

Ultimate Glossary

alligator catch a catch made with both hands coming together in a clapping motion on the top and bottom of the disc simultaneously. [*also* pancake]

away the side of the field opposite to where your team has piled its gear. To force away would be to force the thrower to throw toward the away side of the field. [see [home](#), [force](#)]

backhand a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body. [see [flick](#)]

banana cut an easy to follow cut where the offensive player runs in an arc instead of sharply changing direction. [see [cut](#)]

bid an impressive attempt to catch the disc.

blade a throw that goes high in the air and curves hard toward the ground on its edge. [*also* knife, tomahawk]

break a throw which moves the disc to an area of the field away from where the marker is forcing the thrower. [*also* break-mark, break the force, broken; see [force](#), [line](#)]

brick the rule allowing the receiving team to start from the middle of the field at the point where the disc went out or a point ten yards upfield from the goal line they are defending if the disc landed out of bounds. The thrower must call "brick" before the disc hits the ground. [*also* middle(1); see [pull](#)]

chilly to slow down play and not throw the disc away by being hasty (slow down, play smart). Used instead of yelling "you've got time!" so as to not inadvertently cause a time-out.

clear to run out of the passing lanes in order to avoid clogging after an unsuccessful cut. [see [clog,cut](#)]

clog to prevent good cuts by standing in the way of your teammates and not clearing, [see [clear](#), [cut](#)]

cup in a zone defence when two or more defensive players mark the thrower and move with the disc when it is thrown. [see [mark](#), [zone](#)]

cut a run by a receiver to shake his defender. [see [banana cut](#), [boulder cut](#), [butterfly cut](#), [clear](#), [clog](#)]

D *abbr.* defense.

deep 1 a defensive or offensive player who generally stays in the area of field furthest toward the endzone to be scored in. 2 v. to run toward your endzone as an offensive player. [*also* long; see [strike](#)]

disc the "Frisbee" used in Ultimate with an official weight of 175 grams. [see [virgin plastic](#)]

disc in called by the marker or player to signal that the disc is in play. [see [check](#)]

drop when a defender falls back to cover the deepest cutting receiver, leaving the thrower or another receiver to be covered

hopefully by another defender. [see [check](#), [switch](#)]

dump 1 to pass the disc backwards. 2 an offensive player positioned as to receive a dump pass.

fake a motion made by the thrower to cause his mark to believe he is going to throw one direction instead of another.

flick a throw similar to skipping a stone across water where the thrower holds the disc with the thumb on top of the disc and the first two or three fingers underneath. [also **forehand**; see [backhand](#)]

flow when the offensive team connects a number of passes together to advance the disc toward the endzone they are attacking.

force when a defensive player positions in such a way as to allow the thrower to only be able to throw the disc to one part of the field. The direction you want them to throw is the direction of the force. [see [away](#), [home](#), [middle](#)]

forehand *same as* [flick](#).

gratuitous used to describe a showoff move (e.g. layout, hammer) that, while impressive, was not remotely necessary. ("He had an easy bid, but he went for the gratuitous layout")

gender across used to indicate that each defending player is going to check the corresponding player of the same gender on the line directly across from them. [see [check](#), [mark](#)]

give'n'go when two players pass the disc back and forth repeatedly as they move forward.

go through called out to advise a player not to pick up the disc off the ground after a turnover but to run forward and allow the disc to be picked up by a player further back. [also push]

greatest, the where a player leaps from in-bounds and while in the air catches and throws the disc to a teammate before landing out of bounds, and by doing so the receiver's team maintains possession. As the name implies, it is "the greatest" play in Ultimate. [see [stupidest, the](#)]

hammer an overhead throw with a forehand grip in which the disc is released at an angle so that it flattens out and flies upside down. [also tomahawk, see [corkscrew](#), [scoober](#), [thumber](#), [U-D](#)]

handler 1 one of a team's primary throwers. 2 in a standard zone offence, one of the three players who swing the disc from one side of the field.

high release a backhand throw held and released over the thrower's head; very difficult to block.

ho *abbr.* horizontal.

home the side of the field where your team has piled its gear. To force home would be to force the thrower to throw toward the home side of the field. [see [away](#), [force](#)]

hospital pass a high floating pass which has the effect of bringing two or more players together into a collision as they sky

for the disc.

huck a long throw, equivalent to a long bomb in football.

