

## PE Ultimate Frisbee Study Guide

### History of Ultimate Frisbee

- Invented by Joel Silver and a group of high school students in Maplewood, New Jersey, in 1967
- The invention of the game occurred within a year of the first patent on the flying disc.
- The idea to invent the first flying disc was realized by students at Yale. Students used to visit the Connecticut's Frisbie Pie Company and when they finished their treats, they would toss the metal pie tins back and forth over short distances.
- Ultimate Frisbee is a great lifetime sport. It is played in schools, colleges, and universities. There are even competitive leagues in some communities. Ultimate is a game that people of all ages and abilities can enjoy.

### Ultimate Frisbee's Simple Rules

**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.



#### **Start of Play**

- A throw-off initiates the start of play.
- During the throw-off, members of each team must be in their own end zone.
- A throw-off is repeated after each score.

#### **Movement of the Frisbee**

- The Frisbee may be advanced in any direction by completing a pass to a teammate (forwards or backwards).
- Player with the disc **may not run**, but can **pivot**.
  - **Pivot**- Moving while keeping 1 foot planted, sort of like spinning.
- Players may take no more than **3 steps (for momentum)** with Frisbee.
- The person with the Frisbee has **5 seconds** to throw the Frisbee.

#### **Scoring**

- 1 point is scored if the disc is caught inside the team's end zone

### Change of possession occurs when:

- When a pass is not completed (dropped pass)
- It is caught or thrown out of bounds
- 5 second violation
- Interception (other team catches it)
- Traveling (team with Frisbee takes more than 3 steps)

### Fouls

- Any contact with another player results in a foul
- No screening or blocking is allowed

### Defense

- Defender must give opponent at least 1 arms-length of space
- Double teaming is not allowed when on defense

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

Spirit of the Game -- Ultimate stresses sportsmanship, self-officiating 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 catches -

- Sandwich Catch (Pancake)
  - Safest type of catch; 1 hand on top and the other hand on the bottom.
- C-Catch (1 handed)
  - Form a "C" with the thumb and fingers, and close them to grasp disc

### Throwing Skills:

- Back Hand (most common)
- Side Arm (skipping a rock across a lake)
- Hammer- an overhead throw- similar to a chop.
- The more spin a disc has, the better throw it will be
- If the disc is coming back at you like a boomerang, point the front of the disc slightly down so that it will go straight instead of upwards.