

Ultimate

The whole idea is to play “keep away” from the other team until you can complete a pass to a teammate in your opponent’s end zone, and to keep them away from your end zone.

Object is to score goals by passing the disk to a teammate in your opponent’s end zone. You **can only pass it--not run with it--and hand-offs are not allowed**. 1st team to reach a predetermined number of goals wins.

Start: “Throw-off” teams line up on their goal line and one player throws the disk to the opponents. If it goes out-of bounds, the receiving team can start where it went out or ask for another throw.

If it goes out beyond the goal line, play starts from the nearest front corner of the end zone.

If a receiver touches the disk before it hits the ground, the throwing team has possession.

After the throw-off, play proceeds downfield to the end zone at the opposite end of the field. Players can go anywhere on the field at any time-and can throw in any direction. When you catch the disk in flight, you must stop as soon as you can. Establish a pivot foot and **don’t pick up your pivot foot until you throw**.

The defense guards the thrower and covers receivers as in basketball or soccer, but defenders can’t touch opponents or steal the disk from the thrower’s hand.

Any undue physical contact is a foul, and it’s up to the two players involved to decide who fouled whom. The fouled player gets the disk where the call was made; if the foul occurs in the end zone, play resumes at the goal line.

Whenever a pass is incomplete, intercepted, knocked down or flies out of bounds, possession changes. After a goal, teams defend the opposite goal, and the scoring team throws off.

Disk need both speed and spin.

Speed, is the forward rate of motion. Use combination of hip, and upper body rotation with arm swing. Speed determines how far it flies.

Spin, is the rotational rate of motion of the disk. Stabilizes the disk in flight. You get it by snapping your wrist at the point of release.

Three passes: Backhand, sidearm, and upside down.

Catching, involves proper hand positioning, timing, and concentration.

Simple rule for determining which position to use, If the disk arrives Above the chest, catch it with the thumb down; if the catch is below the chest, thumb-up. Whenever possible, move your body to line you with the flight of the disk. Open your hand with the fingers slightly curled, so it conforms a C shape. Make the actual catch by clamping with the thumb on one side and four fingers on the other at the moment the catch disk contacts the palm of the hand.

Catches are affected by the direction of the spin. When right-handed throws contacts the hand, it hits and spins to the right. A left-handed throw will spin to the left. When making the catch, position your hand to account for the direction of spin.

Catch by **“Clapping”--catching the disk between the two palms like applauding**.

Or by the **“sandwich”--catching the disk between the hands, one on top of the other**.