

## Ultimate Frisbee Study Guide

Ultimate Frisbee is a fast, free flowing game of “organized Frisbee” which combines the elements of many team sports. The purpose of the game is for the team with the disc (offense) to pass and catch the disc up the field in the end zone. The other team (defense) tries to gain possession of the disc by intercepting it or knocking it down. There is no running with the disc and the game is non-contact. A foul occurs when contact is made.

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. Simply put, sportsmanship is encouraged and all calls are respected and not disputed. If the player committing the foul disagrees, the play is redone.

The first documented game of Ultimate Frisbee was by High School students in Maplewood, New Jersey, in 1967. Ultimate Frisbee requires good eye-hand coordination, balance, strength, agility, throwing and catching skills, teamwork, and creative thinking.

### The Field

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

1. There are 7 players on a team. The game begins with both teams lining up on their respective end zone line. Each score is worth 1 point and the team not scoring must jog to the other end of the field.
2. The game begins with a “throw-off” or “pull” by the defensive team. The defensive team may not touch the disc until it is touched by the offense. Both teams must stay behind their goal line until the disc is thrown. If an offensive player attempts to catch the disc and drops it, a turnover results.
3. Only passing can move the disc. Players cannot run with the disc or hand it to another player. The disc can be passed in any direction.
4. Each player has 10 seconds to release the disc after catching it. This is called a “stall count” and is called out loud by the defensive player who is making marking the offensive player. The player with the disc must pass the disc with 10 seconds. If after the stall count, the offensive player has not passed the disc, a “stall” is called and a turnover will result.
5. Both feet must be over the goal line to score.
6. 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.
7. Players not in the game may replace players in the game after a score and during an injury timeout.

### The Pull

A “pull” occurs at the start of every game and after every score.

1. To decide the “pull”, simply flip the disc and call heads (top up) or tails (bottom up). Winner gets the choice of “pull” or receiving the “pull”.

2. The disc is allowed to hit the ground on a pull. If the disc goes out of bounds on the “pull” and is caught by the offensive team, the offense begins on the sideline where the disc went out. If an offensive player calls “middle” before the disc hits the ground, the offensive team begins the game with the disc in the middle of the field where the disc crossed the sideline.
3. If on the “pull” the disc flies out of bounds in the back of the end zone, it is called a “brick” and play begins 10 feet in front of the goal line. The receiving team must yell “brick” as it goes out of bounds to be able to put it in play at the 10-foot line.
4. If on the pull, the disc lands in the end zone, the offensive team can begin play within the end zone, or touch the disc to the goal line and begin play.
5. After the “pull” the offensive team picks up or catches the disc and attempts interconnecting passes down the field with the aim being catching the disc with two feet in the opponent’s end zone.

### **Fouls & Violations**

1. A thrower is not allowed to take any steps, but the catcher is allowed 2 steps to slow down. After a catch, the thrower must establish a pivot foot. Once a pivot foot has been established, the thrower may not move this foot until after a throw has occurred. Traveling is NOT a turnover. The thrower simply returns back to the original position.
2. Any time a pass is incomplete, intercepted, knocked down, or contacts an out of bounds area, a turnover occurs and an immediate change of possession takes place.
3. There are no double teams allowed. The defender must be at least one disc length away from the offensive player, and the distance from the next defensive player should be at least 10 feet.
4. Picks and screens are illegal
5. Interceptions in your own goal must be thrown back out.
6. Fouls consist of any contact made with a player. The player that is fouled should call the foul. If no foul is called, play continues.
7. When a defensive player commits a foul, play stops and possession reverts to the thrower. A “check” is made by the defensive player (marker) after a foul or violation. The defender simply taps the disc and say, “resume play”. Then the offense is free to throw the disc.
8. No (stripping) knocking the disc is allowed. If a strip does occur, however, the disc will be returned to the thrower and play will continue.
9. You can never catch your own throw.
10. Lines are considered out of bounds. For a catch to be good, both feet must land in bounds.

### **Player Positions**

- **Handlers** Stay shallow and handle the disc
- **Middles** Work the middle of the field able to throw the disc to the deeps
- **Deeps** Good runners and catchers

### **Terms**

<b>Breaking the Force</b>	The offensive player is able to throw around the defensive player to an area of the field, which is less guarded by the defense.
<b>Cutting</b>	Breaking away from a defensive player into a free space
<b>Foul</b>	A rule or contact violation between players – players call their own fouls
<b>Hammer</b>	An overhead pass that looks similar to a smash or serve in tennis
<b>Layout</b>	A dive for the disc

<b>Middle</b>	Called out by the defensive team off the pull. It must be called by the offensive team before it hits the ground. If successfully called, the offensive team will gain possession of the disc in the middle of the field where the disc went out of bounds.
<b>Marker</b>	Defensive Player
<b>Scoober</b>	Throwing the disc so that it travels upside down
<b>Pancake</b>	A catch made by trapping the disc between two hands.
<b>Pick</b>	An intentional or unintentional block where the player gets between you and the player you are covering.
<b>Pull</b>	The throw from the defensive team to begin play
<b>Stack</b>	Offensive strategy in which all the players line up down the middle of the field and alternately make the cuts to the sides.
<b>Stall</b>	A player fails to throw to a teammate within 10 seconds.
<b>Stall Count</b>	The count called out loud by the defensive player
<b>Turnover</b>	Occurs when the disc hits the ground, goes out of bounds, is dropped, knocked down or intercepted