



## Ultimate terminology

**Away:** When playing match (player-on-player) defence, teams will identify one side of the field as 'home'. The other side of the field is known as away. This is a simple way of naming the two sides of the field. It allows forces to be named and communicated easily.

**Break side:** When a force is applied to a thrower, the break side of the field is the side that the marker is denying to the thrower.

**Check:** Temporary possession of the disc by the marker, immediately prior to resumption of play to insure proper positioning and readiness of the players.

**Contact:** The touching of players on opposite teams with a degree of force.

**Defensive Team:** Team without possession.

**Dump:** A backwards or sideways short pass designed specifically to move the disc and keep it alive, rather than gaining ground. The player standing to receive this short pass is also known as 'the dump'.

**Endzone:** Area of the playing field where scores are made.

**Force:** When playing match (player-on-player) defence the marker puts a force on the thrower. This restricts the thrower to throwing into certain areas on the field. The force is often communicated within a team according to area that the thrower is allowed to throw into.

**Goal Line:** The line separating the playing field proper from the endzone and not part of the endzone.

**Hammer:** This is another name for the overhead throw.

**Home:** When playing match (player-on-player) defence, teams will identify one side of the field as home. The other side of the field is known as 'away'. This is a simple way of naming the two sides of the field. It allows forces to be named and communicated easily.

**Huck:** A very long throw.

**Marker:** Defensive player guarding the thrower.

**Match defence:** This is a style of defence where each defender guards a single player on the other team.



**Offensive Team:** Team with possession.

**Open side:** When a force is applied to a thrower, the open side of the field is the side that the marker is allowing the thrower to throw into. Defensive players guarding receivers will position themselves to stop a receiver getting free on the open side. See also: - Break side.

**Out-of-Bounds:** Any area not on the playing field, including the perimeter lines.

**Perimeter Lines:** Lines separating playing field proper or endzone from out-of-bounds area and not part of the playing field.

**Pick:** A player using his or her body or movements in such a manner so as to obstruct the movement of a player on the opposing team. Also known as a shepherd.

**Pivot Foot:** The foot used by a player to establish position on the field after gaining possession of the disc.

**Player:** One of the 14 persons who are actually participating in the game at any one time.

**Pull:** This is another more commonly used name for the throw-off.

**Put the Disc in Play:** Occurs when the thrower establishes a pivot foot and is ready to throw, or in throw-off situations has given the legal signal to throw-off.

**Receivers:** All offensive players other than the thrower.

**Thrower:** An offensive player in possession of the disc or who has just released the disc.

**Throw-off:** Procedure used to start play or resume play after a goal is scored. The throw-off is accomplished by a player on the team relinquishing possession by throwing the disc from the goal line his or her team shall be defending to a player on the receiving team.

**Where the Disc Stops:** Refers to the location where a disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.