

Ultimate Frisbee Study Guide

Ultimate Frisbee is a combination of football, basketball, and soccer

An official field is 70 yards long, 40 yards wide with a 25 yard endzone on either side.

7 players from each team are on the field at a time

To start a point, each team begins on their endzone and there is a "kick-off" where one team throws to the other.

This starting throw is called a **PULL** in Ultimate Frisbee

The throwing team holds the frisbee in the air to signal they are ready to throw it and begin the point

The goal of the game is to pass the frisbee downfield without losing possession and score in the endzone.

To score a point, a player has to catch the frisbee while in the endzone. **They cannot run it in!**

There are 2 main positions:

1. Handler : the person who handles the frisbee the most and makes the most passes
2. Cutter : the people who are the runners, movers, and catchers

There are **3 main throws** in ultimate frisbee:

BACKHAND



FOREHAND



HAMMER THROW



There are **2 main catches** in ultimate frisbee:

Pancake/Sandwich Catch



C-Catch



When you catch a pass you get:

3 steps to gain possession before you have to stop and throw it and **10 seconds** to get rid of it

Loss of possession happens when:

1. **The pass is dropped**
2. **The pass is batted down**
3. **The pass goes out of bounds**
4. **The person with the frisbee holds it for longer than 10 seconds**

The team with the most points at the end of the game WINS!