



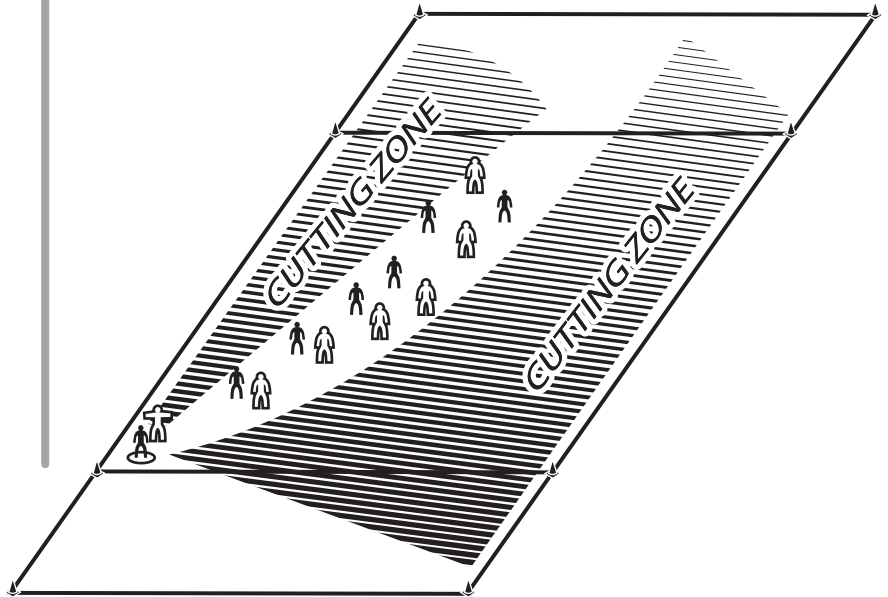
# FRISBEE® ULTIMATE® INSTRUCTIONS

## PLAYING FIELD



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.

## CUTTING FIELD



Cutting is an essential Ultimate® skill. If you can create separation between you and your defender you are much more likely to get the disc. Cutting is what will give you that separation. The most essential element of a cut is a sharp change in direction. There are different ways to set up your defender on a cut. The two most common ways are:

1. Drive at your defender to get them off balance and then cut to your desired location.
2. Drive away from your defender. Once they commit to following you, cut underneath or behind them.

## GETTING STARTED:

- **Initiate Play** — Each point begins with both teams lining up on the front of their respective end zone line. The defense throws the disc to the offense. A regulation game has seven players per team.
- **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.
- **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.
- **Change of possession** — When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- **Non-contact** — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

- **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.
- **Self-Refereeing** — Players are responsible for their own foul and line calls. Players resolve their own disputes.
- **Spirit of the game** — Ultimate® Frisbee® 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.
- A disc is like a pair of scissors. You're not supposed to run with either!

## SCORING:

Each end-zone catch is worth one point. The team with 15 points (with a 2-point spread) wins!

Ultimate® is a flexible game, however. Anything can change, as long as both teams agree: you can change the dimensions of the field, the number of players, the number of points needed to win.

If a point is scored, the team that scored then pulls to the other team to restart play.

## THROWING TECHNIQUES:

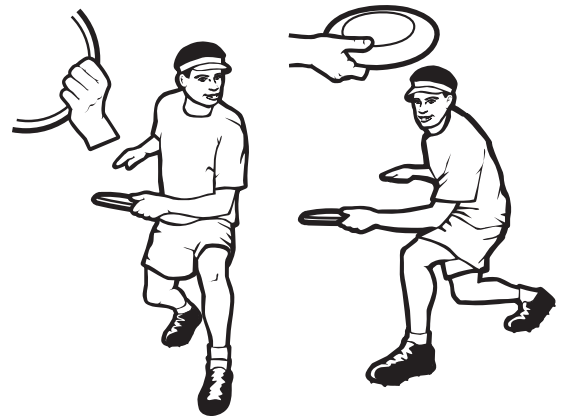
### FOREHAND

The forehand is a necessity in Ultimate®. Grip the disc in your hand between your thumb and your index finger. Your thumb should be on top of the disc. Your middle and index fingers should be on the inside rim of the disc. For more stability extend your index finger toward the middle of the disc. Your feet should be shoulder width apart and you should be facing your receiver. Begin with your weight shifted to your pivot foot. Draw your forearm and the disc back slightly. Smoothly shift your weight to your non-pivot foot and turn your body, shoulders, and forearm forward as you snap your wrist, releasing the disc at your target. Be sure to keep your arm parallel to the ground and your palm faced up while practicing this throw.



### BACKHAND

The Backhand is the throw that most people know. Grip the disc with a closed fist, your fingers wrapped around the rim and the thumb on top (but not straight out). Your feet should be about shoulder width apart in line with your target. Rotate your upper body away from your target while putting your weight on your back foot. Then, shifting your weight forward, rotate your upper body toward your target, while swinging your arm and the disc forward in a smooth, level motion. Snap your wrist as you release the disc at your target to put more spin on it. This motion is the same as snapping a towel.



## CATCHING

Along with throwing, catching is one of the two most important skills in Ultimate®. Make sure to always keep your eyes on the disc until you have possession.

### One handed rim catch:

One-hand should only be used when you cannot get two hands on the disc. Examples include very high throws, very low throws, and throws behind you.

### Two handed rim catch:

For throws below the waist and above the chin. With throws above the chin the thumbs should be pointed down. For throws below the waist the thumbs should be pointed up.

**Pancake:** The pancake is the most “sure” catch and should be used whenever possible. It is best used for throws between waist and chin level. Try to get your body in front of the disc. If you can jump or slide to pancake the disc it is preferable to catching it by the rim.

