

ULTIMATE FRISBEE HANDOUT

Throws

- **Backhand** – Grip: Thumb on top of frisbee, index finger under the rim.
Backswing : Roll disc toward your body as you bring arm back. Keep edge of disk away from your hand slightly lowered.
- **Sidarm** – Grip: Hold the disc with two fingers on underside, thumb on top and wrist cocked backward.
Delivery: Swing arm downward at about a 30 degree angle to body. Keep edge of the disc away from hand tilted down. Snap wrist forward at point of release.
- **Overhand** – Grip: Hold the disc with the thumb underneath disc and fingers on top, with wrist cocked backward.
Delivery: Swing arm forward and near to shoulder level. Snap wrist at point of release.

Flights

- **Curve** – Tilt the disc in direction of desired curve. Throw in a high arching path.
- **Skip** – Start with the same motion and position used for a curve left. The disc should hit the ground on the left, front edge – not flat- about halfway to target, skip, and fly up to the catcher.
- **Catches**
 - Between the legs
 - Behind the Head
 - Behind the back
 - Finger catch
 - Tipping – By lightly tipping the disc in the center, it can be kept aloft and in control. Strike slightly off center and adjust angle.
 - One hand
 - Two hand

The game of ultimate frisbee

Combines elements of football, basketball and soccer.

Formal game – 7 players to a side, field of 40 x 70 yards with 25 yard deep endzones.

Object – to pass the disc to a teammate with is in the opponents' endzone.

Rules

- The disk may never be handed – it must always be thrown
- No player may move while in possession of the disc. May pivot on one foot in any direction.
- The disc may be thrown in any direction.
- No more than one person may guard a thrower.
- The defensive team gains possession of the disc whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out of bounds.
- Out of bounds throws are taken over by the opposing team at the point where the disc went out of bounds. If the disc goes out of bounds after crossing the goal line, the opposing team may throw in from either corner of the endzone at the goal line.
- A player is allowed a maximum of 2 steps after catching the frisbee.
- No pushing is allowed by either the catcher or thrower.

- The thrower (quarterback) must throw the frisbee within 5-7 seconds after a catch.
- The defender guarding the thrower must be an arms-length away, and cannot interfere with the thrower.

Scoring

- The traditional game of Ultimate calls for a time limit of 48 minutes with the team scoring the most points within that time limit declared the winner. For a more informal game, the team to first reach 21 points wins. One point is scored for each disc caught within the opponents' endzone.

REVIEW QUESTIONS FOR ULTIMATE FRISBEE

- List and explain the four (4) types of throws.
- List and explain the two (2) types of flights.
- List the five (5) types of catches.
- How many players make up a side in the **formal** game of ultimate Frisbee?
- What are the playing field dimensions in the **formal** game of ultimate Frisbee?
- What is the object of the ultimate Frisbee game?
- Know all 10 rules listed.
- How many points for each "touchdown"?
- Explain two methods of scoring in a complete game?