

FRIZBEE LINGO

BACKHAND

To throw the disc from the left side of the body for right handed players (or from the right for left handed players). The motion is similar in some respects to the backhand in tennis. (Like the 'standard' throw that non-Ultimate players may be used to).

BREAK (side, pass or cut)

The side to which the marker is trying to prevent the throw (or a pass/cut to this side).

CLEARING

To get out of the area where the thrower wants to pass the disc. Absolutely necessary after making an unsuccessful cut or after throwing the pass. The importance of this is often underplayed to beginners.

CUT

An attempt to get free to receive the pass. Usually starting with a body fake and/or a sudden change in direction or speed.

DEFENCE

The team attempting to prevent a score.

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.

FLOW

A series of quick passes to well timed cuts - should result in an easy score.

FORCE (or mark)

To make it as difficult as possible for the thrower to throw the disc in one direction (usually one side of the field) in an attempt to make (force) him/her to make a pass to the other side. See the relevant section for how and why this is done.

FOREHAND (or FLICK)

To throw the disc from the right side of the body for right handed players (or from the left for left handed players). The motion is similar in some respects to the forehand in tennis.

FREE (or OPEN)

To be available to receive the pass. The "free player" may be unmarked or have managed to get away from his/her defender.

HAMMER

High overhead throw; the disc flies upside down in a parabolic type path. The grip, release etc is similar to the forehand.

HAND BLOCK

This is when the defender stops the disc directly after it is released by the thrower.

HUCK

A long pass; often nearly the full length of the pitch and high to a tall player in the endzone.

LAYOUT

When the player dives the catch or intercept the disc. Also referred to as "going ho" (from going horizontal).

MAN-ON-MAN

The most common type of defence. Each person on defense marks an offence player and attempts to stay as close as possible with the intention of getting an interception or forcing a mistake.

OPEN (side, pass or cut)

- (i) The side to which the thrower is being forced (or a pass/cut to this side).
- (ii) Sometimes used to describe being free to receive a pass.

PIVOT

When you plant your foot (left for right handers and right for left handers) and step to the side (allowing you the throw around the marker).

POACH

When a defender moves away from their marker to try and make an interception on a pass to another player.

PULL

The throw at the start of each point that initiates play.

SWING

A lateral pass across the pitch - usually does not result in any upfield movement. This is useful to gain a better position or to reset the stall count.

SWITCH

This is when two defenders exchange the offensive players that they are marking.

TURNOVER or change of possession

When the disc has been dropped or intercepted and the offense becomes the defense.

ENDZONE

Area at the either end of the pitch within which a point is scored.

FLYING DISC

Many people call it a "Frisbee." Ultimate players call it a disc. ("Frisbee" is the trademarked name for one particular brand of flying disc.) The disc is part of what makes Ultimate so unique - depending on the skill of the thrower, it can be made to fly straight or in a curve, hover in mid-air or drop like a stone.

OFFENCE

The team with possession of the disc.

POINT (or score)

When the disc is caught in the endzone by a player on the offence.

STALLING (or Stall Count)

The player holding the disc has just ten seconds to pass it to a team mate. The defender marking the player with the disc counts to ten out loud, and if the disc has not been released on "ten" the defender takes possession. Forcing the thrower to make a less-than-ideal pass as the "stall count" nears ten is the idea behind most defensive strategies.

Ultimate in 10 simple rules

If you are coming out for the first time we suggest you be familiar with these. Once you've experienced a bit of the game we suggest you download the current UPA Edition rules and read 'em. They make for great bathroom reading; promotes regularity in life and clarity on the field. And goodness knows we can all do with a little clarity.

1. The Field — A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
2. Initiate Play — Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring — Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. 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.
5. Change of possession — When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions — Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. 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.
9. Self-Refereeing — 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.

FORCING 101

Common forcing strategies that aid in defense.

Force Middle: This force requires dividing the field into two equal sides (left and right). When the disc is on the right side you force left, when the disc is on the left side you force right. In the cases where the disc is in the middle, like off a pull, your team should just make a default force to avoid any confusion. Lastly, it's imperative that you call out the direction you are forcing every time you mark up. It's better to force the wrong way and have your teammates know, so always yell out the force. Forcing middle is a good way to confuse the offence, and can be very effective against vertical offence. On the other hand, forcing middle against a horizontal offence is usually not the wisest choice.

