
ULTIMATE

(ULTIMATE FRISBEE)

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What is Ultimate?

- Ultimate, also and originally known as ultimate Frisbee, is a low-contact team sport played with a flying disc (Frisbee)
- Points are scored by passing the disc to a teammate in the opposing end zone



What is frisbee?

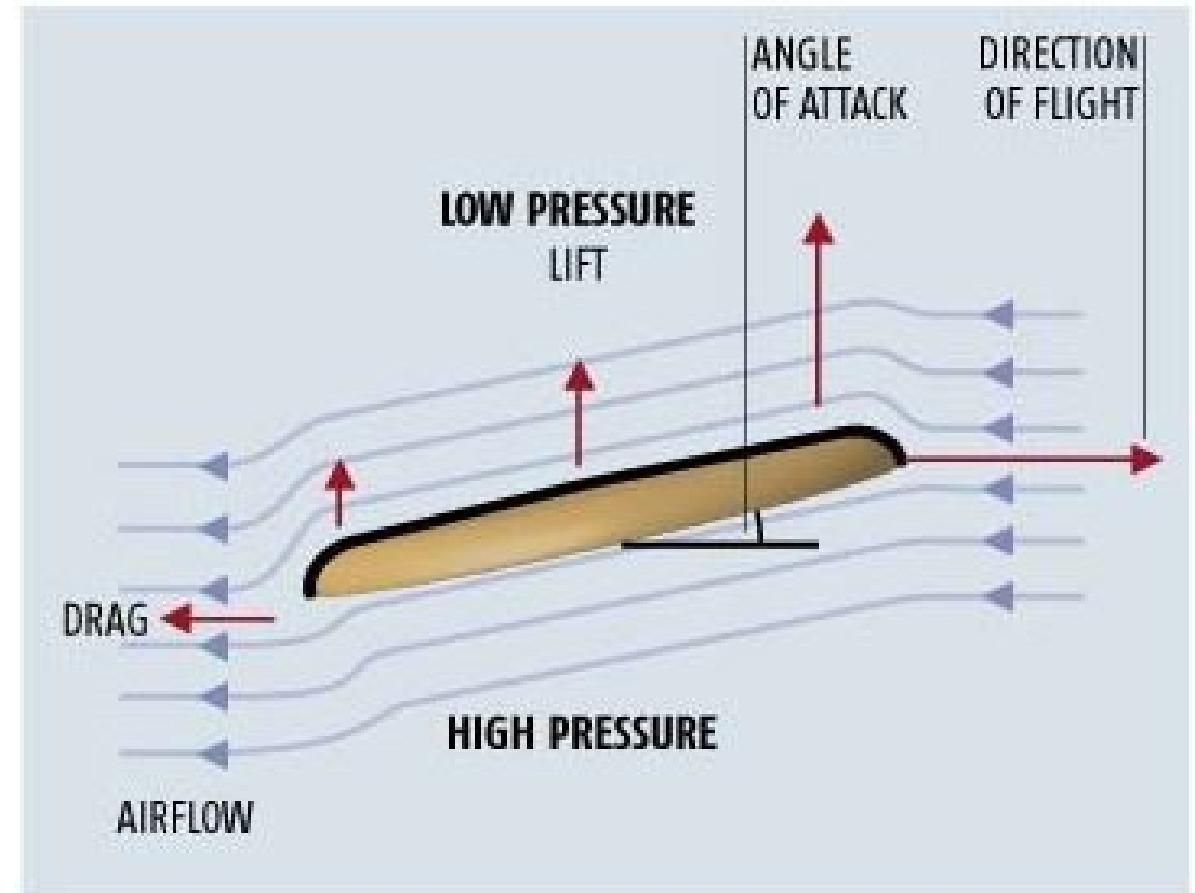
- A frisbee (pronounced FRIZ-bee, origin of the term dates to 1957, also called a flying disc or simply a disc) is a gliding toy or sporting item that is generally made of injection molded plastic and roughly 8 to 10 inches (20 to 25 cm) in diameter with a pronounced lip
- It is used recreationally and competitively for throwing and catching, as in flying disc games.



