

Ultimate Frisbee Study Guide

HISTORY:

- The sport of Ultimate Frisbee as we know it started in 1968 at Columbia High School in Maplewood, NJ. Early versions of the game were very freeform. As many as 20 or 30 players might play on a team. The original game included running many parts of American Football, such as a series of downs, lines of scrimmage and running with the disc. The first college ultimate game was played between Rutgers and Princeton on November 6, 1972. Rutgers won the game 29-27.

RULES OF THE GAME:

- A point is scored when one team catches the disc in the opposing team's end zone.
- A player cannot run with the disc—it may be moved only by passing. The player holding the disc must keep one foot fixed as a pivot point that does not "travel" throughout their possession.
- A team can advance the disc to the opposing end zone with any number of passes, including one long throw to the end zone (colloquially called a "huck").
- If a pass is incomplete (not caught before touching the ground), caught out of bounds, caught by a defending player, or knocked out of the air by the defense, it is a "turnover" and the opposing team immediately gains possession, playing to score in the opposite direction.
- Ultimate is non-contact, meaning non-incident physical contact is disallowed. Defenders cannot take the disc from an offensive player who has secured a catch. Deliberate contact is a foul, with various consequences depending on the situation and the league.
- Defending against the person who has the disc is a central part of the defensive strategy (colloquially "marking"). The defensive "marker" counts aloud to 10 seconds, and if the disc has not been thrown when the defending player reaches 10 it is turned over to the other team.
- The game is usually self-refereed, relying on the players to call their own infractions and to try to play within the rules of the game
- Each point begins with the two teams starting in opposite end zones. The team who scored the previous point are now on defense.
- A regulation outdoor game is played 7 vs 7, with substitutions allowed between points and for injuries. Games are typically played to a points limit of 13/15/17 or a time limit of 75/90/100 minutes. There is usually a half time break and an allowance of timeouts per team.

IN-CLASS MODIFICATIONS:

- At least 3 passes need to be made before a goal can be scored
- No cherry-picking/standing only in the end zone

KEY TERMS:

- Bid- When a player dives or jumps for the disc either on offense or defense. A bid is basically when a player diving, falling intentionally, jumping, or any more-than-average attempt to catch the disc.
- Blade- A throw gone wrong which causes the disc to come down really fast and at a vertical-like angle.
- Disc-In- After a stop in play from the disc going out of bounds, a foul, or interference the player with the disc **MUST** tap it to the ground, or the opponents hand, to resume play.
- Pancake- A type of catch where a player claps his/her hands on the top and bottom of the disc. This is the most secure way to catch but severely limits one's reach.
- Pull- The first throw off to start the game or to start a new point.
- Travel- A type of foul. When holding the disc you cannot move (you're allowed to slow down to a stop if caught while running). Traveling is similar to Basketball. You must establish a pivot foot in which you can swing your body back and forth on.

DIAGRAMS:

