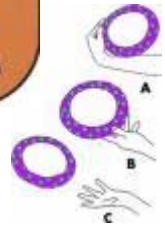




Ultimate Frisbee Basics for

Sprawl



The Basic Rules

(entire rulebook at: <http://www2.upa.org/ultimate/rules>)

- **The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
- **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
- **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
- **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
- **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Terms of the game:

- **Pull:** This is the name of the ‘kick-off’ when one team throws the disc to the other team to start a point. If you are on the throwing team, each person will identify the person on the other team that you will guard. You will guard (and be guarded by) this person the entire point. Likewise, if the other team is throwing to us, they will choose which one of us they will guard. The person that guards you is the person you will guard for that point if our team makes a turnover and we have to switch from offense to defense.
- **Force:** this is the side of the field that the defense wants to ‘force’ the offense to throw to. For us, we will be *forcing school* or *forcing hills* and the team will decide ahead of time which to do. Normally we will force teams to throw a forehand throw instead of a backhand. (I don’t know how to explain the difference other than most people learn how to throw a Frisbee using a backhand throw and thus have a weaker forehand.)
- **The Stack:** this is what the offense does while the disc is not in play. It involves the team lining up in a somewhat vertical fashion starting about 15 yards beyond where the person with the disc is.
- **Cut:** this is what you do on offense to get open (e.g. cut to the open side of the field, cut in toward the person with the Frisbee, cut long (go run long away from the person with the Frisbee))
- **Huck:** this is the term for a very long throw. You can cut long if you think one of our longer throwing players is in a position to huck it to you.
- **Clog:** what you are doing on offense if you are just standing around in the wrong place or running to the wrong place putting you and your defender in the middle of the action in a bad way. “You are clogging the area, clear out.”
- **Clear:** What you need to do if you are clogging up the field and making it hard for the thrower to throw to someone. You can clear by running away from the disc or running to the opposite (horizontally) side of the field (the dead side). You clear when you have not been able to get open after making a cut. By clearing, you not only get out of the way for another of our players to get open, but you also take your defender away as well. Sometimes, just taking a defender away from the action is as good as you yourself getting open
- **Dump:** if you have the disc and are trying to throw it within the 10 seconds you have, but are having difficulty finding someone open, you can dump the Frisbee or throw the Frisbee to your dump. The dump is a person on our team who will most likely be standing slightly behind you or just to your side, making him/herself available for an easy throw. It is important to note that it is not wimpy or a sign that you suck to throw a dump pass – a dump pass gives our team more time to make the next throw, and often the dump pass opens things up down the field.
- **Swing:** this is what it’s called to throw the Frisbee horizontally (often against the force). Imagine being on the righthand side of the field and having everyone all bunched up there. By swinging the disc to the lefthand side, the field is much more open.
- **Dump Swing:** Predictably, this is when you throw a little pass backward to your dump, who then immediately throws the disc across the field horizontally (swing) – this is an extremely effective strategy because it breaks the force and leaves our team open all down the field (see diagrams)
- **Last back:** the defensive player closest to the opponent’s endzone – the last back must always play behind the person they are guarding so that he/she can’t run for a long pass.

Strategies of the game:

Ultimate Frisbee is both simple and complex, and therein lays its beauty. Here are some basic components that will help us be on the same page out there in the field:

- **Defense first:** For many beginners, the best way to learn the game is to focus on the defense. It is much easier to follow the person you are guarding than to figure out where to run when on offense.
- **Stand on the correct side of the player you are guarding:** You can accomplish a lot on defense simply by ‘cheating’ to the correct side of the player you are defending. See the diagrams below on what to do.
- **Make hard cuts:** when on offense and are trying to get open, there are four basic strategies for now, but each demands that you run really hard to be effective:
 - Run straight toward the person with the disc – if your defender is behind you then you will be open. *Note: always run to the disc instead of waiting for the disc to come to you. By waiting, you give the defender a chance to block it.*
 - Start running toward the person with the disc, then cut or run toward the ‘live’ side – the side that the defense wants us to throw it to
 - In either of the above situations, if you are not open (you’ll know if you’re not open either because you’ll see your defender in the way between you and the person with the disc, or the person with the disc will ‘look you off’ – in other words, the person with the disc will determine that you are not open and give you some sort of eye or voice signal that you’re not open), it is extremely important that you run just as hard either to the dead side if you were running right toward the disc, or run up the sideline if you were cutting to the open side. By taking yourself out of the area, you are making space for someone else to get open.
- **Use your dump:** When on offense, if you don’t see someone down the field to throw the disc to, throw it to your dump. At about the 5 second mark, you should start looking for your dump. Remember, you are not a wimp for throwing a dump pass.
- **Flow and anticipate:** when on offense and you see a throw being made to one of our players, anticipate the catch and start running to an open part of the field even before the catch is made. Ideally, you want the person who caught the disc to look up and see you open within 1-2 seconds of catching it. The process of throwing and catching when no one holds on to the disc for more than 2 seconds is called ‘having good flow’ and is beautiful to behold.
- **Don’t get too excited:** Especially when near the endzone, it’s important to be patient and make a good throw. It’s easy to get excited at making a throw for a point, but often that excitement clouds your judgment. Also, if you make an amazing catch, chances are you will then make a terrible throw, so please do make the amazing catch, then remember to be patient on the throwing part and make a good decision.