The term frisbee is often used generically to describe all flying discs, but Frisbee is a registered trademark of the Wham-O toy company. This protection results in organized sports such as Ultimate or disc golf having to forgo use of the word "Frisbee".

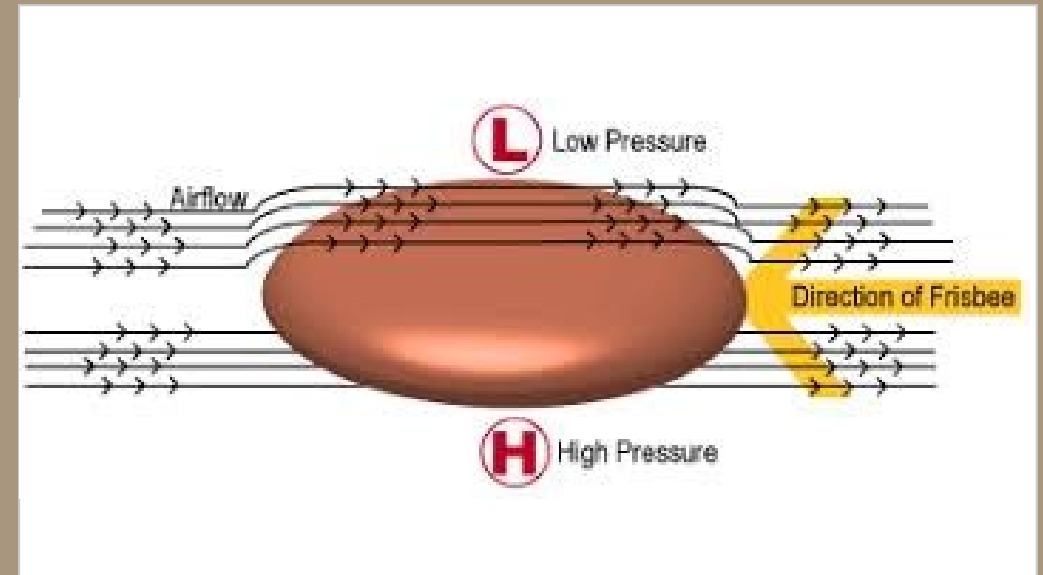
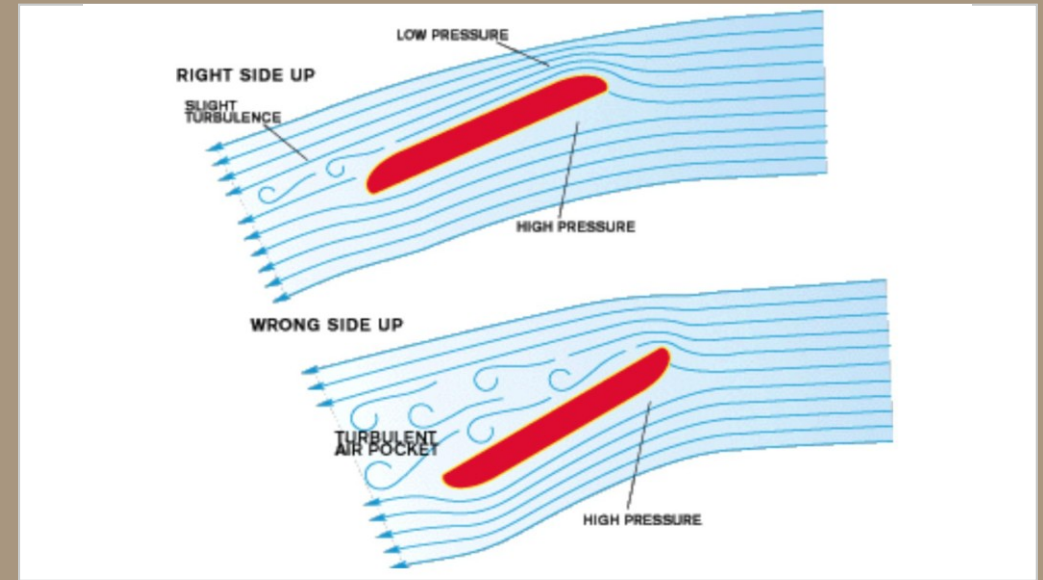
The shape of the disc is an airfoil in cross-section which allows it to fly by generating lift as it moves through the air

Spinning the disc imparts a stabilizing gyroscopic force, allowing it to be both aimed with accuracy and thrown for distance.



