## Ultimate Study Guide

<table>
<thead>
<tr>
<th>Reading the Disc</th>
<th>Being able to judge and react to where the disc will be traveling when in the air</th>
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</thead>
<tbody>
<tr>
<td>When throwing a disc you should step with...</td>
<td>The SAME foot as the throwing arm</td>
</tr>
<tr>
<td>Double teaming a person holding the disc is...</td>
<td>NOT allowed</td>
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</tbody>
</table>

| When there is a turnover in the end-zone, the disc will start... | At the front of the end-zone to begin play |

### Catching techniques are:
- Pancake
- Two hand crab or clam above the head
- One hand crab or clam above the head
- One hand crab or clam underhand

### Throwing techniques are:
- Backhand
- Forehand or flick
- Hammer or overhead

### Once a player catches a disc, they may not... | Take steps |

### The stall count in Ultimate games in class is... | 7 stalls (seconds) |