

ULTIMATE FRISBEE

Mr. Linda's Physical Education Class



Sport History



Ultimate as we know it today was created in the summer of 1968, when The Founders experimented with rules while playing with a frisbee at Columbia High School. Ultimate expanded to colleges around the northeast and around the country and gained enough popularity where unofficial National Championships were held in the mid to late 70s.

Background of Ultimate Frisbee

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, and establishing a pivot foot like in basketball. A game of ultimate is played by two teams with a flying disc on a field with end zones, similar to football. The object of the game is to score by catching a pass in the opponent's end zone.



10 Simple Rules of Ultimate Frisbee



01

The Field: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.



02

Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.



03

Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.



04

Movement of the Disc: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.



05

Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.



10 Simple Rules of Ultimate Frisbee

06

Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.

07

Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

08

Fouls: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

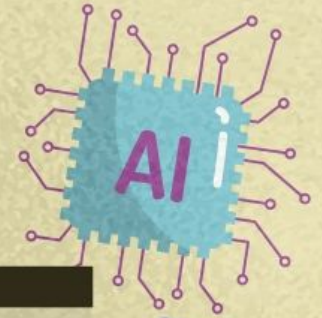
09

Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.

10

Spirit of the Game: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.





Types of Throws



The Backhand

01

Face your target with feet squared up

02

Hold the Frisbee with your dominant hand.

03

Place the index finger along the outside edge, thumb on top and the other three fingers wrapped around rim of the disc.

04

Bring the disc towards the body by curling the throwing arm making sure to keep the disc level.

05

Step perpendicular to your target and over your non-dominant foot. Extend the arm and snap at the wrist (still keeping the disc level)

Video



The Forehand

● ● ● 01
Grip: Make a peace sign (turn hand so palm is up).

● ● ● 02
Hold Frisbee with peace sign closed along the inside of the rim and thumb on flight rings on top of the disc.

● ● ● 03
Curl the rest of the fingers towards your palm.

● ● ● 04
Step out toward the dominant side of your body.

● ● ● 05
Snap wrist and follow through.



Other Types of Throws / Passes

Hammer

The hammer is gripped just like the forehand but the disc is then brought over head and thrust forward with a wrist flick.



Huck

Simply put, hucking is when you throw the disc far - to a receiver. When you huck, you almost always want to throw to a receiver. So it's not just throwing the disc as far as possible (although when you're at a high stall count this can sometimes come in handy)

Dump

Player who stands behind the thrower in order to help out (must get free for an easy pass) when the offence gets in trouble.

How to Play Ultimate Frisbee