Force Line (Trap): Forcing in the direction of the line is usually done when the disc is near the sideline, although you can treat it as a reverse force middle and force sideline at all times. Forcing sideline is especially useful when the offence is near the end zone and close to the sideline. Often, teams will neglect the dump and swing approach and will try to throw into the small opening.

Force to a Particular Side: This is the most basic idea, as was discussed initially, force one direction so your defense can control the offensive flow.

Force Wind: Forcing wind is similar to forcing to one side, except you force the team to make the "harder" throw. That is, if the wind is blowing hard left to right, the defense can make it harder for the offence to throw by forcing them in the direction of the wind (left). The direction you chose to force is really dependant on the type of wind, sometimes throwing into the wind is easier, so it's not a golden rule to force into the wind.

Trap For One: Trapping is another word for forcing sideline when the disc is near the sideline. So, Trapping for One implies you force sideline until they get the throw off, and then you switch back to your original force. Trapping for One is often used in zones where you want to push the offence to the weak side (the side where the wind is blowing strongest). In a zone, this equates to giving the handlers the free throw to the weak side, and then switching the force and putting on a trap once the disc is on the sideline of the weak side.

Force (Straight) Up: Forcing up, or straight up, means you don't force to the flick or backhand side but stand perpendicular to the sideline. This should cut off the hucks and force teams to make more modest gains by throwing shorter passes. Since the handler will have both sides to throw to it will be easier for the offensive cutters to get open, so the defense must adjust by ["fronting"](#) their checks. In most cases, forcing straight up is done on the first few passes to stop any huck plays, or in situations where the wind is blowing very strong.

CLARIFYING STATEMENTS

1. Phrases:

- a) **A player** is any one of the fourteen persons who are actually participating on one team.
- b) To **"put the disc in play"** means that the thrower establishes a pivot foot and are ready to throw.
- c) **"Where the disc stops"** refers to the location where the disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.
- d) **"Throw-off position"** is the particular arrangement of positions (which end zone each team is defending) and possession (which team is to throw-off) in effect before a throw-off.

2. There are no scrimmage lines or off-sides (except on throw-offs) in Ultimate.

3. The disc may be passed in any direction.

4. The rolling or sliding disc may be stopped by any player, but it may not be purposefully advanced in any direction. Possession is gained where the disc stops.

5. No defensive player may ever pick up the disc.

TIME-OUTS

1. The player calling a time-out must form a "T" with his/her hands and call "time-out" loudly.

2. During play, only the person with possession of the disc may call time-out.

3. When play resumes after a time-out:

- The player who had possession puts the disc in play.
- The disc is put into play at the location where the disc was when the time-out was called.
- Play is resumed through the use of a check and all other players may set up in any position on the field.

4. It is a turnover if a player calls a time-out when his/her team has no time-outs remaining.

SUBSTITUTIONS

1. Substitutions may only be made:

- After a goal is scored and before the next throw-off.
- To replace an injured player (opponents have the option to replace the same number).

2. Substitutions other than injury substitutions cannot be made during a time-out taken during play.

FOULS

1. Fouls are the result of physical contact between opposing players. A foul can only be called by the player who has been fouled and must be announced by calling out the word "Foul!" loudly immediately after the foul has occurred.

2. The player initiating contact is guilty of a foul.

3. **Throwing fouls:** A throwing foul may be called when there is contact between the thrower and the marker.

4. When a thrower or a marker commits a foul, play stops and possession reverts back to the thrower after a check.

5. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.

6. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.

7. **Catching Fouls:** A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception, or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and is not a foul.

8. If a player contacts an opponent before the disc arrives and thereby interferes with that opponents attempt to make a play on the disc, that player has committed a foul.

9. If a player's attempt to make a play on the disc causes significant impact with a legitimately stationary opponent, before or after the disc arrives, it is considered "harmful endangerment" and is a foul.

10. **Dangerous, aggressive behaviour or reckless disregard for the safety of fellow players is always a foul.**

11. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, the disc goes back to the thrower. If an uncontested foul (with the exception of a force-out foul occurs in the end zone, the player fouled gains possession at the closest point on the goal line to the infraction.

