

# CHUTE ULTIMATE FRISBEE

Ultimate Frisbee is a fast-paced team sport played by children and adults around the world. It combines elements of soccer, football, and basketball and is played with a flying disc. (Frisbee). The Frisbee measures from 9 to 11 inches in diameter and weighs between 2.5 and 5.6 ounces. Grams it is 94 grams-175 grams.

## Game play/Scoring

The object of Ultimate Frisbee is to catch the Frisbee in the end zone to score one point. Games are played until **15pts** are scored. A team scores a goal by passing the disc from teammate to teammate until it is caught inside the opponent's end zone area.

## To start the game

One team will be the team doing the pulling. The team pulling will hold up the disc and will wait until the receiving team holds up their arm indicating that they are ready to receive. The team pulls from the brick (10 yard line) or more skilled players from the goal line.

**If the disc touches the ground** at any given time during play it goes to the team that was on defense. They then become the offense. Dropped discs in the end zones are brought out to the goal line and put into play by tapping the ground.

## Spirit of the Game Rule

The spirit of the game rule is where you call your own game, no referees at any level of play. This rule encourages highly competitive play but never at the expense of mutual respect between players, never compromising the rules of the game for self-benefit, and supporting the basic joy of play.

## Throws:

**Backhand**- this is probably the **most commonly** learned throw, and also one of the most powerful. There is a long windup for the throw, both in terms of path length and time.

**Backhand Grip:** Fingers are curled under the disc's rim, and the thumb is placed on top of the disc to hold it in place. The index finger may either be on the edge of the disc (to help aim) or four fingers may be tucked underneath the rim (to aid power).

**Backhand Throw:** The thrower draws the throwing arm across the body to build velocity for the disc. During this movement, the arm straightens out. As the arm becomes straight, the wrist is flicked to impart spin. After release, the arm usually points towards the target.

**Forehand:** This throw (also known as the flick or the two-finger, or the side-arm in the UK) is a staple of the disc fan's repertoire, as well as the bread-and-butter throw of Ultimate players. Focused on the wrist, this throw takes little time to execute.

**Forehand Grip:** The index finger is extended and laid against the bottom of the disc to provide stability for the throw, the middle finger is pressed against the rim of the disc and the edge of the disc is tucked under the thumb. (It helps to make a peace sign with the pointer and middle fingers.) The disc is cocked back at the wrist, and the arm is extended out from the body.

**Forehand Throw;** A flick of the wrist imparts spin off the middle finger as well as some forward velocity. Some snap of the lower arm can provide additional power. After release, your index finger should point to your target.

**Hammer throw:** An overhead throw that doesn't travel far.

### **Catches**

1. Sandwich or Pancake.
2. Rim Catch or Double Handed C Catch
3. C Catch
4. Body Catch/Trap

### **Fouls/Penalties**

Defenders can knock down thrown discs, but they may not knock it out of the handlers' hand. That is a foul/penalty, which is a change of possession.

If a foul (a disc hit out of hand, a push, trip, or illegal contact) is called, only the two players involved will discuss what happened.

**No hand-offs.** All discs must be thrown.

As long as your team doesn't drop the disc they continue to play offense. After catching the Frisbee, you have **10 seconds** to throw it to a teammate. When the defense gets close to an offensive player, they can begin the 10-second count. With the disc in your hand, you can only pivot. Without the disc, you may run and cut anywhere you want.

### **Momentum Steps**

You are allowed momentum steps to stop after a catch, however, you may not score on momentum steps. If momentum steps carry you into the end zone, the offensive team takes the Frisbee out to the five-yard line and begins play.