

# Ultimate Frisbee Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What is a Spiderman jump in Ultimate during indoor play?**
  - A. Jumping off the wall to catch the disc.**
  - B. Jumping straight up from the ground.**
  - C. A type of throw used to reset the stall.**
  - D. A defensive maneuver to block low throws.**
  
- 2. What term describes jumping high to get the disc while going over another player?**
  - A. Leapfrog**
  - B. Layout**
  - C. Landshark**
  - D. Mismatch**
  
- 3. What is a common method to reset possession after a turnover?**
  - A. The defense immediately takes possession and starts with a new stall count.**
  - B. The offense keeps the disc and continues from the spot.**
  - C. The disc is declared out of bounds.**
  - D. The offense resets with a dump or reset throw to reestablish options.**
  
- 4. What is a pick (illegal screen) in offense?**
  - A. A legal pick that helps the offense move faster.**
  - B. An illegal screen that blocks a defender and hinders movement.**
  - C. A defensive tactic to trick the thrower.**
  - D. A pass that is stolen by a defender.**
  
- 5. What best describes a Spirit Foul?**
  - A. An action that improves the fairness of play**
  - B. Something that goes against the morals of a player but does not officially break any rules**
  - C. A call for extra time**
  - D. The same as a standard foul**

- 6. What is a 'mark'?**
- A. The disc's design mark**
  - B. The defender guarding the thrower who counts the stall**
  - C. The boundary line mark**
  - D. A timekeeper's clock**
- 7. In outdoor Ultimate, approximately how many players are on a full squad, allowing subs and rest?**
- A. 7 players**
  - B. 10-15+ players**
  - C. 20 players**
  - D. 5-6 players**
- 8. What is the top of the disc called?**
- A. Tails**
  - B. Rim**
  - C. Face**
  - D. Heads**
- 9. When resolving a dispute over a call, what is the recommended approach?**
- A. Shouting and pressing the issue.**
  - B. Communicating respectfully and using Spirit of the Game principles.**
  - C. Waiting for the referee to decide.**
  - D. Cancelling the point.**
- 10. Who initiates play for the next point after a goal?**
- A. The defense.**
  - B. The team that scored, by pulling to start the next point.**
  - C. The officials.**
  - D. The team that conceded.**

## Answers

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1. A
2. A
3. D
4. B
5. B
6. B
7. B
8. D
9. B
10. B

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## **Explanations**

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**1. What is a Spiderman jump in Ultimate during indoor play?**

- A. Jumping off the wall to catch the disc.**
- B. Jumping straight up from the ground.**
- C. A type of throw used to reset the stall.**
- D. A defensive maneuver to block low throws.**

In indoor Ultimate, players can use the walls to gain extra height. A Spiderman jump means jumping by pushing off a wall to propel yourself upward and toward the disc, allowing you to reach catches that are high or tucked near the wall. It's different from a plain vertical jump because the wall push adds height and reach, giving you access to catches you couldn't reach otherwise. It isn't a throw, a stall reset, or a defensive block, which is why this option best describes the technique.

**2. What term describes jumping high to get the disc while going over another player?**

- A. Leapfrog**
- B. Layout**
- C. Landshark**
- D. Mismatch**

Jumping high to catch the disc while going over another player is described as leapfrog. This term conveys the image of lifting off the ground and passing over an opponent's body to reach and grab the disc in midair, often when the defender is between you and the disc. It emphasizes the act of clearing the other player by height to make the catch. Other terms describe different actions: a layout is a dive to catch the disc, usually while falling forward; landshark is a playful nickname for diving onto the ground to make a grab; mismatch refers to an unfavorable or favorable matchup and isn't about how you catch the disc.

**3. What is a common method to reset possession after a turnover?**

- A. The defense immediately takes possession and starts with a new stall count.**
- B. The offense keeps the disc and continues from the spot.**
- C. The disc is declared out of bounds.**
- D. The offense resets with a dump or reset throw to reestablish options.**

After a turnover, possession changes to the defense, and the offense needs to reestablish its setup. The common method is for a handler to throw a short dump or reset pass to a nearby teammate, which reestablishes the offense's options and resets the stall count. This controlled reset gives the offense a clear starting point to regain organization, with the chance to reset the flow of plays and avoid immediate pressure from the defense. Why this approach fits best is that it intentionally reopens the offense's decision-making space—the throw counts are reset, and the team can reconfigure cuts, handlers, and reset players before advancing. The other scenarios don't reflect how possession is reinitiated: the defense doesn't start with a new stall count in a way that benefits them from the moment of turnover, the offense doesn't keep the disc, and while an out-of-bounds throw is a turnover, the typical, widely used reestablishment method is the reset pass to reestablish options.

