



ULTIMATE FRISBEE STUDY GUIDE

HISTORY

Ultimate Frisbee is a competitive, action packed sport that can be played on any field or in any gymnasium area. The sport was devised by some students at Columbia High School, in Maplewood, New Jersey in 1967. The sport popularity spread throughout the collegiate level and national championships have been held among various universities. Ultimate Frisbee is generally played with two teams of seven players, but larger or smaller sized teams are feasible. The official equipment used in this sport is a Wham-O 165-G Frisbee, but other kinds can be used for fun.

SAFETY

Keep your eyes on the frisbee at all times, this will help you avoid being hit unaware. There will be no pushing and shoving or other body contact throughout the game.

THROWS

- grip frisbee with the thumb on top and fingers below the rim, snap wrist on the release and follow through with body and back leg.
- 1. Backhand throw - bring the frisbee across to the other side of the body and then propel it forward
- 2. Sidearm throw - swing the arm back and then rotate it forward along the same side of the body
- 3. Underhand throw - bring the frisbee back in an underhand motion and then release it as it reaches about waist height on the upward swing

CATCHES

1. One-handed catch - position the hand with the thumb up if the frisbee falls below the chest and with the thumb down if the frisbee is above the chest.
2. Two-handed catch - place one hand on top and one on the bottom of the frisbee, bring both hands together from the side on the outside rim of the frisbee

RULES

1. Players move the frisbee down the field only by passing/throwing the frisbee. Running with the frisbee is not permitted. The player with the frisbee can pivot on only one foot to change the direction of the throw, if the pivot foot changes, a foul is committed and the possession of the frisbee changes to the other team.
2. A goal is scored when a player passes the frisbee to a teammate in the end zone.

3. Defense can intercept throws but no bodily contact is permitted. When the defense intercepts a throw or knocks the frisbee to the ground, that team begins offensive play.
4. A pass completed out-of-bounds is turned over to the defense. A frisbee that lands out-of-bounds must be returned to the point on the edge of the field where it went out.
5. The frisbee is turned over to the other team when a foul occurs.
Fouls are: walking, running, or taking steps while holding the frisbee
changing pivot foot after establishing one foot as the pivot foot
bodily contact with a player of the opposite team
6. Players try to call fouls themselves, especially on themselves, play fair and avoid to violate the rules without being caught.
7. The game begins with a throw-off by one team on their goal line, the receiving team should start on their goal line. After each goal, a throw-off from the scoring team puts the frisbee into play.
8. Frisbee field dimensions - 60 yds long and 40 yds wide, end zones are 30 yds deep

STRATEGIES

Throwers - use pivots and fakes to avoid interception of passes, make fast passes, and use proper timing so the teammate can receive the frisbee

Receivers - catch the frisbee as soon as possible (avoid letting it float), try to remain open and unguarded so the thrower can send a successful pass

Defensive Players - move forward, backward, and sideward to guard the receiver or thrower, keep your eyes on the thrower and receiver, decide as a team to play person-to-person or zone defense.

Offensive players - decide who can catch medium-length passes (middle receivers) and who can catch long passes (downfield receiver)

SCORING

1 goal = 1 point