I-O *abbr.* inside-out.

iso *abbr.* isolate, to call out or isolate a specific player to move, usually in the endzone for a score.

inside-out as a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.

layout the act of diving while running in order to catch a disc out of your ordinary reach. ("If you didn't catch it, you should have laid out"). [see [ho](#)]

line 1 when each team stands in a row at the front of their endzones at the start of each point so that the players of the other team can choose their check ("Hey you guys, hold the line!") [see [check](#)]. 2 the sideline portion of the field. To yell "no line!" is to tell the marker to prevent a throw down the sideline. [see [force](#), [break-force](#)]

look off when the thrower does not throw the disc to an open receiver.

long *same as* [deep](#).

mac *abbr.* Midflight Attitude Correction or Mid Air Change. The act of redirecting a disc while its in flight to another player without catching it.

man-on a player is approaching - usually yelled to an offensive player to let them know to hustle to the disc as a defensive player is approaching to make a play.

mark or marker the defender who is on the person currently throwing the disc; the defender doing the stall count

mid 1 a receiver who cuts for shorter passes than the long [see [long](#)] **middle** 1 *same as* [brick](#). 2 the center area of the field. ("Let's force middle") [see [away](#), [force](#), [home](#)]

no huck called out to advise the marker to switch the force to prevent a huck to a striking player. [see [huck](#), [marker](#), [strike](#)]

O *abbr.* offense.

O-B *abbr.* out of bounds.

O-I *abbr.* [outside-in](#).

outside-in as a backhand, a throw to the left that curves right; as a forehand, a throw to the right that curves left. [*also* reverse curve, bender(New Mexico/Texas)]

pancake *same as* [alligator catch](#).

pick an intentional or unintentional block (like basketball) where a player gets between you and the player you are covering.

pivot foot the stationary foot (left for right handers and right for left handers) that a thrower pivots around in order to throw around the marker. [see [travel](#)]

poach 1 the act of leaving your check during man-on defence in order to cover an area of the field. [see [man-on](#)] 2 any player who attempts this act.

popper in a zone, an offensive player that cuts in and out for a short pass.

pull the long (hopefully) throw that begins the possession after each point.

punt a long throw with no realistic receiver, used to escape bad field position or a high stall count

read the art of judging the precise landing spot of the disc through observation of angle of the disc, speed, direction of travel and wind effect in order to perfect a catch or block. ("Nice read!").

roller a disc thrown so that it lands on its edge on the ground and rolls. Effective pull in windy conditions. [see [pull](#)]

run through what you shout to tell another player to run past the disc without picking it up.

savage playing without subs.

sky jumping to catch the disc.

spirit The spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. "Win-at-all-costs" behavior is contrary to spirit. It is fair play, honesty, good sportsmanship and it is expected of every player in every game of ultimate.

stack offensive strategy in which all the players line up down the middle of the field and alternately make cuts out of the stack to be open receivers, can be vertical or horizontal.

stall count the defensive player counts out loud to ten while marking the thrower. The offensive player must throw the disc before the first utterance of the word ten otherwise it's a turnover.

strip when a defensive player knocks or takes the disc out of an offensive player's hands.

SOTG *abbr.* spirit of the game. [see [spirit](#)]

swing 1 to pass the disc laterally. 2 a player positioned to receive a swing pass. [see [dump](#), [zone](#)]

switch when two defenders exchange the offensive players that they are marking. [see [check](#)]

taco a tacoed disc is one that is bent and wobbles in the air when thrown [see [road disc](#)].

trap to force an offensive player who has possession of the disc at a sideline to only be able to throw along that sideline. [see [force](#)]

travel illegal movement by the player with the disc when a player moves his/her pivot foot or takes unnecessary steps after the catch or changes directions while slowing down. [see [pivot foot](#)]

ultimate Ultimate is a non-contact sport played by two seven player teams. The disc may only be moved by passing as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the endzone which that team is attacking.

ultimate time the reference to the fact that any ultimate related activity never starts or finishes on time.

up! called aloud by defensive players to alert teammates that the disc is in the air.

zone a defensive strategy characterized by one or more players on the defensive team not marking a player on the opposing team, but an area. [see [cup](#), [fish](#), [long](#), [mid](#), [top](#)]