#### 4. What is a pick (illegal screen) in offense?

- A. A legal pick that helps the offense move faster.
- B. An illegal screen that blocks a defender and hinders movement.**
- C. A defensive tactic to trick the thrower.
- D. A pass that is stolen by a defender.

A pick is an illegal screen: an offensive player uses their body or position to block a defender's path, preventing them from moving freely to guard a cutter or follow the disc. In play, defenders need clear routes to match their marks, so when a teammate positions in a way that impedes that path, it creates a pick. That obstruction gives the offense an unfair advantage by slowing or diverting the defender's movement, which is why it's penalized. The description that calls it an illegal screen that blocks a defender and hinders movement matches this idea precisely.

#### 5. What best describes a Spirit Foul?

- A. An action that improves the fairness of play
- B. Something that goes against the morals of a player but does not officially break any rules**
- C. A call for extra time
- D. The same as a standard foul

Spirit foul describes conduct that violates the spirit of the game but does not necessarily break a rule. It flags actions that are unsportsmanlike or disrespectful, standing outside the formal rulebook while still undermining fair play. That's why the best description is that it's something that goes against a player's morals but does not officially break any rules. For example, taunting an opponent or deliberately dragging out play to provoke a reaction would be considered a spirit foul, even if no rule was technically violated. The other options don't fit because they describe outcomes or categories that aren't about this informal, sportsmanship-based concern.

#### 6. What is a 'mark'?

- A. The disc's design mark
- B. The defender guarding the thrower who counts the stall**
- C. The boundary line mark
- D. A timekeeper's clock

In Ultimate, a mark is the defender who is guarding the thrower and counting the stall. This defender stays close to the thrower's space and pressures them to release the disc before the stall count reaches ten. The mark's job is to limit the thrower's options and speed up decision-making, not to be a boundary line or a clock or any equipment mark. So the correct choice identifies the mark as the defender guarding the thrower who counts the stall. The other descriptions refer to things unrelated to the on-field role of the mark, such as the disc's design mark, boundary line markings, or a timekeeper's clock.

7. In outdoor Ultimate, approximately how many players are on a full squad, allowing subs and rest?

- A. 7 players
- B. 10-15+ players**
- C. 20 players
- D. 5-6 players

In outdoor Ultimate, seven players are on the field at once, but the squad includes the substitutes who rotate in for rest and to cover fatigue or injuries. Substitutions happen during stoppages, so you want enough players to run multiple lines and keep the pace high across a game. Across different levels, a practical squad size is roughly 10 to 15 or more players. This gives you several offensive and defensive options, lets players rest between points, and still handles unexpected changes without forcing everyone to play every point. A much smaller group would burn players out quickly, while a very large roster isn't necessary for most matches. So this range captures the typical depth teams aim for when playing outdoor Ultimate.

8. What is the top of the disc called?

- A. Tails
- B. Rim
- C. Face
- D. Heads**

Understanding the surfaces of a disc is the key idea here. The top side you see with the artwork is called the face, the main surface of the disc. The rim is simply the outer edge around the disc, not the top. Tails and heads come from coin usage and aren't used to describe discs. Knowing that the top is the face helps you talk about grip, throwing technique, and how the disc flies, since the face is the primary throwing surface.

9. When resolving a dispute over a call, what is the recommended approach?

- A. Shouting and pressing the issue.
- B. Communicating respectfully and using Spirit of the Game principles.**
- C. Waiting for the referee to decide.
- D. Cancelling the point.

In Ultimate, disputes are handled best through respectful, clear communication grounded in Spirit of the Game. When a call is questioned, the first move is to talk with the opponent calmly, explain your perspective, and listen to theirs. Use the rules as a guide and refer to the spirit of fair play to come to a fair resolution together. This approach keeps the game moving, preserves relationships, and reinforces taking responsibility for one's own calls. If a referee is present (in higher-level play), you can seek their input, but the core idea remains: resolve calmly through dialogue and mutual respect rather than escalating the situation. Shouting or pressing the issue undermines trust and can lead to penalties, waiting for a referee to decide bypasses the self-officiating practice in many formats, and canceling the point disrupts fairness. The recommended approach centers on constructive discussion that aligns with fair play.

**10. Who initiates play for the next point after a goal?**

**A. The defense.**

**B. The team that scored, by pulling to start the next point.**

**C. The officials.**

**D. The team that conceded.**

After a goal, the next point starts with a pull performed by the team that scored. They throw the disc to the receiving team to begin play, giving possession to the team that did not score for that point. This is how the game flows from one point to the next. The other options don't fit because the start of the next point is always initiated by the scoring team through a pull, not by the defense, the officials, or the team that conceded.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ultimatefrisbee.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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