

# Ultimate Frisbee Study Guide

## **History;**

Ultimate Frisbee is a fast moving, competitive, **NON-CONTACT** sport played by two teams usually of seven players. The first plastic flying disc was developed in 1948 and the actual game of Ultimate was invented in 1967 by some Maplewood, New Jersey, students at Columbia High School. Today, the flying disc is connected with many National and World organizations.

## **Three Throws:**

**Backhand Throw** is used for longer distances and is the most common throw. It is used for control and accuracy. Keep the disc level, and the more rotation and the snap of your wrist, the farther and more stable it will fly.

**Underhand:** is used for quick short passes. Bring disc underhand past the hip and release the disc at about your waist level using a wrist snap.

**Sidarm throw:** This throw requires a lot of finger and wrist snap to have an effective throw. This throw is also used for quick and short passes.

**Start the game with a THROW-OFF:** Play begins with one team throwing the Frisbee to the other team (similar to the start of football). Both teams must stand behind their goal line to begin play. Each time a goal is scored, the teams switch sides. The goal is worth one point. When the throw off is made, all players may cross the goal lines. **NO** player on the throwing team can touch the disc until it is touch by a member of the opposite team.

The receiving team may catch the disc or let it hit the ground without touching it. **IF** the Frisbee hits the ground untouched, the receiving team gains possession where the Frisbee stopped. **IF** the throw-off Frisbee is touched and dropped, the throwing team gets the Frisbee.

## **Game Play:**

The object of the game is to move the Frisbee down the field by passing and to score a point by passing it to a team mate across the goal line of the opposing team. **NO RUNNING WITH THE FRISBEE!** When a player receives the Frisbee while on the run, they are to stop within **THREE (3)** steps and pass to a team mate by pivoting.

The player with the disc can **ONLY** pivot on one foot and pass to a teammate. Defense can intercept the pass but there is no knocking the Frisbee out of the other team's hand. Only one player may guard the person with the disc. The defender guarding the thrower counts, giving the thrower ten seconds to pass to a team mate. When the defense intercepts a throw or knocks the Frisbee out of the air, the defensive team gets the Frisbee and begins offensive play.

When ever the throwing team's Frisbee is not caught or gets knocked to the ground, it results in a **TURN-OVER** and the other team gets the Frisbee where it lays.

**Out of Bounds:** If a pass is caught, thrown, or lands out-of—bounds, the Frisbee is turned over to the other team.

**Fouls:** The Frisbee is turned over to the other team when a foul occurs. These actions make-up a foul: walking, running, or taking steps while holding the Frisbee. A foul occurs if a player has body contact with a player from opposite team. A foul can also be called for stalling. **A PLAYER MAY NOT HOLD THE DISC WHILE BEING GUARDED FOR LONGER THAN 10 SECONDS!!!**