Background of the frisbee

- Two key forces are : lift and drag
- Lift is the force that allows the Frisbee to stay airborne, and in flight it opposes the force of gravity on the disk's mass. The Frisbee itself creates this lift force as it flies through the air.
- Because of the Frisbee's curved shape, the airflow above it must travel at a higher velocity than that underneath, thereby creating low pressure above and high pressure below the disk. This pressure difference provides the lift.
- Drag is a resistant force on the Frisbee, perpendicular to the lift, and it acts against the disk's movement through the air. The angle at which the Frisbee is thrown, which we'll call the "launch angle" (aka the angle of attack), affects both lift and drag



HISTORICAL FUN FACT

- Walter Frederick Morrison and his future wife Lucile had fun tossing a popcorn can lid after a Thanksgiving Day dinner in 1937.
- They soon discovered a market for a light duty flying disc when they were offered 25 cents for a cake pan that they were tossing back and forth on a beach near Los Angeles, California.
- "That got the wheels turning, because you could buy a cake pan for five cents, and if people on the beach were willing to pay a quarter for it, well—there was a business,"



ULTIMATE

A photograph of a disc golf player in a blue uniform diving horizontally to catch a white disc. The player is wearing a blue cap, white gloves, and red shoes. In the background, there is a green field with red and yellow lines, a yellow goalpost, and several other people, including a referee in a black and white striped shirt and another player in a white shirt and black pants. A goal net is visible on the left side of the frame.

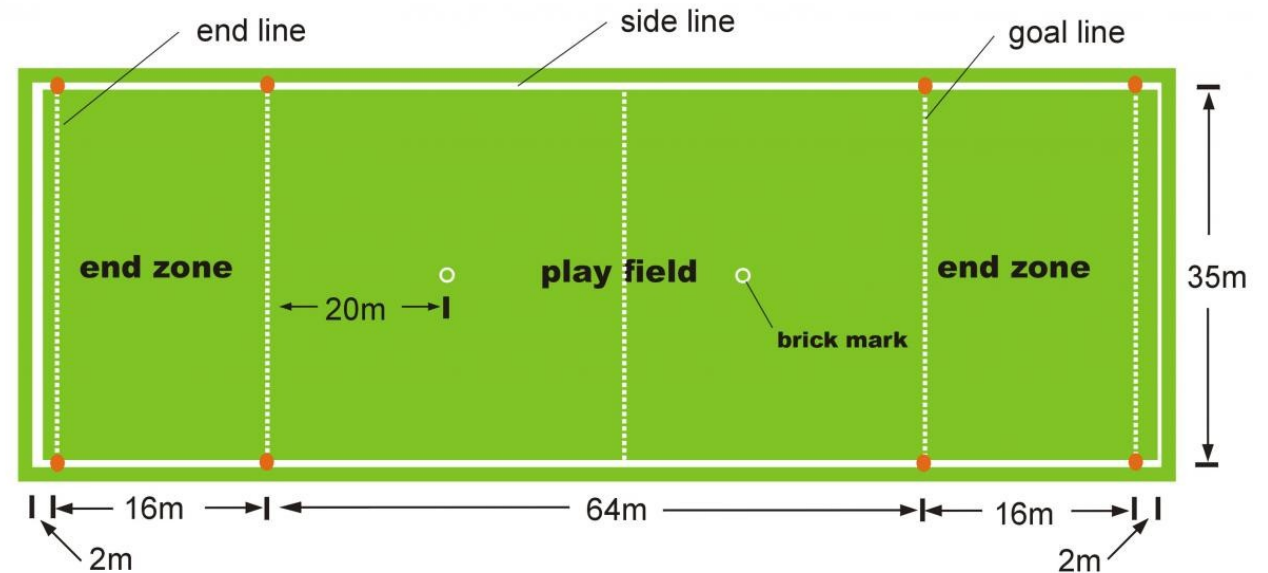
- The most widely played disc game began in the late 1960s with Joel Silver and Jared Kass
- In the 1970s it developed as an organized sport with the creation of the Ultimate Players Association by Dan Roddick, Tom Kennedy and Irv Kalb
- The object of the game is to advance the disc and score points by eventually passing the disc to a team member in the opposing team's end zone.
- Players may not run while holding the disc

