players line up at the edge of their respective end zones, and the defensive team throws, or pulls, the disc to the offensive team to begin play. Pulls, are the first throws in a game. The initial pull is decided by a “disc flip” at the beginning of the game. Simply flip the disc and call heads (top up) or tails (bottom up.) The winner gets the choice of “pull” or receive the “pull.”

**RULES FOR THROW-OFF or Pull**

1. Receiving team CATCHES the throw-off = play starts at that spot
2. Receiving team DROPS the throw-off = the throwing team gains possession at the spot in which the disc landed
3. Receiving team lets disc LAND = they start their possession from that spot
4. Disc lands out of bounds = If the disc lands out of bounds the offense begins on the sideline where the disc went out.

• The disc may be moved in any direction by completing a pass to a teammate. Players cannot run with the disc or hand it to another player. Players are allowed 1 pivot foot. Players are also allowed 2 steps to stop their momentum. Players may not catch their own pass.

• Upon receiving the disc, a player has ten seconds to pass it.

• The defender must be an arms length away from the thrower. There is no double-teaming in ultimate Frisbee.

• A goal is scored when a player successfully passes the Frisbee to a teammate in the end zone. Both feet must be over the goal line in order to score. Team changes sides after each score. The team that scores starts play with the throw-in.

• If a throw goes out of the end zone, or the pass is knocked down in the end zone, the new offensive team begins their drive at the front of the end zone.

• An incomplete pass results in a change of possession. When this happens the defense immediately becomes the offense and gains possession of the disc where it comes to a stop on the field of play, or where it first traveled out of bounds.

**Reasons for turnovers:**

Throw-away: Thrower misses target

Drops: Receiver drops disc

Blocks: Defender knocks disc down

Interceptions: A defender catches a disc thrown by the offense

Out of Bounds: The disc lands out of the field of play

Stalls: Offense did not release disc within 10 seconds

**Stops in the game**

• Foul: A foul is the result of contact between players

• Violation: A violation occurs when a player violates the rules but does not initiate physical contact

• Time outs and half-time: Each team is allowed two time outs per half

• Injuries: Play stops whenever a player is injured

Technique and Skills

1. Backhand throws

• The back hand is the most basic of all of the throws. The grip is a compromise between power and control.

* The Grip: Hold the disk so that the top is facing up. Take the ball of your hand and place it against the edge of the disk. Wrap the last three fingers (middle finger on down) around the edge of the disk. Take your index finger and place the edge of the first knuckle on the bottom lip of the disk and curl it under lightly. Finally, take your thumb and lay it on the top of the disk.
* Preparation: Bring your arm across your body so that your upper arm is against your body, and the disk is projecting away with the back edge angled up.
* Release: Step forward with your front leg and whip your arm out while releasing the disk level. Make sure to follow through.

1. Forehand throws

• The forehand is a more advanced throw. The key to the forehand is rotation, and this is accomplished by snapping your wrist.

* The Grip: Take the first two fingers on your dominant hand and place them next to each other. Put them on the inside rim of the disk so that the first knuckle of your middle finger is on the inside edge of the rim. Your last two fingers are outside the rim. Place your thumb at about a 30 degree angle on the top of the disk.
* The Preparation: On this throw, the foot placement and movement is important. You want to have your forearm at a 90 degree angle to your body. Step with your dominant leg straight out, and then release.
* The Release: Keep your wrist flexible, and start with your hips and shoulder torquing forwards. If you keep your hand stationary, your wrist has to flex back. Once this has happened you snap it forward and release. This just takes practice.

**Catching Skills**

Pancake (or Alligator)

This is the most basic of all catches. Ideally it is made so that the disk is coming in towards your body, and one hand is on top of the disk, and one hand is on the bottom of the disk. Almost everyone calls this the Pancake, but it is also referred to as the Alligator because your elbows are against your body with your hands about a foot apart (alligator jaws.)Proper form is important because if you miss the disc on the clamp, it can easily be trapped with your elbows and body.

Crab or two-handed catch

This is where you catch the disc with two hands side by side, normally about 3 or 4 inches apart. If the disc is above your shoulders your thumbs will be facing down with your fingers on top. If it is below your shoulders your thumbs will be up with your fingers on the bottom. This is called the crab catch because your hands look like claws, and you're holding them in front of you like a crab would.

**Offensive strategies:**

• One of the most common offensive strategies is the vertical stack. In this strategy, the offense lines up in a straight line along the length of the field. From this position, players in the stack make cuts towards or away from the handler in an attempt to get open and receive the disc.

• Another popular offensive strategy is the horizontal stack. In the most popular form of this offense, three handlers line up across the width of the field with four cutters up field, also lined up across the field. It is the handler's job to throw the disc up field to the cutters.

**Defensive Strategies:**

• The simplest and often most effective defensive strategy is the one-on-one defense (also known as man-on-man or just man), where each defender guards a specific offensive player.

• Zone defense strategy, the defenders cover an area rather than a specific person. The area they cover moves with the disc as it progresses down the field