**ULTIMATE FRISBEE**

**REVIEW SHEET**

**DEFINITIONS**

* **Pull** – The disk is put into play by one team throwing off the Frisbee to the other
* **Stall** – The audible count in Frisbee
* **Marker** – The defensive player that is within 10 feet of the thrower and counts the stall count
* **Check** – The term used to restart play whenever play has been stopped
* **Ground Touch** – Used by thrower to put disk in play when the disk is “live”
* **Thrower** – The player on offense in possession of the disk
* **Receiver** – The person who is receiving the Frisbee

**GAME PLAY**

* 7 Players on the field per team at a time
* If the Frisbee is not thrown within 10 seconds it is a turnover/change of possession
* A regulation field is 70 yards by 40 yards
* A typical game of ultimate Frisbee is played to 15
* When a team has scored a touchdown in Frisbee, the team who was scored on walks to the opposite side of the field and will receive the ensuing pull.
* If an offensive player catches the disk while stationary, he/she may pivot to throw the disk
* When a pass is slapped to the ground by the defense, the defensive team gains possession at that spot
* The disk may be passed in any direction
* You may NOT move while in possession of the Frisbee
* If the Frisbee is caught or picked up in the end zone after a pull, the player may immediately walk the Frisbee to the goal line and put it in play, or immediately put the Frisbee into play.
* Only 1 player may guard the player with the Frisbee
* In ultimate Frisbee players include; throwers, markers, and receivers
* The end zones in ultimate Frisbee are 25 yards deep

**History**

* Joel Silver is credited with creating Ultimate Frisbee
* Princeton and Rutgers are the first collegiate teams to participate in a game of ultimate Frisbee in 1972
* Ultimate Frisbee is governed by the World Flying Disc Federation