TEAMS

- 2 teams of 7 players (grass) – indoor 2 teams of 5 players
- 2 teams of 5 players (beach)
- Male , female and mixed Ultimate
- In mixed ultimate, usually it is 4-3, meaning either 4 men and 3 women at a time or 4 women and 3 men on the line
- The offensive end zone dictates whether there are more men or women. This end zone is called the 'gen-zone', short for gender zone.

FIELD

- playing field is about the same length as a football field, but narrower
- At each end of the playing field there is an end zone
- Each team defends one endzone
- They score a goal if one of their players catches the disc in the opposite end zone





The player with the disc is called the thrower. The thrower may not run with the disc. Instead they move the disc by passing to team-mates in any direction



The defensive team gets possession of the disc if an offensive team's throw is not caught by a player of the same team. Then the defensive team becomes the offensive team and can try to score in the opposite end zone

The player holding the disc establishes a pivot point. They have up to three steps to slow down after catching a disc, without changing direction, to establish that pivot point. A violation of this is called a "travel"



If a pass is incomplete, it is a "turnover" and the opposing team immediately gains possession, playing to score in the opposite direction



If a player jumps from in bounds, catches, and then throws the disc while in the air and technically out of bounds, the disc is still in play and can be caught or defended by players on the field



Passes are incomplete if they are caught by a defender, touch the ground or touch an out-of-bounds object



GAME

- A regulation outdoor game is played 7 vs. 7, with substitutions allowed between points and for injuries
- Games are typically played to a points limit of 13/15/17 and/or a time limit of 75/90/100 minutes
- There is usually a halftime break and an allowance of a 2 timeouts per team each half

Types of Throws

There are three types of throws that are mainly used in an Ultimate game

- the backhand
- the forehand
- the overhead throw(hammer throw)-> which is considered to be more advanced.





