

Ultimate Study Guide

History of the Activity

Ultimate was created by some students at Columbia High School in Maplewood, New Jersey in 1968. The invention of the game occurred within a year of the first patent on the flying disc. The idea to invent the first flying disc was realized by students at Yale. Students used to visit the Connecticut's Frisbie Pie Company and when they finished their treats, they would toss the metal pie tins back and forth over short distances. It is now played in schools, colleges, and universities. There are even competitive leagues in some communities. Ultimate is a great lifetime sport that people of all ages and abilities can enjoy.

Objective of the Activity (Scoring system)

Ultimate is a goal scoring sport. Catching the disc in the end zone earns one point. Games are played to 15, but there are some variations including timed games.

Equipment/Playing surface

Ultimate requires little equipment: a disc and a field. The full sized playing area is 70yds by 40yds wide with 25yd end zones (about the size of a football field). Turf or grass are the preferred playing surfaces. There is a new version played on sand.



Players/Positions/Skills

Ultimate is played with seven on a side. Top players can catch on the run, perform a variety of throws and understand how to get open. Defenses are similar to basketball: zone or man-to-man. **Handlers** are the quarterbacks of the game and distribute the disc the most. **Middies** make the first level of cuts to open space. **Deeps** are usually the fastest and go for long passes down field. Jumping is a useful skill for high passes or defending. Diving for the disc is quite common. All players play offense and defense at some point in the game. As an offensive player, the best way to evade a defender who is attempting to block your throw, is to pivot back and forth.

THROWS

1. Backhand Throw - Grip with the thumb on top, and other 4 fingers below the rim. Bring the disc across to the other side of the body and then propel it forward, like flicking a towel.
2. Forehand Throw – Grip the disc with two fingers under the disc and your thumb on top. The throw is made with the front of your hand moving forward and from the same side of your body as your throwing arm. Snap the wrist forward and follow through by pointing towards your target.

3. Hammer Throw – A throw made from over the top of your shoulder of your throwing arm. Used for long distance throws down the field.

CATCHES

1. Pancake Catch – a catch made with two hands. Place one hand on top and one on the bottom of the disc at the same time. Highest likelihood of catching the disc.
2. Alligator Catch – can be made with one or two hands. Position the hand(s) with the thumb up if the disc falls below the chest or with the thumb down if the disc is above the chest.

Rules/Faults

- The game begins with a throw (pull) by one team from their goal line; the receiving team should start on their goal line. After each goal, a pull from the scoring team put the Frisbee into play.
- Players move the disc down the field by passing and moving. Running with the disc is not permitted. The player with the disc can pivot on only one foot. If the pivot foot changes, it is called traveling.
- Throwers have 10 seconds to pass in any direction. Ten seconds is considered “stalling” and possession is given to the defense.
- Any time a pass is incomplete the disc becomes possession of the defending team.
- Defense can intercept throws but no body contact is permitted. When the defense intercepts a throw or knocks the disc to the ground, that team begins offensive play. Discs may only be blocked if it has left the throwers hand.
- Defender must give opponent at least *1 forearm-length* of space
- Players have a right to the space directly above them when they jump. Jumping into another player would be a foul.
- Substitutions are allowed for injured players and at the end of a point.

Etiquette

The spirit of the game means that players respect the origins and politeness of the sport. The game originated with the players officiating themselves. Intentionally breaking a rule is considered cheating and not respecting the “spirit of the game.” Ultimate even requires players to call fouls on themselves. Competitive play is never at the expense of sportsmanship and fair play. Unfortunately, many tournaments now use observers to resolve disagreements. In the event of a disagreement in PE, players should replay the point from the throw.

Components of Fitness

Ultimate could arguably be the most cardiorespiratory endurance team sport. Two-day tournaments can generate twenty miles of running for an average player. As a result, teams to carry twenty (give or take) on the roster.