

Ultimate Frisbee

The game

Ultimate is played between two teams of seven players on a large rectangular field. A line drawn across the field at either end creates two "endzones" (like in American Football). These are the goal-scoring areas. A goal is scored when a team completes a pass to a player standing (or more likely running) in the endzone they are attacking.

Fouls and "Spirit of the Game"

Ultimate Frisbee is non-contact sport; any contact between players is a foul. There are a variety of other minor violations, but that's the big one.

Ultimate Frisbee is unique in that it is refereed by the players themselves, even at World Championship level, according to a code of conduct known as "the Spirit of the Game". This places the responsibility for fair play on the players themselves. Ultimate Frisbee is a completely different experience to playing other sports.

Terms and Rules:

CLEARING

Clearing is getting out of the area where the thrower wants to pass the disc. This is absolutely necessary after making an unsuccessful cut or after throwing the pass. The importance of this is often underplayed to beginners.

CUT

An attempt to get free to receive the pass. Usually starting with a body fake and/or a sudden change in direction or speed.

DEFENCE

The team attempting to prevent a score.

FLOW

A series of quick passes to well timed cuts - should result in an easy score.

FORCE (or mark)

To make it as difficult as possible for the thrower to throw the disc in one direction (usually one side of the field) in an attempt to make (force) him/her to make a pass to the other side. See the relevant section for how and why this is done.

FREE (or OPEN)

A Free is when an offensive player is available to receive the pass. The "free player" may be unmarked or have managed to get away from his/her defender.

HUCK

A huck is a long pass often nearly the full length of the pitch and high to a tall player in the endzone.

LAYOUT

When a player dives to catch or intercept the disc. Also referred to as "going ho" (from going horizontal).

MAN-ON-MAN

Man-to-man is the most common type of defense. Each person on defense marks an offensive player and attempts to stay as close as possible with the intention of getting an interception or forcing a mistake.

OPEN (side, pass or cut)

The side to which the thrower is being forced (or a pass/cut to this side) or sometimes used to describe being free to receive a pass.

PIVOT

When you plant your foot (left for right handers and right for left handers) and step to the side (allowing you the throw around the marker).

PULL

The throw at the start of each point that initiates play.

TURNOVER or change of possession

When the disc has been dropped or intercepted and the offense becomes the defense.

ENDZONE

The endzone is the area at the either end of the pitch within which a point is scored.

FLYING DISC

Many people call it a "Frisbee." Ultimate players call it a disc. ("Frisbee" is the trademarked name for one particular brand of flying disc.) The disc is part of what makes Ultimate so unique - depending on the skill of the thrower, it can be made to fly straight or in a curve, hover in mid-air or drop like a stone.

OFFENCE

The offence is the team with possession of the disc.

POINT (or score)

A Point is scored when a player catches the disc in the endzone on the offence.

STALLING (or Stall Count)

The player holding the disc has just ten seconds to pass it to a team-mate - the defender marking the player with the disc counts to ten out loud, and if the disc has not been released on "ten" the defender takes possession. Forcing the thrower to make a less-than-ideal pass as the "stall count" nears ten is the idea behind most defensive strategies.

START OF THE GAME

Each point begins with the two teams standing on opposite endzone lines. The team with the disc throws it as far down the pitch as they can, and the other team then takes possession where it lands.

AFTER A SCORE (point)

After a team has scored a point, they keep hold of the disc and wait while the other team walks back to the other end of the field. The team that scored then throws off to start the next point. This way, the teams change ends after every point.

MOVEMENT OF THE DISC

The disc may be advanced in any direction by completing a pass to a teammate. Players may take three steps with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower counts out loud. The defender has to give throwing arms distance away.

CHANGE OF POSSESSION

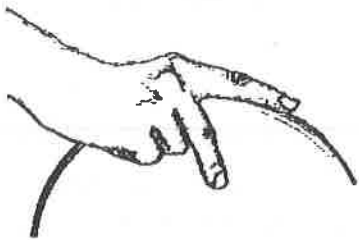
When a pass is not completed, for example out of bounds, drop, block, or interception, the defense immediately takes possession of the disc and becomes the offense at the spot where the turn over took place.

Grips

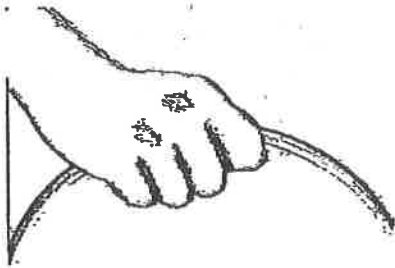
Backhand Grips

To throw the disc from the left side of the body for right handed players (or from the right for left handed players). The motion is similar in some respects to the backhand in tennis. (Like the 'standard' throw that non-Ultimate players may be used to).

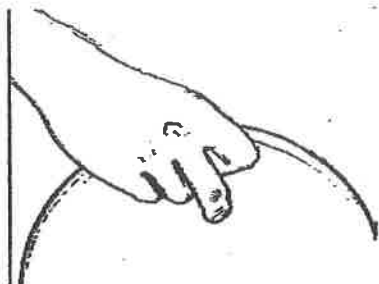
2.1. Basic (Beginner's) Grip



2.2. Power Grip



2.3. Hybrid Grip

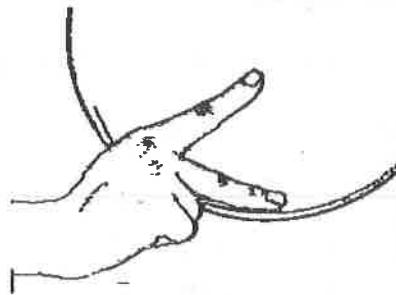


Forehand Grips

FOREHAND (or FLICK)

To throw the disc from the right side of the body for right handed players (or from the left for left handed players). The motion is similar in some respects to the forehand in tennis.

3.1. Basic (Beginner's) Grip



3.2. Power Grip



3.3. Hybrid Grip



3.4. Other Grips