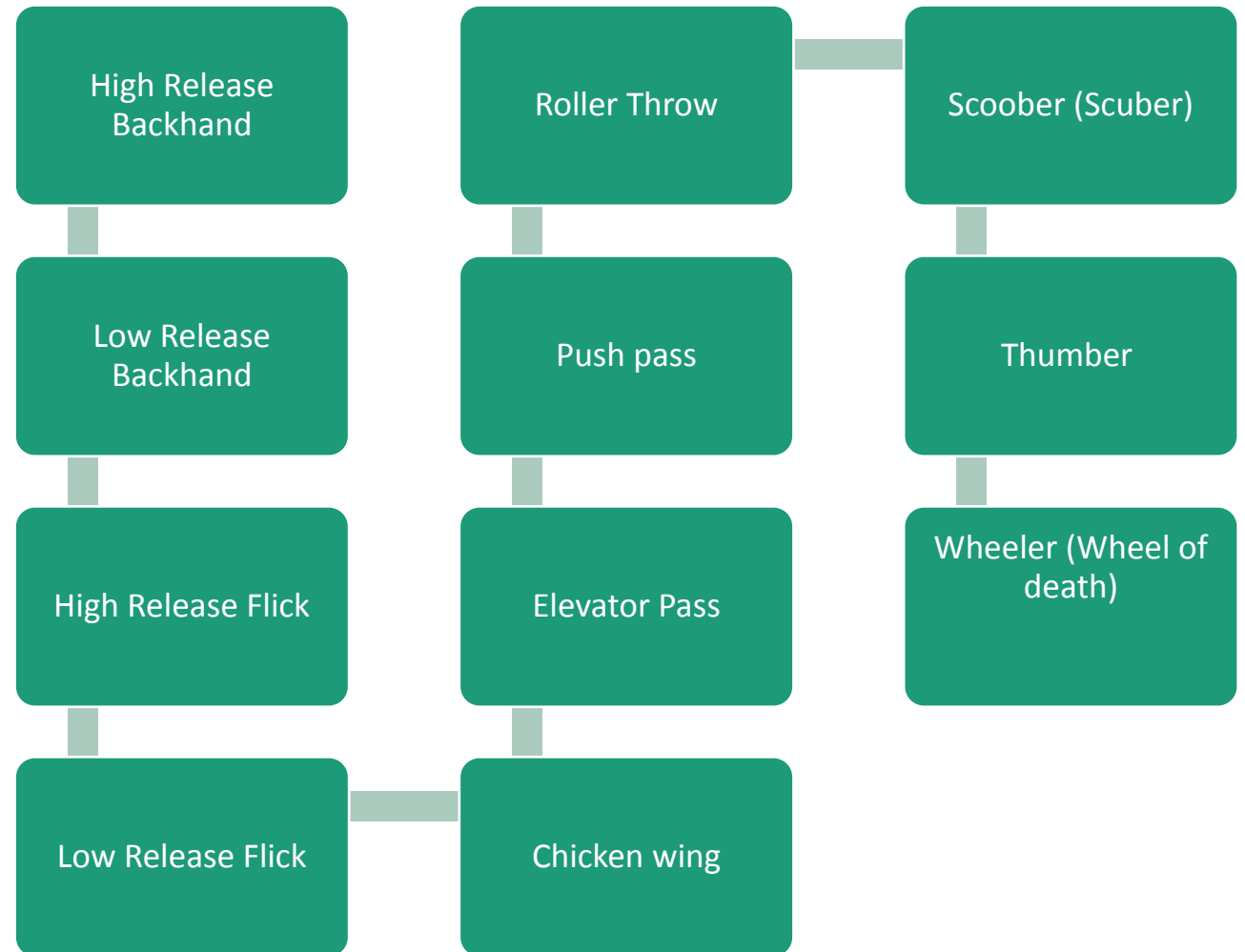


The grip for the hammer is similar to that of the forehand throw, but instead of holding the disc parallel to the ground, it should be held slightly above the head and angled slightly



Advanced Ultimate Throws

<https://ultimatefrisbeehq.com/ultimate-frisbee-throws/>



Types of Catching

There are two basic ways to catch a flying disc. Both techniques are similar as they require both hands to execute, but the method for each is different.

- the pancake
- the two-hand grab





Advanced Ultimate Catches

Crocodile
Catch

Rim Catch

One-handed
catch

<https://windsorultimate.com/page/how-to-catch-a-frisbee>







SPIRIT OF THE GAME

- Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.
- There are no referees; the players are solely responsible for following and enforcing the rules, even at World Championship.
- Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.



Ultimate in 10 Simple Rules

1. The Field: A rectangular shape with end zones at each end. A regulation field is 70 yards long by 40 yards wide, with end zones 20 yards deep.

2. Starting Play: Each point begins with both teams lining up on the front of opposite end zone lines. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

3. Scoring: Each time the offense catches a pass in the defense's end zone, the offense scores a point. The teams switch direction after every goal, and the next point begins with a new pull by the team that just scored.

4. 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.

5. Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

6. Substitutions: Players not in the game may replace players in the game after a score and during an injury timeout.

7. Non-contact: Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.

8. Fouls: When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained. If the player that the foul was called against disagrees with the foul call, the play is redone.

9. Self-Officiating: Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. Spirit of the Game: The foundation of the rules in ultimate is Spirit of the Game, which places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

WEBGRAPHY

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