

# Team Sports 1

## Ultimate Vocabulary



### **Backhand**

A throw in which a player brings the disc across to the other side of the body and then propels it forward.

### **Defense**

The team attempting to prevent a score

### **Disc**

The flat hi-tech plastic object used in the game of Ultimate. The official disc weighs 175 grams.

### **End Zone**

The area of the playing field where the disc must be caught to score points

### **Forehand**

A throw in which a person swings the arm backward and then rotates it forward along the same side of the body; The disc should roll off the middle finger.

### **Foul**

An agreed upon violation of the rules.

### **Goal Line**

The line a team has to cross with the disc to score.

### **Handler**

The person with the disc

### **Huck**

A long throw that extends at least half the distance of the field in an attempt to reach a downfield receiver

### **Man-to-man defense**

The most basic type of defense where each person on the defending team chooses a person on the opposite team, and does his or her best to prevent the person from catching the disc, or from throwing the disc to another receiver

### **Mark /Guard**

Refers to either the act of covering the person with the disc (often preventing that person from throwing in one direction) or the person covering the disc him/herself

### **Offense**

The team with possession of the disc

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### **One Handed Catch**

A catch performed by positioning the thumb up if the disc falls below the chest or the thumb down if the disc approaches above the chest.

### **Pick**

Getting in a defender's way so that that defender cannot follow his or her man in a straight line; this is a violation in ultimate

### **Point (or score)**

When the disc is caught in the end zone by a player on the offense

### **Self-Refereeing**

Players are responsible for their own foul and line calls. Players resolve their own disputes.

### **Spirit of the Game**

The underlying principle of sportsmanship inherent in all aspects of the sport of Ultimate that places the responsibility for fair play on the player

### **Stall**

Time a thrower has to get rid of the disc ("Stalling 1, 2, 10").

### **Stall count**

The defensive player counts up to ten, if the disc is not released before the count reaches ten, it results in a turnover.

### **Throw off/ Pull**

The throw from one team to the other that starts play at the beginning of a half or after a goal

### **Traveling**

A violation that occurs when a player runs while holding the disc or when the thrower lifts his/her pivot foot

### **Turnover**

Any event resulting in a change of the team in possession of the disc

### **Two-Handed Catch**

A catch performed by placing one hand on top and the other on the bottom of the disc, bringing both hands together to grasp the disc.

### **Violation**

Occurs when a player violates the rules but does not initiate physical contact; Common violations include traveling with the disc, double teaming, and picking (moving in a manner so as to obstruct the movement of any player on the defensive team).

### **Zone defense**

An alternate form of defensive strategy that allows each person on the defensive team to cover an area of the field