

Ultimate Frisbee Study Guide

- Ultimate Frisbee is played with a Frisbee that weighs 175-grams.
- Games are played with 7-players on each team.
- The Frisbee must be caught in the end zone for a score.
- The Frisbee can be thrown in any direction.
- Stalling-a 1-10 count should be allowed for the person holding the Frisbee. If the person holding the Frisbee does not throw the Frisbee before, the Frisbee is given to the opposing team.
- Players must keep at least a Frisbee distance from the player they are marking or defending.
- Ultimate Frisbee is a non-contact sport.
- A foul occurs when contact is made between the offense and defense.
- Players must freeze their position once a foul has been called.
- Players can only guard one player at a time.
- The game starts with a team pulling the Frisbee to the other team and after each score.
- Players with the Frisbee must establish a pivot foot and cannot travel while the Frisbee is in their possession.
- The defense must tap the Frisbee after a foul occurs and when the Frisbee goes out-of-bounds to re-start the game.
- Common throws of Ultimate Frisbee are Backhand, Forehand (Flick), Hammer, and Blade.
- Common catches for Ultimate Frisbee are the pancake or alligator, two-handed rim catch, and one-handed rim catch.
- Ultimate Frisbee is played without a referee.
- Ultimate Frisbee was invented in a parking lot at Columbia High School in 1968.