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Glossary of Ultimate Terms

This glossary should give you an idea of the basics of ultimate. It tries to use standard names for terms and not regional lingo. For definitions of various *slang* terms you might hear on the field, check out this [cool tool](#).

please be patient - this area is under construction!

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [JK](#) [L](#) [M](#) [N](#) [OP](#) [Q](#) [R](#) [S](#) [TU](#) [V](#) [W](#) [X](#) [YZ](#)

A

Anchor - *the middle [handler](#) in a [zone](#)*

B

B' or 'Bee - *frisbee*

Backhand -

Breakmark - *a throw made against the defensive [mark](#)*

C

Chaser - *one of the [point](#) players in the cup in the [zone](#). The chasers, usually one on each side of the cup, "chase" the [disc](#) across the field as it is swung from [handler](#) to handler. Chasers try to force the disc back in the direction from which it came, while at the same time keeping it from advancing up the field.*

Clam

Cower

Cup

Cut - *a sprint made by a player in an attempt to receive the frisbee. Cuts may be made toward the person with the [disc](#), or away from the person with the disc.*

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D

Deep

Disc - *frisbee*.

Disc Golf

Dump

E

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southernrock.info

[A Child's History of England: Chapters 31 - 35](#)

there are no "E" terms at this time

F

Flick - *see "Forehand"*.

Forehand

Foul

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G

Goaltimate

H

Hammer

Handler - *a player whose primary responsibility is to advance the frisbee up the field. Handlers usually receive the [disc](#) from the [pull](#), serve in the [dump](#) position, and work in concert to advance the disc up the field against a [zone](#), [clam](#), [wall](#), or other defensive strategy.*

Hotbox

Huck

I

there are no "I" terms at this time

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J

there are no "J" terms at this time

K

there are no "K" terms at this time

L

Long

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M

Mark

Middle

Milk

N

there are no "N" terms at this time

O

Overhead

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P

Pick
Pivot
Point
Popper
Pull
Punt
Push Pass

Q

there are no "Q" terms at this time

R

there are no "R" terms at this time

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S

Scoober
Spreader
Stack
Strip
Swing

T

Throw
Thumber
Toss
Trap
Travel

U

there are no "U" terms at this time

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V

Violation

W

Wall

Wing

X

there are no "X" terms at this time

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Y

there are no "Y" terms at this time

Z

Zone

Have a suggestion, question, clarification, or correction on these terms? Please [write](#) and let me know!

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