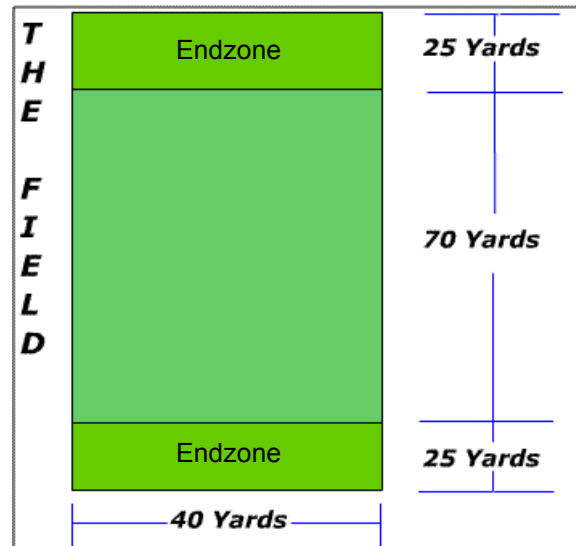


## Ultimate Frisbee – Beginners guide to FAQ

(from www.UltimateHandbook.com by Andre Liem, 2009 – great website with Flash illustrations/movies of various plays and strategy)

### How does the game work?

1. Each team has 7 players on the field.
2. Each player on team A chooses a player on team B to guard/defend.
3. Each team will generally have 3 “handlers” (players who play back from their endzone and work the disc downfield - like quarterbacks) and 4 “cutters” (players who run to open spaces to catch the disc and score – like running backs).
4. Begin the game by throwing the disc towards the other team.
5. The team with the disc attempts to throw the disc from player to player until one of them catches the disc in their endzone for a score.
6. When a player is holding the disc they cannot take steps or run. They have 10 seconds to throw the disc. They must maintain a pivot foot (generally left foot for Righties).
7. If the defender counts to 10 and they still have the disc, then the defender yells “Stall” and the disc is turned-over to the other team.
8. Turnovers occur when the disc hits the ground, is dropped, goes out of bounds, or is not thrown in time.
9. After a point is scored, the whole thing starts over again, but with the teams switching directions of play and their respective endzone. The team that scored the point throws the disc to the other team.

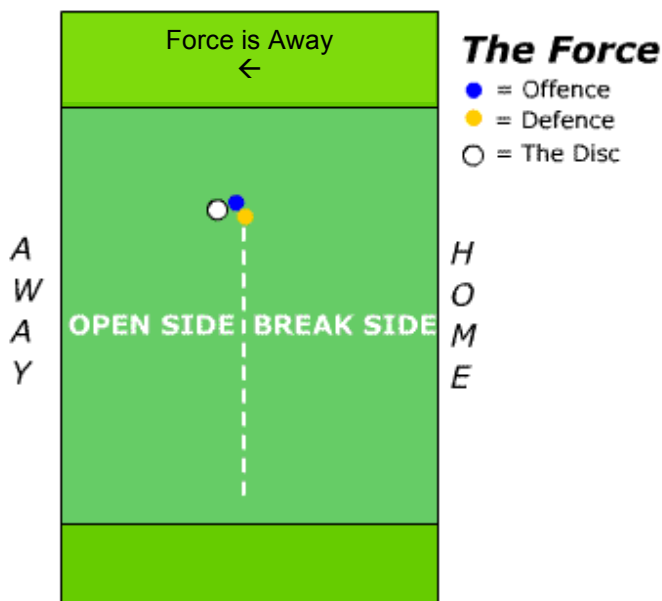


### Spirit of the game, Fouls

Because there are no referees, Ultimate relies on the honor system. The hope is that people will remember that it is just a game and isn't worth cheating or getting upset about. Players are expected to play by the rules and call fouls on themselves. Some contact is unavoidable. If you get bumped and it doesn't make a significant difference to the game, just keep playing. If the contact made you drop the disc, then say “foul” loudly. This will stop the game. If the person who performed the foul agrees that they fouled you and you could have caught the disc, you will be given the disc to start the play again. If the person contests or disagrees with your foul call, don't argue, but give the disc back to the thrower.

### Defense - The Force

When the person you are defending/markings has the disc, try to force them to throw to only one side of the field. Do this by standing slightly in front and to one side of the thrower. Hold your hands out and low. When you are forcing the thrower you have to give them some space (~1-2 ft) between your bodies.



Yes, this makes it easy for them to throw to the other side- but that's the plan. Before the point began, your team agreed to force the throwers to a chosen side of the field (usually “home”- where you placed your bags, or “away”- the other side). Since everyone on defense knows where the throws should be going, they know where the offense will want to run. If everybody sticks to the plan, defense is much easier.

Then the other defenders on your team, who are marking the rest of the offense players, can position themselves in the open side of the field in between their opponent and the disc to make it harder for offensive players to cut. The only exception is with the last defender (deepest or closest to the endzone), who should play a bit behind their opponent to cover any long throws.

