

# Ultimate Frisbee Study Guide

## History:

Ultimate was developed in 1968 by a group of students at Columbia High School in Maplewood, NJ. The first official rules of the game were recorded in 1970.

## Benefits:

Combining the non-stop movement of soccer with the aerial passing skills of football, Ultimate is a recreational means of improving **cardiovascular fitness**. It will also help with sport related skills, such as, hand-eye coordination, agility, and speed.

## Terminology:

**Backhand throw:** Type of throw where thumb is on top and fingers are clinched along side of rim. Player stands sideways with throwing shoulder towards target.

**Forehand Throw: (Skipping Stone)** Type of throw where index and middle fingers are together along inside of rim and thumb grips rim. Player faces target keeping disc at waist height.

**Hammer Throw:** Same grip as forehand throw except, disc is overhead with elbow bent. Player is standing facing target with non-throwing side leg forward. Disc will fly left to right arc.

**Clap Catch:** Good for beginners. Also known as the "Sandwich Catch". Catch disc between hands (top and bottom). Difficult when disc is flying away from body.

**Two Handed Rim Catch:** Safest catch for experienced players. Allows for quick transition from catch to throw.

**One Handed Rim Catch:** Very useful when disc is flying away from body.

**Pull:** The throw from one team to the other that starts play at the beginning of a half or after a goal

**Change of Possession:** When a pass is not completed, the defense takes over and becomes offense.

**Foul:** Non-incident contact between opposing players. In general, the player initiating the contact has committed the foul.

## Rules & Safety:

- 1) Play begins with a Pull, with both teams standing on their respective goal lines.
- 2) The disc is advanced by throwing it in any direction. It may not be a hand-off.
- 3) A goal is scored when the disc is caught by the offensive team over the goal line. It may not be RAN over goal line.
- 4) When a player catches the disc, they may not run. They must establish a pivot foot.
- 5) If pivot foot moves, it is ruled a turnover.
- 6) Defensive team gains possession when the offensive team pass is incomplete, intercepted, knocked down, or goes out of bounds.
- 7) Only one person can guard the person in possession of the disc. (NO double team)
- 8) The defender must be arms length away from offensive player in possession of disc and cannot steal disc from them.
- 9) The defender initiates a "stall" count when guarding disc. Stall count is 10 seconds. If offensive player has not thrown disc by then, it results in turnover.
- 10) No contact is allowed during play. Incidental contact is ok. Contact results in a foul.
- 11) Players must play the disc, not the opponent.
- 12) Regulation teams have 7 per side.
- 13) Regulation games are played to 15 points.
- 14) Regulation fields are 70yds long by 40yds wide.
- 15) The end-zones are 25yds deep.