The diagrams below go over the basics of offensive position (‘O’) and defense (‘X’). The person with the Frisbee has this symbol next to it: 

End Zone

Offense is going toward the top of the page

Defensive Strategy: "Forcing School"

"The Stack"

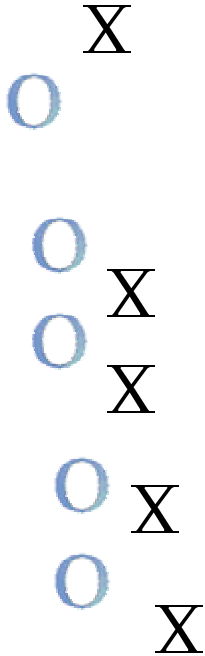
4. This defensive person is last back



Hill side of field



School side of field



2. The rest of the defense knows that the disc is being forced to throw to the right side of the field, so the defense 'cheats' to the force side to make it harder for the offense to get open

1. Here the defensive person stands on the left of the offensive person with the disc and is 'forcing' the thrower to throw to the right



3. This is the dump

End Zone

End Zone

Offense is going toward the top of the page

Offensive Strategy (simple version) if the Defensive Strategy: "Forcing School"



Hill side of field



School side of field

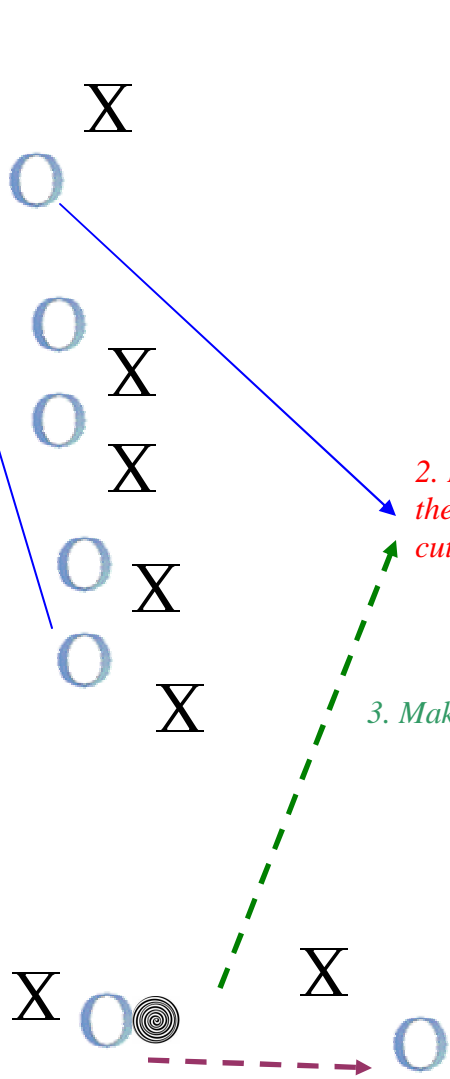
1. Players at the front of the stack run away from the disc.

2. Players in the back of the stack take turns cutting to the disc

3. Make the throw

4. This is the dump – throw here if nothing else open

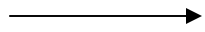
End Zone



End Zone

Offense is going toward the top of the page

Offensive Strategy (complex version) if the Defensive Strategy: "Forcing School"



Hill side of field



School side of field

1. Players at the front of the stack run away from the disc. Then they should look to cut to the 'live side' and be prepared to catch the second throw

2. Players in the middle (or back) of the stack take turns cutting into the disc

3. Make the throw and have good flow

4. This is the dump – throw here if nothing else open

End Zone