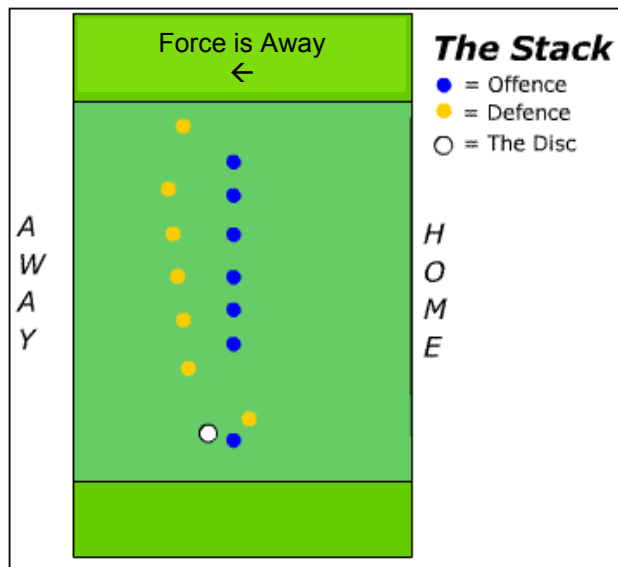
## Catching

- Use two hands. Like clapping.
- Keep your eyes on the disc until it is firmly in your hands.
- Come to the disc. Keep running towards the disc until it is in your hands. Otherwise the defense will jump in front of you and steal it.

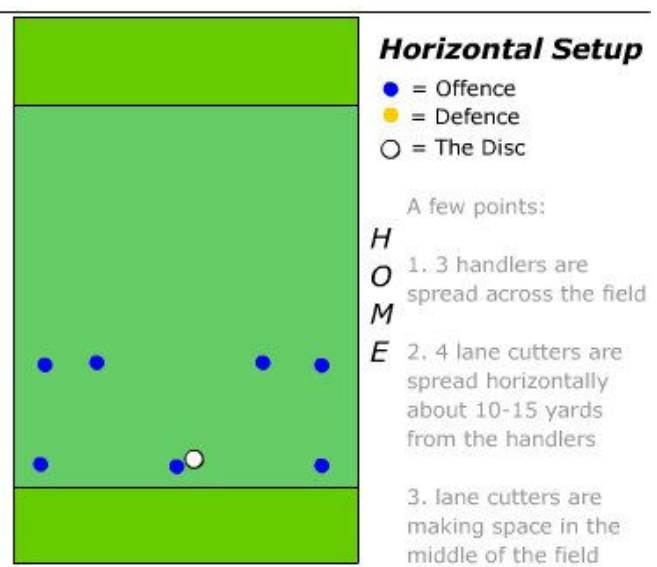
## Offense – making cuts to get open

When a teammate has the disc, you should either be trying to get open for a pass (cutting) or staying out of the way (and resting). Remember there are 7 people on your team and only one of you should cut at a time. You have to watch the disc and try to anticipate where your teammates will be running (see The Stack setups). If you see a chance to get open for a pass, go for it. Run as fast as you can until you either catch the disc or get the feeling you aren't going to get passed to. If it looks like the thrower isn't going to pass to you run as fast as you can away from the thrower. This is called "clearing out" (see below). It allows someone else to cut in.

### Offense - Vertical Stack



### - Horizontal Stack



### Offense - Dump throw

If the stall count gets up to six, look behind you for a short "dump" throw and let someone else throw it.

### Offense - Clearing Out vs. Clogging

If you make a cut but don't get thrown the disc, clear out. Run as fast as you can to the back of the stack. From here you will be able to watch for your next opportunity to cut. Clearing out is important. The thrower has only 10 seconds to find a receiver. If you cut in but don't get the disc, get out of the way so a teammate can cut in before the 10 seconds are up. You are clogging when you are in the way of your teammates who are trying to cut. This usually happens if you cut, don't get thrown to, and then don't clear out quickly enough (a jog in Ultimate is not considered quick).

### What is a "pick"?

A pick happens when someone on defense is running after their mark and someone (from EITHER team) gets in the way. If this makes the defender have to slow down or change direction, it allows the person on offense to get open. Getting open because of a pick is an unfair advantage. However, a defender must be within "reasonable" distance from their check (10 yards) to call a pick. A tight stack will make it harder to cut without picking your defender, so spread out the stack on offense.

When a pick occurs, the defender who was picked yells "PICK" loudly for everyone to hear and freeze. The play stops and everyone stands still while the defensive player goes to where their offense person is (the defensive person 'catches up' to the offensive person). Only the person who was picked gets to move. Then the play starts up again.

\*\*\* If a pick is called while the disc is in the air (thrown but not yet caught) the play continues until the disc is either caught, intercepted, or hits the ground. If it is caught, the offense team keeps the disc there. If the disc is dropped or intercepted, it is a turnover! So, if you hear "pick" and the disc is in the air, do not freeze; go and get that disc!