

266 Ultimate Terms

Away: The side of the field opposite to where your team has its gear, bags, chairs, etc. Applying a force away would be to force the handler/thrower to throw toward the away side of the field.

Backhand: A standard throw; a right-handed player places their thumb on top of the disc, curls fingers underneath, and extends arm to the left side of the body.

Break side: To complete a pass in the direction (weak side) that the marker is trying to prevent.

Check Feet: Request for the receiver to verify whether he is still in bounds.

Center Stack: The standard stack formation along the middle of the field.

Check: A signal that play can begin, as a "tap in" (defense touches disc) or a "ground check" (offense touches disc to ground).

Deep cut: A run by receiver away from the handler to shake his/her defender.

Disc in: Called by the marker or player to signal that the disc is in play.

Dump: A short pass toward the backfield, behind the handler or thrower.

Flick or forehand: A forehand throw used to get around markers; looks like a sidearm baseball throw.

Force backhand: A defensive formation in which the force direction is toward the right side of the field (as looking toward the defending end zone).

Force forehand: A defensive formation in which the force direction is toward the left side of the field (as looking toward the defending end zone).

Force home: A defense by the marker that forces the handler to throw to the side of the field where the defensive team has its gear, bags, etc.

Force sideline: A defensive formation in which the force is toward the sideline closer to the disc.

Handler: A position on offense primarily responsible for initiating and governing offensive progress.

Huck: A long pass made from the handler to a teammate who has made a long deep cut.

In cut: A run by receiver, first away from the handler and then back toward the handler to the open side.

Marker: The defender covering the thrower or handler.

Open side: The side of the field left unobstructed by the marker.

Pancake catch: A method of catching in which the disc is sandwiched between two clapping hands.

Pick: An intentional or unintentional block where a player gets between you and the player you are covering.

Pivot foot: The stationary foot that a thrower pivots around in order to throw around the marker.

Poached: When defender leaves their man and guards an area of the field

Pull: The long throw that begins the possession after each point.

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.

Swing: To move the disc from one side of the field to another with a series of throws.

Trap: To force an offensive player who has possession of the disc at a sideline to only be able to throw along that sideline.

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.

Thrower: The person with the disc, also referred to as the handler.

Up call: Called aloud by defensive players to alert teammates that the disc is in the air.