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Terminology

Backhand - the standard throw for ultimate players.

Bid - a failed attempt to catch or block the disc.

Blade - A forehand throw that is thrown high in the air and drops straight down like it is slicing the air.

Forehand / Flick - Thrower steps out away from defender and with elbow at side flicks wrist.

Hammer - A forehand grip that is thrown over the head. This throw results in the disc flying upside down before tailing off at the end of its flight.

Handler - The person with the disc

Disc- Frisbee

Layout - A diving catch or diving to defend the disc

Pull - A long throw that starts play. This is used in a similar to the kickoff in football

Stack - offensive strategy that lines up offensive players one behind the other as they each break a separate way in an attempt to get open

Up - Shouted once the disc has been released to alert the other defenders. Can also be used as a safety mechanism, Players shout up when the disc is going to hit someone much like “four” in golf