

Ultimate Rob - Glossary of Ultimate Terms for Beginners

Clearing: If an offensive player makes a cut but does not receive the disc, it is important that they quickly return back to the *stack* so that they clear out of the cutting lanes. Players who remain in the cutting lanes, getting in the way of other cutters, are known as cloggers (they are clogging the lane). Cloggers are often told to “get out!”, which means to clear the cutting lane.

Crash, Crasher: When an offensive player cuts inside the cup (see *Zone*).

Cutter: Cutters are the players who line up in the stack. There are three main types:

- **Mid:** A cutter on the field who’s job it is to receive passes in the “middle” of the field, usually by cutting *under*.
- **Deep/Long:** A cutter on the field who’s job it is to receive a deep pass. This can either be a *huck* from a handler, or a continuation pass from a mid who has just received the disc.
- **Shortfill:** A third handler who cuts out of the stack, usually to receive a *swing* pass right after the disc is *dumped*.

Deep: A term used to refer to a cutter who is breaking away on a long cut towards the endzone. Sideline players or other defensive players who notice this will often shout out “no-huck” to let the person marking the thrower know not to let the thrower throw a long huck.

Dump: verb, or noun. E.g. Stan is the dump. Dump the disc to stan. A dump pass is a short pass usually behind, parallel, or a short distance up-field of the person with the disc. The short distance pass, often thrown backwards, is usually easier to throw and complete, as the defensive team is more focused on preventing a more dangerous up-field throw, and willing to give up a pass that loses yards. Dump passes are made to a *handler*, usually when the stall count is getting high, so as to reset the count and give your team another ten seconds to get a pass up-field. They are also used when the person with the disc is not comfortable throwing the disc (no open receivers, weak forehand, strong defensive mark, etc), so as to give the disc to a designated thrower who is in a better field-position.

Force: The side of the field that the defense is leaving open. E.g. “forcing *home*” or “a *home* force” means the person marking the thrower is letting the thrower throw to the *home* side, and blocking any throws to the *away* side.

- **Home:** The side of the field where your team has left its bags, chairs, etc.
- **Away:** The side opposite to home.
- **Open-side:** The side of the field that the mark on the thrower is leaving open for the thrower to throw to.
- **Break-force side**, or simply **Break-side:** The side of the field that the mark on the thrower is blocking. In order for the thrower to get a pass to this side of the field, they must somehow throw the disc around the mark, i.e. “break the force”.

Handler: A person on the offensive team who is designated to be one of the main throwers, sort of like a quarter-back in football. Usually two or three people are assigned to the handler position at the start of the point.

Huck: Long throw

I/O, O/I: Inside-out, Outside-in. A throw can be directed in one of three ways: flat (or straight), outside-in (the disc is angled so the disc flies out and away from the throwers body towards the outside of the field, then curves back towards the middle of the field), or inside-out (opposite of the O/I throw, the disc cuts inside and across the body of the thrower towards the inside of the field, then curves back towards the outside of the field)

Last-man back: Defensive position. The defender marking the last person in the *stack* is called the last-man back, and is responsible for covering any break away *deep* cut.

Man or Man-defense: A defensive strategy where defensive players are assigned to a specific player of the opposite team. Most often called on the line, you may also hear:

- **Count-across:** The other team is assigned a number 1 to 7, from left to right. The defender who wants to mark number 1, yells out “1”, the person who wants to mark the second person yells out “2”, until all numbers are assigned.
- **Man-across:** Defenders mark the person who is directly across the field from them, i.e. in the corresponding position (farthest defender to the left takes the member of the opposite team who is farthest to the left)
- **Gender-across:** Used when playing mixed ultimate with an even gender ratio. Same as man-across, but divide into genders. Guys take guys, girls take girls

Mark: A defender. Can be used as a verb or noun. E.g. Jimmy is marking Stan. Jimmy is the mark. Who is marking the thrower?

No-break, or No-I/O: Term used to communicate to the defensive player marking the thrower. No-break means that a threatening cut is present on the *break-side*, so the marker’s priority must be to prevent a throw to that space.

No-line: Term used to communicate to the defensive player marking the thrower. No-line means a threatening cut is present on the *open-side*, so the mark should temporarily shift to prevent a throw to that space.

Pick: Like in basketball, a pick occurs when another player (ANY player, from the opposite team or even your own team) comes between you and the person you are marking, preventing you from being able to defend him. In order for a pick to be legal, the defender must have been within 10 feet (3 meters) of the person they are marking when the pick occurred.

Poach: When a defender leaves the person he is marking. If an offensive player is not in a threatening position to receive the disc, then a defender may choose not to guard him closely, and will instead “poach off of” his man to try to give assistance to other

defenders in more threatening areas of the field. The open offensive player can yell out that he is “poached” to let the thrower know that he has no defender and may be open for a pass.

Stack: Also, **vertical**. An offensive formation whereby the *cutters* on the field line up vertically on the field, approximately 20 yards from the handler

Swing: A swing pass is a type of pass that moves the disc laterally across the field. The focus is on gaining better field-position, rather than gaining yards (though you can also gain yards). A swing pass is most often a continuation of the dump across to the other side of the field. Typically, the *shortfill* position makes the swing cut.

Switch: Defenders will occasionally switch who they’re marking, if one defender is in a better position to cover the other’s player. See “Last-man Back”

T/O: Context dependent, can mean turnover (change of possession) or timeout (which can only be called by the person with the disc)

Under: A term used to refer to a cutter coming in towards the thrower. This person is cutting “under”. This term can be shouted from the sidelines to notify the defensive team that there is a threat of an incoming offensive player who is open “under”.

Up-call: Members of the defensive team will shout “UP!” when they see the disc has been thrown, as a way to communicate to players who may not be able to see the disc.

Zone: A defensive formation where defensive players are assigned to defend areas of the field, rather than specific members of the opposite team. When an offensive player moves into their “zone”, the defensive player plays a man-to-man defense (man-defense) on that player. If more than one offensive player enters a zone, the defender must choose who is the biggest threat, or shout for help from another unoccupied defender. The three main positions in a zone are:

- **Cup:** The players in the cup follow the movement of the disc to whichever offensive player has the disc. They essentially act as a single unit which prevents throws to a large area of the field.
- **Mid/Hammer-Stopper:** Most zones have either two or three people in this position. There is always a “left-mid”, or “right-mid” (if the cup is *forcing* one way, this is also known as “strong-side” to designate the *open-side* of the field, and “weak-side” to designate the *break-side* of the field). Zones with three people will have a “mid-mid”.
- **Deep:** This defender covers any deep cut.

Many different zone formations exist, often named according to how many defenders play in each of the positions.

- **3-3-1:** three people in the cup, three as mids, 1 deep
- **3-2-2:** three in the cup, 2 mids, 2 deeps
- **Christmas Tree, or 1-3-2-1:** A modified 4-man cup, with one chase or rabbit who always marks the disc, 3 people forming a close wall, 2 mids, 1 deep