VIOLATIONS

1. A violation occurs when a player violates the rules in a manner, which does not result in physical contact. (e.g.) illegal guarding position by the marker, not establishing a pivot foot on the sideline after carrying the disc in from out of bounds, etc.).

2. **Any player** who recognizes that a violation has occurred may call a violation. The player must immediately call "violation" or the name of the specific violation loudly.

3. **Traveling:**

a) The thrower must keep all or part of the pivot foot in contact with a single spot on the field.

Should the thrower lose contact with that spot, the thrower has traveled.

b) If the receiver obviously takes more steps than are required to stop after catching a pass, that player has traveled.

c) If a receiver, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop. That receiver has traveled.

4. Strip:

a) No defensive player may touch the disc while it is in possession of the thrower or receiver. If a defensive player does so, the player in possession "Strip."

b) The player in possession then picks up the disc and play continues from the point where he/she regained possession.

c) If a count was in progress as the disc was stripped, the count is halted, and when the player in possession regains possession, the count restarts at zero (0).

d) A contested strip of the receiver is treated the same as a contested foul: an uncontested strip in the end zone is a goal.

5. Double Team:

a) Only one marker is permitted to guard the thrower.

b) No other defensive player may establish a position within 10 feet of the pivot foot of the thrower, unless he/she is guarding another offensive player in that area.

c) Should the thrower recognize a double-team situation, he/she first call "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds play stops and is resumed after a check with the count reset to zero (0).

CLARIFYING STATEMENTS ON FOULS, VIOLATIONS, AND PICKS

1. Cardinal Rule: Whenever an infringement of the rules or a time-out occur, play is halted and the disc is put back into play at the point of the last possession before play was stopped. (Note exceptions under turnovers, strip, catching foul.)

2. Play on rule:

•Disc in air:

a) If a foul, violation, or pick is called while the disc is in the air, the play is always completed.

b) If the team, which called the foul, violation, or pick gains possession

as a result of that pass (e.g. incomplete pass following a traveling violation, or offensive foul), play continues. In this situation, players should call "play on".

c) If the pass is completed, but the defensive effort on the pass was affected by the violations (e.g. picks), the pass does not count and possession reverts back to the thrower.

•Disc not in the air:

d) If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is incomplete, it is a turn over.

e) If a foul, violation, or pick is called while the disc is not in the air, and a player attempts a pass before play has stopped, and the pass is completed, the pass does not count, and possession reverts back to the original thrower.

f) It is the responsibility of the player who made the call-to-call out "play on" to indicate that this rule has been invoked.

g) If there is ever a failure to come to an agreement over any call, the disc reverts back to the thrower after a check.

h) If the offensive and defensive players on the same play call offsetting catching fouls, the disc reverts back to the thrower after a check.

i) Any time the marker's count is interrupted by the call of a foul, violation, pick, or time-out, the count is resumed as follows:

•Defensive foul uncontested	0
•Defensive foul contested	same or 5 if over 5
•Offensive foul	same or 5 if over 5
•Travel or pick	same or 5 if over 5
•Strip	0
•Fast count/double team:	
-First call	subtract 2; no check
-Second call	0
•Time out	same
•Contested stall	8

j) When play resumes after a time-out, the stall count is continued from where it was when time-out was called. The marker must initiate the count by calling "Stalling" or "Counting".

k) If the marker counts too fast, the thrower may call "fast count".

•The first "fast count" call is a warning. On the first fast count call the marker must subtract 2 from the stall count.

- If the "fast count" is called again within the same 10 seconds, plays stops and is resumed after a check with the count reset to 0.
- The continuation rule applies to fast counts.
- If the fast count occurs in such a manner that the thrower does not have a reasonable opportunity to call "fast count" before the utterance of the word "ten" the play is treated the same as a contested stall.

ETIQUETTE

1. If a foul is committed and not called by the player who commits the foul should inform the infringed player of the foul.

2. It is the responsibility of both teams to minimize the time taken between each goal and the ensuing throw-off,

3. If the receiving team wishes to have an out-of-bounds huck re-thrown, they should call re-throw as soon as possible.

4. It is a violation against the spirit of the game for a defensive player to call for a pass from a thrower.

5. Should a dispute or confusion arise on the field, it should be common practice to stop play, and resume play with a check when the matter is resolved.